
WESTCHESTER CSA

Dear CSA Member,

This year we have enjoyed a number of changes to the farm operation. For the past number of years our children, that have grown up working on the farm, have been busy going off to college and finding their way in the world. Pete and I have been thinking about what direction the farm would take. This spring time our son Peter graduated from college with his bachelors degree in plant science and decided that he would like to come back to the farm and work with us. It has been wonderful having Peter here and as we all learn to work and farm together.

*We have decided to make a bit of a change to the way that members come to visit the farm as well. This year we would like to invite members to come to the farm a number of times during the season and not have the one, large farm visit day. Our first farm visit will be the **19th of July with a rain date of July 20th**. We will be harvesting garlic and would like to invite members to come and help with the harvest. The times will be specific because we will need to get the garlic harvested and stored in the barn. We will start to harvest at 10:00 work until 12, take lunch break for one hour and then finish up the harvest from 1-3. I will need to know if you are planning on attending the farm visit so I can make arrangements.*

Please send me an e-mail at stoneledge@surferz.net if you are planning on attending. If you would like to just come and walk the fields, sit by the creek, you are welcome to come and visit but I do need to know how many members will be coming to the farm. You will need to bring a lunch, drinks and wear clothes that you do not need to worry about getting dirty. I will send additional information next week.

Enjoy the vegetables-Deb

NOTE: here is nothing like pesto made from basil and garlic scapes. This is the last week for the scapes and so we decided to send basil again and in a larger bunch so you could make garlic scape/basil pesto. Here is the recipe from Week One in case you no longer have it:

1 cup grated Parmesan cheese
3 Tbsp. fresh lime or lemon juice
1/4 lb. scapes, coarsely chopped
1/2 cup olive oil
Salt to taste

WEEK FOUR

- ✓ Garlic Scapes-8
- ✓ Bright Lights Swiss Chard-1 bunch
- ✓ Genovese Basil-1 large bunch
- ✓ Romaine Lettuce-1 head
- ✓ New Red Fire Lettuce-1 head
- ✓ Napa Cabbage-1 head-A mild, savoy leaf cabbage. The interior is very lightly colored and tender.
- ✓ English Thyme-1 bunch-this is the first year we grew thyme and it has done very well.



Puree scapes (and basil if using) and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta. Pesto is a very flavorful and heart-healthy (but not low calorie!) alternative to mayo as a sandwich spread.

A few suggestions for the pesto:

1. Use a tablespoon in a simple salad dressing of oil, lemon juice, salt & pepper w/pesto.
2. Mix a few tablespoons into mashed or roasted potatoes.
3. Mix a 1-2 tablespoons or so into chopped vegetables for roasting (use 1" pieces of asparagus, zucchini etc., roast at 400 degrees for 10-12 minutes or until tender.)
4. Use in wheat berry salad as mentioned in week two – cook wheat berries according to directions, mix with two tablespoons or more (to taste) of pesto.
5. Make a double batch and freeze some, in ice cube trays if you want single servings.

RECIPES FOR THE WEEK

Swiss Chard Omelet

Serves 4

One bunch Swiss chard (can use spinach as well)
2 tsp olive oil
4 eggs
4 egg whites
¼ cup of milk
½ cup parmesan cheese
Salt & pepper to taste
Butter for pan

Rinse and dry the chard leaves squeezing out any excess water, chop coarsely. Heat the olive oil in a pan and add the chopped chard, sauté until wilted. Set aside.

Mix eggs and egg whites together in a bowl with the milk and salt & pepper to taste. Melt a little butter in an omelet pan and when the froth subsides, pour in half of the eggs.

Cook on medium heat until the eggs are almost set. Pull back on the edges of the cooked eggs and tilt the pan to allow the egg liquid to run around the edge, do this several times until they are almost done.

Why organic?

By participating in a CSA you are already casting your vote in favor of locally grown fresh produce – a wise selection for your health and the health of the planet.

The idea of a CSA has the additional benefit of providing a wide variety of nutrients since you are consuming a range of seasonally available produce with different vitamins and minerals as the season moves along.

When you are buying additional items to supplement the share, it can be hard to know when to make the additional investment in organic, so here's a list of the fruits & vegetables where it really makes a difference:



Fruit

- Apples
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries

Vegetables

- Bell peppers
- Celery
- Potatoes
- Spinach

Other items

- Milk
- Beef
- Poultry

Sprinkle half of the parmesan cheese on top and then spoon half of the chard mixture onto one side of the cooked eggs. Slide the omelet onto a plate and fold over. Cut in half and serve. Repeat the entire process with the rest of the eggs, chard and cheese. If desired, top with a chopped avocado with some lemon juice and ground pepper.

Napa Cabbage Salad with Southeast Asian Flavors

From Vegetables Every Day | Jack Bishop

Serves 6-8 as a side dish.

1 medium Napa cabbage (about 1 ½ pounds)
2 medium carrots, peeled and shredded on the large holes of a box grater
12 large fresh basil leaves, cut into thin strips
12 large fresh mint leaves, cut into thin strips
2 tablespoons minced fresh cilantro leaves
2 tablespoons lime juice
1 ½ tablespoons fish sauce
1 small Thai red chile, stemmed, seeded and minced
1 tsp sugar
2 tablespoons roasted peanut oil
¼ cup roasted peanuts, coarsely chopped

Remove any tough or dry outer leaves from the head of cabbage. Cut the cabbage in half through the stem end. Cut out and discard the hard core at the base of each half and slice the cabbage crosswise into thin strips – you should have about 8 cups. Place the cabbage, carrots and herbs in a large bowl.

Whisk the lime juice, fish sauce, chile and sugar together in a large bowl. Let sit for about 10 minutes, stirring occasionally to help the sugar dissolve. Whisk in the oil. Pour the dressing over the salad and toss to combine. Add the peanuts, toss and serve immediately. Excellent to serve with pork or seafood.

Main Course Salads

With all the amazing, flavorful lettuce in the share during the early summer harvest, it's a good time for a few main course salad recipes. In Week One I gave several options with tossed salads, so you can refer back to that if you wish. The following 2 recipes use lettuce as a base, with a scoop of hearty main course ingredients on top for a perfect weeknight dinner.

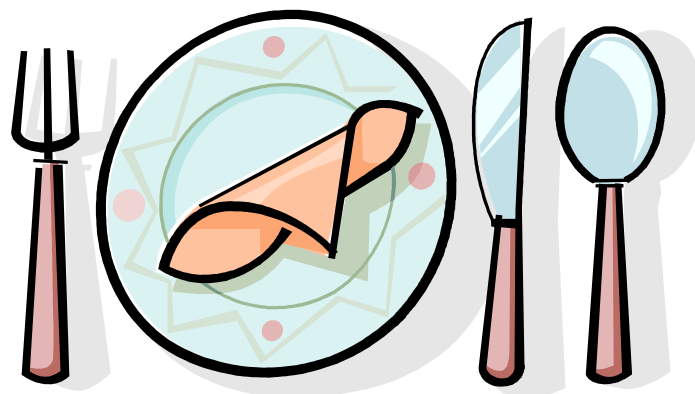
Salade Composee

Julia Child in Gourmet | April 1998

A handsomely arranged combination salad can be the solution for what to serve at an informal spur-of-the-moment meal. The trick is to toss all of the elements separately in vinaigrette, letting some marinate for 10 to 20 minutes if they need to take on flavor. Then when you arrange your work of art, each part of it is perfectly seasoned. Here is a hearty meatless combination.

Vinaigrette

1 can kidney beans, rinsed and drained
Raw zucchini, sliced



Raw mushrooms, sliced
Mixed salad greens
Hard-boiled eggs
Tomatoes
Olives
Anchovies
Chunks of tuna or other fish
Chopped parsley

Marinate kidney beans, zucchini, and mushrooms in vinaigrette for 20 to 30 minutes. At serving time, toss mixed salad greens in a bowl with vinaigrette and arrange around the edges of a large serving dish. Mound the beans in the center, and decorate base with groups of marinated mushrooms and zucchini interspersed with hard-boiled eggs, tomatoes, olives, anchovies, chunks of tuna or other fish.

Pour a bit more vinaigrette over all, sprinkle with chopped parsley or other herbs, and serve with French bread and a chilled rosé wine.

Quinoa Salad

Serves 6 as a main course

1 ½ cups quinoa, thoroughly rinsed and drained

1 cup frozen corn kernels
1 red bell pepper, diced
1 cucumber, peeled & diced
2 large tomatoes, seeded and diced (or grape or cherry tomatoes, halved)
3 scallions, white & tender greens chopped
1 jalapeño pepper, seeded and finely chopped
2 avocados
1 can black beans, rinsed and drained
½ cup chopped cilantro

For dressing

½ cup olive oil
2 tablespoons lemon juice
1 tsp cumin
1 tsp chili powder
Salt & ground pepper to taste

Put 2 ¾ cups of water in a saucepan with the quinoa and a little salt. Bring to a boil, then reduce heat and simmer until quinoa is cooked and all the water is absorbed, about 12-15 minutes. Remove from heat and let cool.

Chop all the vegetables and toss together with the cooled quinoa, cilantro and black beans in a large bowl. Mix together the ingredients for the dressing and pour on top of the salad, mix thoroughly. Serve the salad on top of lettuce leaves with some sliced avocado arranged on top.



FARM VISIT 7/19
Rain date is 7/20
Send email to stoneledge@surferz.net
If you plan to attend.

WEEKLY PICKUP
INFORMATION
Pickup location: Door #25,
Suite 138-a
Pickup times: 4:00pm - 6:30pm

SUBMIT A RECIPE
Send recipe ideas or requests to
Sarah Murphy at
skmurphy56@gmail.com

