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# WESTCHESTER CSA

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Dear CSA Member,

*A week of beautiful, sunny and warm weather has brightened our spirits and also the tomatoes. The tomatoes are at their peak now and are flavorful and delicious. We are working our way through the summer vegetables and so there are still the faithful summer squash, tomatoes, eggplant and peppers. I think that members start to yearn for the fall vegetables, but there will be many weeks of kale and carrots to come with the warm vegetables of summer only a memory. Savor them now.*

*We are planning our last farm visit day of 2008 to be held on Saturday September 13th from 11-4. We will have fall crops to help harvest, a maple syrup display and demonstration, a bee keeping display. Please bring your own picnic lunch and drinks. There will be room in the barn to sit, or if you prefer, bring a blanket to sit on the grass. We will also have our honey and Bearkill Maple syrup for sale that day. I would like you to e-mail me to let me know if you will be attending and a contact number. Please send the e-mail to: [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org). The farm visit is a nice day to just enjoy being on the farm, the fresh air, visiting with the farmers and also other CSA members.*

*Enjoy the vegetables-Deb*

*A NOTE ON THE BEETS: These beets are an Italian heirloom favorite. Cut open you will see stripes of red and white. These beets are a rustic type and we have no control over their growth. Some will grow enormous, other stay quite small, some will have crazy long roots, others get knobby. It is all part of their charm. The seed catalog also writes, "Also know as Bassano, for the Venetian hill town in which it originated. Has been cultivated in the States since the 1840's."*



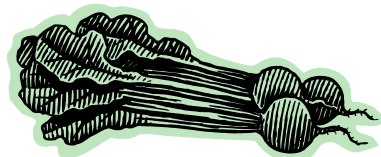
## WEEKLY PICKUP INFORMATION

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)

## WEEK ELEVEN: VEGETABLES

Summer Squash-2 pounds  
Orient Express Eggplant-2  
Walla Walla Onions-2  
Edamame-1 bunch-the beans are much larger this week and look perfect  
Peppers-3 each-this is a mix of peppers, all sweet varieties.  
Chiogga Beets-1 bunch.  
Tomatoes-3 pounds  
Sun Gold Cherry Tomatoes-1 basket  
Summer Spinach-1 bunch  
Sage-1 bunch



FRUIT SHARE: Red Clapp Pears,  
Peaches, Shiro Plums

## RECIPES FOR THE WEEK

I'll kick off the recipes this week with a fantastic summer soup pulled from the New York Times website that uses many vegetables from this weeks share.

### *Summer Minestrone With Fresh Basil*

By MARTHA ROSE SHULMAN

You can finish this hearty summer soup with slivered fresh basil or with pistou, the Provençal version of pesto. (It's pesto without the pine nuts.) A Parmesan rind, simmered in the soup and then removed, provides great depth of flavor without additional fat. On a hot summer day in Italy, the soup might be served at room temperature or just barely warm.

To make the soup:

1 tablespoon olive oil	together with kitchen string or bundled into a piece of cheesecloth
1 medium onion, chopped	1 (15-ounce) can cannellini, drained and rinsed
2 medium carrots, peeled and chopped	6 ounces green beans, cut into 1-inch lengths
1 celery stalk, chopped	1/2 cup soup pasta, such as elbow macaroni or broken spaghetti, or 3/4 cup penne
Salt	Freshly ground pepper to taste
4 large garlic cloves, minced or pressed	1/4 cup slivered fresh basil leaves, or 1/2 cup pistou (recipe below)
1 pound tomatoes, peeled, seeded, and chopped,	Freshly grated Parmesan for garnish
1 medium turnip, peeled and diced	
3/4 pound zucchini, diced	
A bouquet garni consisting of 1 Parmesan rind, 1 bay leaf, 3 sprigs parsley and 3 sprigs thyme, tied	

1. Heat the olive oil to medium-low range in a large, heavy soup pot or Dutch oven, and add the onion, carrots and celery. Cook, stirring about three minutes until vegetables begin to soften, and add 1/2 teaspoon salt. Continue to cook, stirring often, until tender, about five more minutes. Add the garlic, stir together for about a minute, then mix in the tomatoes. Keep stirring until the tomatoes have cooked down and smell fragrant, about 10 minutes. Stir in two quarts water, the turnip, zucchini and the bouquet garni, and bring to a simmer. Add 2 teaspoons salt. Reduce heat to low, cover and simmer 45 minutes. Stir in the canned beans. Taste and adjust salt. Remove the bouquet garni.

2. While the soup is simmering, bring a pot of salted water to a boil and add the green beans. Boil five minutes, until tender but still bright green. Transfer to a bowl of ice water, allow to cool, and drain. Retain the cooking water in case you want to thin the soup.

3. Add the pasta to the soup and simmer another 10 minutes, or until the pasta is cooked al dente. Stir the cooked green beans into the soup. Grind in pepper, and adjust seasonings. Soup should be savory and rich-tasting.

4. Stir in the basil or pistou, or place a spoonful of pistou in each bowl and stir in. Serve in wide soup bowls, with a sprinkling of Parmesan over the top.

Yield: Serves six to eight

Advance preparation: The soup can be made through step 2 a day or two ahead. It improves overnight. If you're making the soup ahead, cook the pasta separately and add to the soup, along with the green beans on the day you are serving it.

To make the pistou:

2 cups basil leaves  
2 garlic cloves, blanched if desired  
1/2 teaspoon kosher salt  
1/3 cup extra-virgin olive oil  
1 ounce Parmesan, freshly grated (1/4 cup tightly packed)

Grind the basil leaves to a paste in a mortar and pestle with 1/4 teaspoon salt. Remove from the mortar and pestle, and place the garlic and the remaining 1/4 teaspoon salt in the mortar. Grind the garlic to a paste. Return the ground basil and slowly work in the olive oil. Stir in the Parmesan.



Alternatively, place all of the ingredients except the Parmesan in a food processor fitted with the steel blade or a blender, and blend until smooth. Stir in the Parmesan.

### ***Onion Soup without Tears Recipe***

from Nigel Slater Kitchen Diaries

Staying with the soup theme for a moment, I love onion soup, and as we get closer to September the idea of cheesy onion soup with salad and a glass of wine seems like a perfect treat! This recipe is pulled from 101cookbooks.com

onions - 4 medium  
butter - 1 - 2 tablespoons  
a glass of white wine  
vegetable stock 6+ cups

a small french loaf  
grated Gruyere, Emmental or other good melting  
cheese - a few generous handfuls

Set the oven to 390 degrees. Peel the onions and cut them in half from tip to root, then lay them in a roasting pan and add the butter, salt and some pepper. Roast until they are tender and soft, and toasted dark brown here and there. You might have to turn them now and again.

Cut the onions into thick segments. Put them in a saucepan with the wine and bring to the boil. Let the wine bubble until it almost disappears (you just want the flavor, not the alcohol), then pour in the stock. Bring to the boil and simmer for about twenty minutes.

Just before you want to serve the soup, make the cheese croutes. Cut the loaf into thin slices and toast lightly on one side under a hot grill (broiler). Turn them over and sprinkle with the grated cheese. Get the soup hot, ladle it into bowls and float the cheese croutes on top. Place the bowls under a hot grill (broiler) and leave until the cheese melts. Eat immediately, whilst the cheese is still stringy and warm.

Enough for 4.

### ***Yellow squash and bell pepper soup***

Gourmet | June 1994

One more soup before I move on (I promise). I always think of the winter squash varieties as more appropriate for soup, but this recipe is an easy way to use summer squash for a change of pace. Can be prepared in 45 minutes or less.

Makes about 2 1/2 cups.

1/4 cup chopped onion  
2 tablespoons unsalted butter  
1 large yellow bell pepper, thinly sliced (about 1 1/2 cups)

3/4 pound yellow summer squash, sliced thin crosswise (about 3 cups)  
1/4 teaspoon minced garlic  
1 cup low-salt chicken broth  
2 tablespoons chopped fresh coriander

In a large skillet cook onion in butter over moderate heat, stirring, until softened. Add bell pepper and cook, covered, stirring occasionally, until pepper is softened, about 5 minutes. Stir in squash and garlic and cook, covered, stirring occasionally, until squash is tender, about 10 minutes. Stir in broth and bring mixture to a simmer. In a blender purée soup until smooth and transfer to a saucepan. Cook soup over moderate heat until just heated through, stirring in enough water to thin to desired consistency, and season with salt and pepper.

Serve soup sprinkled with coriander.

### ***eggplant with bell pepper, feta, and green olives***

Bon Appétit | June 2006

I find eggplant a challenging vegetable to cook with, because a lot of people say they don't like it. There are two possible reasons for this statement – the first is that they really don't like the taste and the second is that they've not had very good eggplant! The selection we've been getting from the share have lots of nice flavor, with very little of the bitter taste I often associate with this vegetable. I came across this recipe and thought it was a perfect time to let eggplant take center stage! The overwhelming response from those who tried and reviewed the recipe was to leave the eggplant rounds whole – not to cut them in half.

Olive oil  
1 2 1/2- to 3-inch-diameter eggplant, cut into six 3/4-inch-thick rounds, then halved (if desired) to form 12 semicircles  
1 long slender red bell pepper, cut into six 1/4-inch-thick rings, then halved (if desired) to form 12 curved strips

1/2 cup crumbled feta cheese (about 2 ounces)  
12 small inner leaves of butter lettuce  
10 large imported green Greek olives, pitted, chopped  
1 teaspoon finely chopped fresh oregano

Pour enough oil into heavy large skillet to coat bottom; heat over medium heat. Add eggplant to skillet, arranging in single layer. Sprinkle eggplant with salt and pepper. Sauté until cooked through, but not browned, about 3 minutes per side. Transfer eggplant to sheet of foil; reserve skillet.

Arrange 1 bell pepper strip atop rounded edge of each eggplant piece, trimming to fit, if necessary. Sprinkle cheese atop eggplant. do ahead Can be made 2 hours ahead. Let stand at room temperature.

Arrange lettuce leaves on platter. Reheat oil in skillet over medium heat. Place eggplant, cheese side up, into skillet. Cover and cook until cheese softens and begins to melt, about 4 minutes. Place 1 eggplant piece atop each lettuce leaf. Sprinkle each with olives and oregano.

### ***Citrus Beet Salad***

Recipe courtesy Ingrid Hoffmann, 2008

Take advantage of the pretty beets in this week's share by using them in a salad, and save your next batch of borscht for another time...

12 whole baby beets or 6 large beets, tops removed and ends trimmed  
2 navel oranges  
1/2 small Spanish onion, halved lengthwise and thinly sliced

1/4 cup sliced black olives  
10 fresh mint leaves, coarsely chopped  
Kosher salt and freshly ground black pepper  
Extra-virgin olive oil  
1/2 lime, juiced

Preheat the oven to 400 degrees F.

Wrap the beets in foil and roast until they're tender and a paring knife slips easily into their centers, about 20 minutes for baby beets and 30 to 40 minutes for large beets. Remove the beets from the oven and, once cool enough to handle, open the foil packages.

Meanwhile, peel and segment the oranges. Cut off the tops and bottoms of the oranges so that they sit flat on the cutting board. Using a sharp paring knife, slice off the skin from top to bottom, removing the peel and pith so that no white is left on the orange. Slice along each membrane to cut out the individual segments. Place the segments in a large bowl. Add the onion, olives, and mint.

Using a paper towel, rub the skins off of the beets. Cut the beets into quarters. Add them to the bowl with the oranges, season with salt and pepper, and then drizzle some olive oil and lime juice over the salad. Toss and serve immediately.

### ***Baked Pears with Cream***

In case you were wondering (I know I was) the Red Clapp's Pear is one of the first fresh eating pears on the market, ready to eat in mid August. A selected sport from the original Clapp's Favorite, this variety is by far the reddest of all pears, offering the same high quality as the original Clapp's. The fruit is medium to large size, tear-drop shaped, sweet, fine-grained with very white flesh and excellent flavor, (shelf life - 6 weeks in regular storage).



1 lemon, quartered  
4 ripe pears, such as Comice or Anjou, peeled and cored  
2 1/2 cups milk

3/4 cup sugar  
3 large eggs  
3 large egg yolks  
1 tablespoon pear brandy

Preheat oven to 275 degrees. Fill a large bowl with cold water, and squeeze the juice from the lemon quarters directly into the water; add the rinds. Slice pears 3/8 inch thick; add to acidulated water.

In a medium saucepan, bring the milk to a boil. Meanwhile, whisk sugar, eggs, egg yolks, and brandy in a large bowl until the batter leaves a ribbonlike trail on the surface for 3 seconds when you raise the whisk. Slowly add hot milk to egg mixture, whisking constantly, until milk has been incorporated.

Using a slotted spoon, lift pears from the water, and blot dry with paper towels. In a 10-inch-round pie plate, arrange pears in a circular pattern. Pour milk-and-egg mixture over pears.

Place pie plate in a shallow baking pan, and fill the pan with enough boiling water to cover the pie plate halfway up. Transfer to oven; bake until the custard has set and is just brown, about 1 1/2 hours. Transfer to a wire rack to cool slightly before serving.