
WESTCHESTER CSA

Dear CSA Member,

This week has really put us through our paces. We thought that just getting the string beans picked would be our major hurdle, but that ended up being just about the easiest part of this week.

Yesterdays' storm was so severe that many areas of South Cairo are still out of power. The downed trees and wind damage was something that we have not seen. In addition to the heavy rains we were also pelted with a hail storm. The hail was the size of golf balls and covered the ground. It did a large amount of damage to all of the lettuces and this will be the last of the lettuce until the fall planting is ready. The romaine was just perfect, but it is no longer. We decided to pick the heads this week although you will see a somewhat tattered appearance and have one last week of lettuce. You should use the lettuce right away because they will not last.

The beans are perfect, the fennel delicious and the cucumbers just about as juicy as you can get.

We have next week to look forward to. Deb

NOTE ON THIS WEEK'S RECIPES

I thought this week I would try something a little different with the recipes – partly because I think you will all enjoy the websites I am using as a resource here, and partly because I am away for a few days, so it's a little easier to pull this newsletter together by cutting and pasting – since I have no kitchen to test in. So, I am featuring at least one recipe from each of my favorite websites, along with a description of the site so that you can decide if it's worth a visit on your part.

Please send along any sites you may already use that I have yet to come across. Here are my favorites, the ones I use regularly when putting the newsletter together each week:

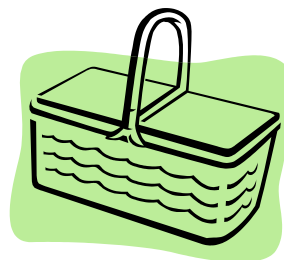
THE SITE: **MIGHTY FOODS**

www.mightyfoods.com

The **Mighty Foods** site is promoted as “about natural foods, organic ingredients, fair-trade products, veg-friendly recipes, sustainable farming, whole grains, organic wines, ingredient spotlights, news, profiles, reviews, gift ideas, new product information, culinary travel ideas, studies and trends - information and inspiration.”

WEEK SEVEN: VEGETABLES

- ✓ Romaine Lettuce-1 head
- ✓ Fennel-1 bulb
- ✓ String Beans-1 pound
- ✓ Summer Squash-2 pounds
- ✓ Cucumbers-Long Green-3
- ✓ Rat tail Radish-1 bunch
- ✓ Dill-1 bunch
- ✓ Raddichio-1 head (This is the Trevisio type, long and not as solid as the round types. A member requested this and said it is good split, brushed with olive oil and grilled.)
- ✓ Scallions-1 bunch
- ✓ Boothby Blonde Cucumbers-2



WEEK SEVEN: FRUIT

- ✓ Peaches
- ✓ Nectarines
- ✓ Sugar plums

My take: not so easy to navigate the recipes, but FULL of interesting information and blog postings from some reputable contributors in the health & wellness space.

THE RECIPE: *Zucchini Fritters with Feta and Thyme*

3 medium zucchini, shredded with skin on	1 tablespoon extra virgin olive oil
1 1/2 teaspoons fine grain sea salt	3 medium shallots, chopped
3 large organic, free-range eggs	A few sprigs of thyme, leaves stripped from the stem
3/4 cup white whole wheat flour	3 garlic cloves, chopped
1/3 cup crumbled feta	Clarified butter or extra virgin olive oil, for cooking
1/4 cup fresh mint, chopped	
zest of one lemon	

Place the shredded zucchini in a medium bowl, sprinkle with salt, toss, and let sit for 5-10 minutes. Press out any liquid with a clean dishtowel and then toss one more time to fluff up the zucchini again.

In a large bowl combine the eggs and flour. Don't over mix; it is ok if there are some flour pockets. Now gently fold in the cheese, mint, lemon zest, and a few pinches of salt and pepper. Set aside.

Heat the olive oil in a large skillet over medium-high heat and cook the shallots, thyme, garlic and zucchini for a few minutes, just until the zucchini softens up. Let cool for a few minutes off heat and then fold the zucchini into the flour and egg mixture.

Clean out the skillet and then over medium-high heat add a generous splash of either olive oil or clarified butter. When hot, drop about 2 tablespoons of batter into the skillet giving a bit of room between each fritter. Too much batter and the zucchini will steam and not get any of that crispness you are after. Cook them on this side until they are golden and crisp on the bottom, then flip and cook the other side in the same way you would pancakes. Repeat until the batter is used up. Taste and season with a bit more salt and pepper if needed. *Serves 6 - 12.*

WEBSITE: *MARTHA STEWART*

www.marthastewart.com

About the site: with recipes from Martha Stewart Magazine, Everyday Food, Body & Soul and other resources, there are plenty of recipes here to enjoy. Advanced recipe search allows you to search by type of cuisine, specific ingredients, courses or holidays – plus you can select the source – I prefer the healthier and simple recipes in Everyday Food and Body & Soul. There is a “light & healthy” recipe collection as well. Recipes are easy to print, and there are plenty of photos which is helpful.

THE RECIPE: *Halibut Poached in Fennel Broth*

2 carrots, peeled and cut into 1-inch pieces	1 teaspoon fennel seeds
1 stalk celery, cut into 1-inch pieces	2 dried bay leaves
1 bulb fennel, thinly sliced	Salt
3 leeks, halved lengthwise, well washed, and thinly sliced	1/2 cup white wine
6 fresh parsley stems	4 small red potatoes, scrubbed and thinly sliced
8 whole black peppercorns	4 halibut fillets, (about 8 ounces each)

In a large, wide saucepan, combine carrots, celery, half the fennel, leeks, parsley stems, peppercorns, fennel seeds, bay leaves, salt, wine, and 4 cups water, and bring to a boil. Lower heat, and simmer, covered, for 25 minutes. Strain, reserving liquid and discarding solids.

Return liquid to pan; simmer for 5 minutes over medium heat. Add potatoes and remaining fennel to the broth. Simmer for 5 minutes. Add halibut fillets, and cover. If liquid does not cover fish, add water until it does. Turn heat down to lowest setting.

Cook until fillets are just opaque, 10 to 15 minutes (start checking after 7 minutes). Be careful not to overcook.

Place a fillet in each of four shallow bowls. Divide vegetables among bowls, top with a little broth, and serve immediately. Serves 4.

THE RECIPE: *Dilled Cucumber Salad*

2 English cucumbers (or use long green ones)

Coarse salt and ground pepper

1/3 cup plain low-fat yogurt

1/4 cup loosely packed fresh dill, finely chopped, plus dill sprigs for garnish (optional)

1 teaspoon red-wine vinegar

Halve cucumbers lengthwise. With a spoon, scoop out and discard seeds. Slice crosswise into 1/8-inch thick pieces. Place in a colander set over a bowl, and toss with 2 teaspoons salt; let stand 15 minutes.

Meanwhile, in a medium bowl, combine yogurt, dill, vinegar, and 1/4 teaspoon pepper.

Remove cucumbers from colander, and pat dry with paper towels. Add to bowl with yogurt dressing; toss to combine. Garnish with dill sprigs, if desired, and serve.

THE WEBSITE: Epicurious

www.epicurious.com

With recipes from the combined forces of classic epicurean magazines *Gourmet* and *Bon Appétit*, the site has loads of other recipes reprinted from great cookbooks, plus recipes from *Self* magazine (and it's every-now-and-then offshoot, "Self Dishes") Great search capabilities make this site a winner, as does the ability to save your favorite recipes in a virtual recipe box. Sometimes I find there aren't enough healthy options for my taste, but this is a site I use several times a week nonetheless.

THE RECIPE: *Chopped Vegetable Salad*

SELF | April 2001

This fiber-packed (12 whole grams — almost half your daily dose!), meal-sized salad comes from Gabrielle Hamilton, chef and owner of *Prune*, a tiny New York City restaurant that's wowing diners with natural, wholesome food that tastes delicious. Bonus for you home cooks: This dish is also quick to fix. Just chop, toss, then chow. (Note from SM: feel free to use the rat tail radish)

1 1/2 cups watercress, tough stems removed,
leaves cut into small pieces
1 cup whole parsley leaves
1 cup diced celery (or heart of fennel)
1/4 cup chopped red onion
1 1/2 cups cherry tomatoes, halved
1/4 cup sliced radishes
3 oz string beans, trimmed and steamed

Half a small avocado, peeled and cubed
3 tbsp drained capers
1 tbsp fresh lemon juice
1 tbsp fresh orange juice
1 tbsp fresh lime juice
1 tsp sugar
1 tsp extra-virgin olive oil
1 tbsp minced mint leaves

Combine watercress, parsley, celery, onion, tomatoes, radishes, beans, avocado, and capers in a large bowl. In a small bowl, whisk together lemon, orange and lime juices, sugar, and oil. Stir in mint. Salt and pepper to taste. Toss with salad greens

THE SITE: *101 COOKBOOKS*

www.101cookbooks.com

This site is a recipe journal from Heidi Swanson (Super Natural Cooking and Cook 1.0). She features primarily healthy, vegetarian recipes plus some great desserts. I like that Heidi uses a wide variety of ingredients and has a very personable blog to accompany her recipes.

THE RECIPE: *Plum and Peach Crisp*

A couple other notes about this recipe: In addition to being very sweet, most crisp/crumble/ cobbler-type toppings are big-time butter bombs - unnecessarily so. I tried to scale back a bit here without sacrificing taste or texture, and used yogurt to keep things moist. You can sweeten the fruit part to taste with whatever sweetener you prefer. Honey might work nicely with all peaches, etc.

Fruit:

1 pound ripe peaches
1 pound ripe plums
1/4 cup natural cane sugar (or brown sugar)
1 tablespoon plus 1 teaspoons arrowroot (or
cornstarch)
a scant 1/2 teaspoon orange blossom water (opt)

Crisp:

3/4 cup rolled oats
3/4 cup white whole wheat flour (all-purpose
flour)
1/2 cup natural cane sugar (or brown sugar)
1/2 teaspoon cinnamon
big pinch of salt
1/3 cup butter, melted
1/3 cup yogurt

Preheat the oven to 400F degrees.

Cut the peaches and plums into bite-sized, 1-inch pieces. I cut relatively chubby slices and then cut them again in quarters or thirds. Place the chopped fruit in a medium-sized bowl.

In a separate small bowl whisk together the 1/4 cup sugar and the arrowroot. Sprinkle over the fruit, toss gently (but well), add the orange blossom water (optional), toss again, and transfer the fruit to an 8-inch square baking dish (or your favorite equivalent-sized, deep-sided, solid-bottomed tart pan).

To make the topping combine the oats, flour, sugar, and cinnamon together in a medium bowl. Stir in the butter, and then the yogurt and mix until everything comes together in a dough-like texture. Sprinkle the crumble evenly over the plum and peach mixture.

Place the baking dish in the oven, middle rack, and bake for about 20-25 minutes, or until the topping is golden. Sprinkle a bit more sugar on top as it comes out of the ovens, and if you have a lemon on hand, grate a bit of zest on top (optional). Enjoy warm or at room temperature.

THE SITE: Eating Well

www.eatingwell.com

This site bills itself as “where good taste meets good health.” I love the magazine, and the website is a good resource, although I find the layout somewhat lacking. Great recipes though...

THE RECIPE: *Fennel & Lemon Green Bean Salad*

4 ounces fresh green beans, trimmed and cut into 1 1/2-inch pieces	2 tablespoons water
4 bulbs fresh fennel	1 tablespoon lemon juice
4 ounces mushrooms, trimmed and quartered	1 tablespoon extra-virgin olive oil
1 2-by-1/2-inch strip lemon zest, julienned	Salt & freshly ground pepper to taste
2 tablespoons balsamic vinegar	

1. Steam beans for 3 to 5 minutes, or until tender-crisp. Rinse under cold water. Place them in a salad bowl.
2. Trim fennel leaves, reserving 2 Tbsp. minced leaves. Slice the stalks. Quarter bulb lengthwise, remove core and thinly slice. Add to the salad bowl along with mushrooms and lemon zest. Whisk vinegar, water, lemon juice and oil in a small bowl until well blended. Pour the dressing over the salad and add the reserved fennel leaves. Toss lightly. Season with salt and pepper. Cover and chill for 30 minutes to 1 hour.

One more recipe, this one from me.

“Marinated” Summer Squash salad

I have really always only liked summer squash cooked, preferably with lots of lovely olive oil and garlic. So I was hesitant to try a recipe that didn't involve cooking, but once I tested this I quickly got over all the bad memories of raw squash ruining a perfectly good salad!

1 yellow summer squash, sliced very thinly with a mandolin or sharp knife
One shallot, thinly sliced
3 tablespoons olive oil
3 tablespoons fresh lemon juice
¼ cup chopped fresh parsley
Salt

Put squash slices and shallot in a medium bowl, mix together olive oil and lemon juice and pour over squash, tossing well to coat. Salt to taste and add chopped parsley. Let sit for ½ hour and serve chilled or at room temperature.

Please remember to bring bags to pick up the fruit and vegetables in your share each week. If you have extra shopping bags at home, you can donate in the bin provided. Thanks!



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