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# WESTCHESTER CSA

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Dear CSA Member,

*Same story, different week. Torrential downpours are a daily occurrence and we have spent the last month and a half in rain suits and tall rubber boots. The garden continues to produce an amazing array of vegetables even with the excess rain and much cooler temperatures than summer usually holds.*

*The tomatoes are ripening slowly. We are picking them a bit less ripe to get them out of the garden before any lurking disease sets in to spoil the harvest. Leave the tomatoes on your counter, never refrigerated, to ripen. The Sun Gold Cherry Tomatoes seem unstoppable and their flavor is as sweet as ever.*

*After the hail storm we cut the leafy greens back to the ground and they have had a couple of weeks to re-grow. The Bright Lights Swiss Chard is welcome this week. There are a few leaves with Leaf Spot, but considering what the plants have been through, look very good.*

*New is the Edamame, soy beans. They are a bit smaller than in past years, but the beans inside the shells are very tender. Strip the fuller pods from the stem, wash them and then steam for 5 minutes. Add a bit of salt and pop the beans from the pods.*

*For recipe ideas, go to the farm website, [stoneedgefarmny.org](http://stoneedgefarmny.org) and click on CSA Locations. Quite a few of the CSA sites have their own web site and post recipes and other useful information each week. In addition there are two other web sites that members have developed that provide great recipe ideas for your share. Viviane's blog on [Localfork.com](http://Localfork.com), which I have mentioned previously, is now easy to access from the main page.*

*Great photos and recipe ideas can also be found at [seasonaleats.blogspot.com/](http://seasonaleats.blogspot.com/). If you have any other resources that you have found helpful, please let me know and I will pass the information on to members.*

*Enjoy the vegetables-Deb*

## WEEK TEN: VEGETABLES

- ✓ Slicing Tomatoes-3 pounds
- ✓ Sun Gold Cherry Tomatoes-1 basket
- ✓ Walla Wall Onions-2
- ✓ Early Jersey Wakefield Cabbage-1 head
- ✓ Black Bell Eggplant-1
- ✓ Summer Squash-2 pounds
- ✓ Edamame-1 bunch
- ✓ Bright Lights Swiss Chard-1 bunch
- ✓ Basil-1 bunch
- ✓ Jalapeno Peppers-take them if you like, 2 or 3. Quite hot, handle with care!



FRUIT SHARE: one box of peaches and donut peaches and one box of plums and apricots

## RECIPES FOR THE WEEK



My sun gold cherry tomatoes never make it home – my children eat them in the car on the way (and I thought my husband was forgetting them!). They are delicious eaten just as you get them, or sliced in a salad. But in case you feel the urge, here is a recipe – followed by a few more tomato recipes, all from [epicurious.com](http://epicurious.com):

### *campanelle with tomatoes and feta*

Bon Appétit | March 2007

Makes 4 servings.

8 ounces campanelle (trumpet-shaped pasta) or fusilli (spiral-shaped pasta)  
6 tablespoons extra-virgin olive oil, divided  
6 green onions, chopped (about 1 cup)  
3 large garlic cloves, minced

1 pint whole cherry tomatoes  
1 pint whole grape tomatoes  
5 cups (loosely packed) arugula  
1 1/2 cups crumbled feta cheese (about 7 ounces)

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.

Meanwhile, heat 3 tablespoons olive oil in heavy large skillet over high heat. Add green onions, garlic, and all tomatoes; sauté until tomatoes begin to soften and collapse, about 7 minutes. Sprinkle with salt and pepper.

Drain pasta. Return to pot. Add tomato mixture, arugula, and remaining 3 tablespoons olive oil; toss until arugula begins to wilt. Season to taste with salt and pepper. Transfer pasta to plates. Sprinkle with feta cheese and serve.

### *tomato, cucumber and red onion salad with mint*

Bon Appétit | July 1999

This recipe can be prepared in 45 minutes or less.

Serves 6.

2 large English hothouse cucumbers  
1/3 cup red wine vinegar  
1 tablespoon sugar  
1 teaspoon salt

3 large tomatoes, seeded, coarsely chopped  
2/3 cup coarsely chopped red onion  
1/2 cup chopped fresh mint  
3 tablespoons olive oil

6 SERVINGS Cut cucumbers in half lengthwise; scrape out seeds. Cut halves diagonally into 1/2-inch-wide pieces. Place in large bowl. Add vinegar, sugar and salt. Let stand at room temperature 1 hour; toss occasionally.

Add tomatoes, red onion, mint and oil to cucumbers and toss to blend. Season salad with salt and pepper.

### *tomato sauce*

Gourmet | May 2005

This sauce, called *caldillo de jitomate* ("tomato broth"), has a consistency closer to a light tomato soup than an Italian *marinara*.

Makes about 2 cups.

1 1/2 lb tomatoes, coarsely chopped, or 1 (14- to 15-oz) can whole tomatoes in juice, including juice  
1/3 cup water (3/4 cup if using canned tomatoes)  
2 teaspoons chopped garlic  
3 tablespoons chopped white onion

1 large fresh green serrano chile, coarsely chopped (including seeds)  
1 1/2 teaspoons sugar  
1 teaspoon salt, or to taste

Blend all ingredients in a blender until very smooth, 1 to 2 minutes. Pour through a medium-mesh sieve into a 1 1/2- to 2-quart heavy saucepan, pressing hard on and then discarding solids. Gently simmer sauce, uncovered, stirring occasionally and skimming froth, until sauce is slightly thickened and reduced to about 2 cups, 10 to 15 minutes.

Cooks' note: Sauce can be made 1 day ahead and cooled, uncovered, then chilled, covered.

## ***panzanella***

SELF | July 2006

Makes 4 servings.

3 large heirloom tomatoes, chopped into 1/4- to 1/2-inch cubes  
1/2 medium cucumber, julienned and cut into 1/4-inch cubes  
1/4 cup thinly sliced red onion  
3 tablespoon fresh basil, torn into large pieces  
3 tablespoon red wine vinegar

1 1/2 tablespoon olive oil  
Sea salt  
Coarsely ground black pepper  
1/2 whole-wheat baguette, cut into 8 (1/2-inch-thick) slices  
8 basil leaves

Toss first 6 ingredients in a bowl; season with salt and pepper; let stand 30 minutes. Drizzle 1 tablespoon liquid from mixture over bread; broil each side until golden; top with 2 tablespoon tomato mixture. Garnish with basil leaves.

## ***Spaghetti with Roasted Eggplant and Cherry Tomatoes***

Recipe courtesy Tyler Florence

Tomato Sauce:

1/4 cup extra-virgin olive oil  
1 onion, chopped  
5 garlic cloves, minced  
2 cans (28-ounce) whole, peeled tomatoes, drained  
Handful fresh basil leaves, torn  
Salt and freshly ground black pepper

2 small (3/4 pound) eggplants, stemmed but not peeled  
2 to 3 garlic cloves, chopped  
Salt and freshly ground black pepper  
Extra-virgin olive oil  
1 pound dried spaghetti  
1 pint cherry tomatoes, stemmed  
1/2 cup freshly grated Pecorino

First, make the tomato sauce: Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring, for 7 to 10 minutes until the vegetables are soft but not browned. Add the tomatoes, crushing them in your hand to break them up. Add the basil and season with salt and pepper. Cook until the sauce is reduced and thickened, about 10 minutes.

Preheat the oven to 425 degrees F.

Cut the eggplants crosswise into 1/2-inch-thick rounds and put them in a large bowl. Add the garlic, salt, and pepper, and drizzle generously with olive oil. Toss to coat, drizzling in more oil if you needed. Arrange the slices in a single layer on a baking sheet and roast 20 minutes until eggplants are very tender.

While the eggplants are roasting, bring a large pot of salted water to a boil for the pasta. About 5 minutes before the eggplants are done, drop the pasta into the boiling water and cook until al dente, 6 to 8 minutes. Drain. Bring the tomato sauce to a simmer and pour it into a large pasta bowl. Add the drained spaghetti and stir to coat with the sauce. Fold in the eggplants and the cherry tomatoes. Add the cheese and basil, and another drizzle of oil, and toss gently. Serve immediately and pass extra cheese at the table.

### ***Curry Rubbed Salmon with Napa Slaw***

Broiling makes the salmon golden brown without adding fat. To get the best color and a crisp coat, don't turn the fish over while cooking; it will still cook all the way through without this extra step. Serves 4.

1 cup brown basmati rice	1/4 cup fresh lime juice, plus lime wedges for serving
Coarse salt and ground pepper	2 tablespoons grapeseed oil
1 pound cabbage (1/2 head), thinly sliced crosswise	4 salmon filets (6 ounces each)
1 pound carrots, coarsely grated	2 teaspoons curry powder
1/2 cup fresh mint leaves	

In a large saucepan, bring 2 cups water to a boil; add rice. Season with salt and pepper, cover, and reduce heat to medium-low. Cook until tender, 30 to 35 minutes.

Meanwhile, in a large bowl, combine cabbage, carrots, mint, lime juice, and oil; season with salt and pepper. Toss.

Heat broiler with rack set 4 inches from heat. About 10 minutes before rice is done cooking, place salmon on a foil-lined rimmed baking sheet. Rub salmon with curry, and season with salt and pepper. Broil until just cooked through, 6 to 8 minutes. Fluff rice with a fork and serve alongside salad and salmon.

***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](mailto:skmurphy56@gmail.com)