
WESTCHESTER CSA

Dear CSA Member,

South Cairo has no shortage of pickup trucks and chainsaws so the mess that the storm left behind has almost been cleaned up. The huge trees that fell near the fields were in the woods and did not affect the garden. The damage in the fields was due to the heavy winds and hail. The hail shredded the leaves of all the greens so we cut down the Swiss Chard and Summer Spinach and the lettuces were disced back into the garden. The Swiss Chard and Summer Spinach should regrow in a couple of weeks. The lettuces have been replanted in the hoop house and we will be transplanting the seedlings in a couple of weeks. The lettuces will take at least three to four more weeks after transplant to be large enough for harvesting, so the next share of lettuce will not be until the fall.

Enjoy the vegetables. Deb

RECIPES FOR THE WEEK

There is such great variety this week that the hardest part of editing the newsletter is limiting the recipes! I try to include suggestions for most of the vegetables in each week's selection, but sometimes I do run out of space – or time! Here goes in no particular order.

Fresh Stone fruit Chutney

Bon Appétit | August 2008

The chutney is macerated in vinegar and sugar, creating a syrupy sauce that also softens the fruit. MY NOTES: You can easily use whatever mix of stone fruit you have handy for this type of very flexible recipe, and feel free to use regular balsamic if you don't have the white balsamic variety.

2 large firm but ripe peaches or nectarines (about 12 ounces total), halved, pitted, thinly sliced
2 small firm but ripe apricots or plums (about 6 ounces total), halved, pitted, thinly sliced
1 cup quartered pitted cherries
6 tablespoons sugar
3 tablespoons white balsamic vinegar
1/2 teaspoon garam masala*

WEEK EIGHT: VEGETABLES

- ✓ Orient Express Eggplant-2
- ✓ Peppers-3
- ✓ Early Jersey Wakefield Cabbage-1
- ✓ Walla Walla Onions-2
- ✓ String Beans-1 pound
- ✓ Genovese Basil-1
- ✓ Slicing Tomatoes-1
- ✓ Summer Squash-2 pounds
- ✓ Slicing Cucumbers-2
- ✓ Boothby Blonde cucumbers-2
- ✓ Sun Gold Cherry Tomatoes-1 basket



Fruit Share-1 basket of Apricots and Shiro Plums, 1 bag of Peaches

Combine all fruit in medium bowl. Add sugar, vinegar, and garam masala; toss gently. Let stand 1 hour at room temperature to allow juices to form and to blend flavors, tossing occasionally. **DO AHEAD:** Can be made 1 day ahead. Cover and chill, makes about 3 cups. Serve chilled or at room temperature with a little whipped cream or vanilla ice cream.

Couscous and Feta Stuffed Peppers

SELF | September 2000

MY NOTES: Stuffed peppers are a wonderful option for a vegetarian main course, and you can really serve them with a variety of grain-based salads as the “stuffing.” The quinoa salad recipe (from week four – eliminate the avocado and cucumbers, add cilantro just before serving) would be delicious served this way, as would wheat berries with pesto (recipe from week one) and roasted cherry or grape tomatoes and some goat cheese. Just prepare the salad recipes, prepare and stuff the peppers and bake as suggested below. This variation from SELF Magazine is low in fat, high in fiber, and loaded with vitamins A and C.

Vegetable-oil cooking spray	6 oz yellow squash, quartered lengthwise then sliced across thinly
1 1/4 cups fat-free chicken or vegetable broth	1/2 tsp fennel seeds
2/3 cup couscous	1/2 tsp dried oregano
4 large bell peppers, mixed colors	1/2 tsp salt
2 tsp olive oil	1 cup cherry tomatoes, cut in half
1/2 cup chopped onion	15 oz canned chickpeas, drained and rinsed
6 oz zucchini, quartered lengthwise then sliced across thinly	4 oz crumbled feta cheese (about 1 cup)

Preheat oven to 350°F. Coat a small baking dish with cooking spray. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove it from the heat. Meanwhile, bring a large pot of water to a boil. Cut the stems and top half inch off the bell peppers and scoop out the seeds and membranes. Boil trimmed peppers for 5 minutes, then drain them upside down. Heat oil in a nonstick skillet. Add onion, zucchini, yellow squash, fennel seeds, oregano, and salt. Cook, stirring frequently, for 5 minutes or until vegetables are softened. Remove from heat and stir in the tomatoes and chickpeas. Using a fork, scrape the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Place peppers upright in the baking dish and fill them with couscous.

Bake 15 minutes. Serve immediately. Serves 4.

Sausage, Onion & Pepper Sandwich

I have to admit that I generally try to include healthy recipes in this newsletter, but I was recently reminded of a summer job ages ago when I served sausage & peppers to adoring fans (of the sandwiches, not me) at the Dutchess County Fair—and I just can’t help myself. There are few things tastier than a piping hot sausage and pepper sandwich on a toasted hero roll...

1 medium onion, sliced
2 peppers sliced
4 good sized sausages (hot or sweet to taste, whatever you prefer – there are plenty of delicious healthier options on the market as well...Aidells has some good options...)
1 tablespoon olive oil, plus more for rolls
4 hero rolls (whole wheat if you can!) brushed with olive oil and toasted
salt

Heat olive oil in a large sauté pan over medium high heat. Add the sliced onion and reduce heat to medium, sauté onion until soft and starting to caramelize, about 7 minutes. Add the sliced peppers along with a pinch of salt and continue to cook over medium heat until soft. Remove peppers and onions and set aside. Cook sausage according to package directions. Slice sausages in half lengthwise, serve on toasted hero rolls topped with peppers & onions.

Whole Wheat Pizza Crust with various toppings

Here is a recipe I found online for a healthier whole wheat crust that comes out soft and chewy on the inside and crisp on the outside. Below are some suggestions for toppings from this week's bounty.

1 teaspoon white sugar	1 teaspoon garlic salt
1 1/2 cups warm water	2 cups whole wheat flour
1 tablespoon active dry yeast	1 1/2 cups all-purpose flour
1 tablespoon olive oil	

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crusts, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. Top pizza with suggested toppings (below) and bake for 15-20 minutes until cheese is melted and crust is crisp.

1. Eggplant – grill or broil sliced eggplant brushed with olive oil. Spread a thin layer of tomato sauce on prepared pizza crust. Place eggplant slices on top, add mozzarella cheese and bake.
2. Tomato/Basil – spread a thin layer of tomato sauce on prepared pizza crust. Sprinkle with thinly sliced basil, top with sliced tomatoes and some parmesan and mozzarella cheese and bake.
3. Squash – grill or broil 1/4 inch slices of squash brushed with olive oil. Spread a thin layer of tomato sauce on prepared pizza crust. Place squash slices on top, dot with ricotta cheese, sprinkle with a layer of parmesan and bake.

Bake for 16 to 20 minutes (depending on thickness) in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.

Peach and Cucumber salsa

Bon Appétit | July 2003

The perfect summer accompaniment to steamed or grilled fish, or chicken!

2 cups diced peeled pitted peaches (about 1 1/2 pounds)	1/3 cup chopped fresh cilantro
1 cup diced seeded cucumber	2 tablespoons fresh lime juice
3/4 cup diced red bell pepper	2 tablespoons apricot preserves
	1 teaspoon chopped canned chipotle chiles*

Mix all ingredients in medium bowl. Season salsa to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Stir to blend before serving.)

*Chipotle chiles canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.

Green Beans with Lemon

Gourmet | March 1997

1/2 pound haricots verts (thin French green beans) or regular green beans
1 teaspoon fresh lemon juice
1 teaspoon finely chopped fresh flat-leafed parsley leaves (wash and dry before chopping)
1/2 teaspoon freshly grated lemon zest
freshly ground black pepper to taste

Trim regular green beans if using and in a large saucepan of boiling salted water cook beans until crisp-tender (2 minutes for haricots verts or 3 to 4 minutes for regular green beans) and drain in a colander.

In a bowl toss beans with lemon juice, parsley, lemon zest, and pepper and season with salt. Serves 4.

Lime & Peanut Coleslaw

Leave out the jalapeno if you like it milder. This recipe is from 101 Cookbooks, and Heidi also suggests adding shredded, baked tortilla chips right before serving.

1 1/2 cups unsalted raw peanuts	3/4 cup cilantro, chopped
1/2 of a medium-large cabbage	1/4 cup freshly squeezed lime juice
1 basket of tiny cherry tomatoes, washed and quartered	2 tablespoons olive oil
1 jalapeno chile, seeded and diced	1/4 teaspoon + fine-grain sea salt

In a skillet or oven (350F) roast the peanuts for 5 to 10 minutes, shaking the pan once or twice along the way, until golden and toasted.

Cut the cabbage into two quarters and cut out the core. Using a knife shred each quarter into whisper thin slices. The key here is bite-sized and thin. If any pieces look like they might be awkwardly long, cut those in half. Combine the cabbage, tomatoes, jalapeno (opt), and cilantro in a bowl.

In a separate bowl combine the lime juice, olive oil, salt. Add to the cabbage mixture and gently stir to combine. Just before serving fold in the peanuts (add them too early and they lose some of their crunch).

Taste and adjust the flavor with more salt if needed.

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



IN THE NEWS

Saturday night ABC World News Tonight aired a story "Buying the Farm". The story featured Stoneledge farm and the CSA site at 90th Street, and included video of the members that came to harvest garlic. The story summary is below, and if you did not see the broadcast you can still watch it online at:

<http://abcnews.go.com/WN/story?id=5503226&page=1> OR
<http://abcnews.go.com/search?searchtext=agriculture&type>

Worried About Food Safety? Buy a Farm Investing in a Local Farm Could Save You Money, Give You Peace of Mind By JEREMY HUBBARD

On the hot, dusty Stoneledge Farm in the foothills of upstate New York's Catskill Mountains, an exhausting harvest is under way.

Garlic is the crop they're picking today, but farm owner Deborah Kavakos and her family aren't the only ones doing the work. They're getting help from some relative strangers who have a real stake in how these crops are grown.

"I'd like to buy a farm, that's how excited I am," said Jill Stern, one of the people there helping the Kavakos family.

In a sense, she has bought the farm. And so have all the other people who showed up on a recent weekend. They've purchased shares in Stoneledge Farm. It's called Community Supported Agriculture, or CSA and it's an idea that's taken root.

Here's how it works. Members of the CSA pay around \$450 a year for shares in the Kavakos' small organic farm. In return, they get a weekly delivery of fresh fruits and vegetables from June to November. They can also schedule a visit to the farm to see how the crops are growing, and they can help cultivate the vegetables, too.

"More than just buying the produce, they really are connected to a farm, our farm, in a way that I don't think you can just get, by either going to a farmer's market or going to a store to buy the produce," Deborah Kavakos said.

There are now more than 1500 of these CSA's nationwide, some with waiting lists. Membership is surging as food scares become more common.

"The spinach [scare] a couple of years ago, tomatoes and jalapenos more recently. People are really thinking more about where their food is coming from, what

happens to it between the farm and their plate. And CSA gives them that really direct connection, of knowing who's growing their food and where it's coming from and how it's being grown," said Paula Lukats, the program manager for Just Food, a non-profit agency that helps establish CSAs in New York City.

Essentially, members of CSA programs by-pass the grocery store. And members say, they save a lot of money in the process.

"I couldn't find the same quality without paying at least double for what we're getting," member Patricia Janof said. "So it's a fantastic discount, actually."

And it's also a "green" way to get your greens. The produce typically travels just a few miles from farm to table, as opposed to store-bought vegetables, which travel an average of 1500 miles to get to you, using a lot more fuel.

Members join not just for the freshness of the produce, but also for the uniqueness. Farmers grow vegetables like Boothby's Blonde cucumbers and rat-tailed radishes, a strange radish grown in a pod, much like a pea.

As with all farming, there are risks. If the crop fails due to seed damage, drought or bad weather, members are stuck paying for food they might not get. But that rarely happens.

And members say the risk is worth the reward, when the tasty vegetables arrive on their table every week.



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