
WESTCHESTER CSA

Dear CSA Member,

The sounds are changing around the fields and the woods. The crickets never seem to be still as they welcome the change in seasons. We are still harvesting every summertime vegetable that is available as we start to move into new plantings of fall vegetables and you will see this in your weekly share.

We are picking carrots for the first time this week. As I have written in the past, carrots are the most amazing of vegetables to me. The seeds are so small and inconsequential. If a breeze kicks up when planting, the seeds could easily blow away. The carrots take weeks to emerge; the foliage is so fine that it seems hardly able to hold itself up. Then, after weeks and weeks of tending, beautiful orange carrots are pulled from the earth. Looking nothing like where they started.

A number of members have contacted me requesting information about how to order honey and maple syrup. If you go to the farm web site: www.stoneledgefarmny.org and click under honey and maple, you will find an order form that you can download. Fill in your order and mail it to us with a check. Please make sure you fill in the CSA site that you belong to. As soon as I receive your order, I will make sure it goes on the truck with the vegetable shares to your CSA site.

Our last open house farm day for 2008 is scheduled for September 13th. Please mark your calendar. We will have fall crops to help harvest, field walks, displays on bee keeping and maple syrup production. Our neighbors, Dancing Lamb Farm will also be there with their sheep milk cheeses and lamb. Please send me an e-mail at info@stoneledgefarmny.org if you are planning on attending. This is a unique opportunity that CSA members have. They can go to the farm that grows their food and meet with the people that do the farming. Hope you can make it.

Enjoy the vegetables-Deb

WEEKLY PICKUP INFORMATION

Pickup location: Door #25, Suite 138-a

Pickup times: 4:00pm - 6:30pm

Newsletter Correspondence: Sarah Murphy at skmurphy56@gmail.com

WEEK TWELVE: VEGETABLES

Bolero Carrots-1 bunch

Walla Wall Onions-2

Tomatoes-3 pounds

Sun Gold Cherry Tomatoes-1 basket

Summer Squash-2 pounds

Black Bell Eggplant-1

Oregano-1 bunch

Sweet Peppers-3

Bright Lights Swiss Chard-1 bunch

Jalapeno Peppers-take them if you like



FRUIT SHARE: 1 bag of Seckle Pears and Nectarines and 1 basket of Black berries

RECIPES FOR THE WEEK

The weather today (92 degrees!) made it hard to accept that fall is right around the corner, but some red and yellow leaves on the drive down from the Adirondacks yesterday and last minute back-to-school shopping today make it a sure thing. So, I went hunting for a few recipes that will capture the taste of summer for just a little while longer...

These next three recipes are all from a cookbook called *Homegrown Pure and Simple*, great healthy food from garden to table by Michael Nischan (Chronicle Books).

Oven Dried Tomatoes

Balsamic vinegar

Tomatoes

Coarse sea salt



1. Pour the vinegar into a mister or spray bottle.
2. Cover the bottom oven rack with aluminum foil or put a large rimmed baking sheet on it. Position as low as possible in the oven. Position the second rack in the center of the oven. Preheat the oven to the lowest setting, either 150° or 200°F depending on your oven.
3. Core the tomatoes. If using plum tomatoes, cut each one in half lengthwise. Slice round tomatoes in half through the equator.
4. Mist the tomatoes lightly with vinegar and sprinkle the cut sides evenly with salt.
5. Arrange the tomatoes, cut side up and side by side on wire cooling racks. Do not let them touch. Put the cooling racks directly on the upper oven rack for maximum heat and air circulation. Let the tomatoes dry for 6-8 hours for semi dry tomatoes, 10-12 hours for fully dry tomatoes. Check tomatoes continually, some will dry more quickly than others depending on the moisture content and the size of the tomato. Remove them when they reach the desired dryness.
6. **TO STORE:** refrigerate the semidry tomatoes in olive oil to cover for up to one month. Put the dry tomatoes in oil to cover, or without oil, in a zippered plastic bag or in a jar with a tight fitting lid for up to one month.

Vegetable Marmalade

I was too intrigued not to include this one, which sounds delicious, and what a great use of leftover vegetables! It calls for sterilized jars and lids; I've included detailed instructions for both sterilizing and processing, although for this recipe it is only necessary to sterilize since the recipe calls for storing in the refrigerator.

Ingredients:

6 quarts freshly pressed apple juice or apple cider
2 quarts fresh plum juice (or more apple juice)
1 small yellow onion, quartered through stem end
1 ½ cups cubed leftover grilled eggplant
1 ½ cups cubed leftover grilled summer squash

1 ½ cups oven dried tomatoes (recipe above, or good quality store bought sun dried tomatoes)
1 ½ cups diced grilled or roasted onions
2 tablespoons grated lemon zest or ¼ cup grated orange zest
3 cloves of garlic, thinly sliced

1. Divide the apple juice and the plum juice evenly between two 6-quart stock pots. Add 2 onion quarters to each pot. Bring to a simmer over low heat. Cook for 3 to 4 hours or until reduced to 4 quarts total.

2. Combine the liquid in a single pot. Add the eggplant, squash, tomatoes, diced onion, citrus zest and garlic. Return to a simmer and cook for about 5 minutes or until heated through and blended.
3. Ladle the vegetable mixture into sterilized pint jars, filling them to the base of the rim, then cover with lids and secure with screw-on rings. Let cool to room temperature and refrigerate for up to 6 weeks.

Tomato, Butter and Honey Jam

This only keeps a week, but with those three ingredients, how could you go wrong?

2 pounds super-ripe tomatoes (2-3 large)
 1 tablespoon grape seed or rice oil
 1 small yellow onion
 ½ cup chilled unsalted butter

¼ cup local honey
 2 tablespoons fresh thyme leaves
 Salt & freshly ground pepper
 ¼ cup loosely packed, torn fresh basil leaves



1. Core the tomatoes and cut in half through the equator. One at a time, hold the tomato halves over a glass bowl and squeeze to remove the seeds and juice. Reserve the juice and seeds. Finely chop the tomato halves with a sharp knife or process in a food processor until diced but not smooth or pureed. Set aside.
2. In a large, non-stick skillet, heat the oil over low heat. Add the onion and cook for about 5 minutes, or until translucent but not browned. Add the reserved tomato juice and seeds and the butter, raise the heat to medium, and simmer until the juice and butter form a thick sauce. Add the diced tomatoes, raise the heat and simmer rapidly, stirring often, for about 20 minutes, or until thickened and saucy.
3. Remove the pan from the heat and stir in the honey and thyme and season to taste with salt and pepper. Set aside to cool to room temperature.
4. Stir in the basil and transfer the jam to a lidded container. Refrigerate and stir 2-3 times during chilling. Stir one final time when completely cold. Let the jam come to room temperature before serving to give the butter time to soften.

Serve with warm cornbread, biscuits, scones or dinner rolls.

Late Summer Vegetable Soup

Also in the spirit of saving the season, this soup—from the September issue of *Everyday Food*—freezes well, so make a bunch and freeze some for a chilly fall day!

4 ears corn, husks and silks removed
 2 tablespoons olive oil
 1 medium onion, chopped
 Coarse salt & ground pepper
 2 cans (14.5 ounces each) vegetable or chicken broth
 2 large summer squash, halved lengthwise and thinly sliced

8 ounces green beans (stem ends removed) cut into thirds
 2 large tomatoes, seeds and juice removed, chopped
 ½ cup orzo

1. Cut off the tip of each ear of corn. One at a time, stand ears in a wide bowl and with a sharp knife, carefully slice downwards, removing kernels. Discard cob.

2. In a Dutch oven or 5-quart pot, heat oil over medium. Add onion, season with salt & pepper. Cook, stirring frequently, until onion is translucent, 3-5 minutes.
 3. Add broth and 2 cups of water; bring to a boil. Add squash, green beans, corn, tomatoes and orzo; cook, uncovered until orzo is tender, about 8-11 minutes. Season with salt & pepper.
- TO FREEZE: ladle into resealable plastic bags either in single serve (1 ½ cups) or whatever division you prefer. Store flat in the freezer up to three months. Thaw in the refrigerator before reheating.

Roasted Carrots with Honey

1 1/2 pounds carrots, cut on the diagonal into 2-inch lengths and halved lengthwise if thick
 1 tablespoon olive oil
 Coarse salt and ground pepper
 1 tablespoon honey

Preheat oven to 450 degrees. On a rimmed baking sheet, toss carrots with oil; season with salt and pepper. Roast, tossing once, until tender, 30 to 35 minutes. Remove from oven, and toss with honey. If you prefer not quite as sweet a dish, just toss the roasted carrots with a little balsamic vinegar.

Nectarine Shortcakes

I made these a few years ago for a family brunch and they were delicious...the recipe—courtesy Martha Stewart—makes 8.

1/2 pound nectarines (about 4), cut into 1/2-inch pieces	1 tablespoon baking powder
1 tablespoon fresh lemon juice	1/2 teaspoon coarse salt
1/4 cup plus 2 teaspoons granulated sugar	6 tablespoons cold unsalted butter, cut into small pieces
2 cups all-purpose flour, plus more for work surface	1 cup heavy cream, plus more for brushing
	Fine sanding sugar, for sprinkling

Preheat oven to 400 degrees. Combine nectarines, lemon juice, and 2 teaspoons granulated sugar. Let stand 15 minutes.

Whisk together flour, baking powder, salt, and remaining 1/4 cup granulated sugar in a large bowl. Using a pastry blender, cut in butter until mixture forms small pieces. Stir in cream. Fold in nectarine mixture. Turn out dough onto a lightly floured surface. Pat into an 8 1/2-inch round. Using a 2 1/2-inch cutter, cut out 8 rounds, and transfer to a parchment-lined baking sheet. Brush with cream; sprinkle with sanding sugar. Bake until golden brown, 20 to 25 minutes. Let cool on a wire rack. Remaining shortcakes can be stored in an airtight container up to 1 day.

“September tries its best to have us forget summer.”

Bern Williams

I found the following guide to canning online, where there is plenty of information on the subject. I've edited these directions somewhat, and remember, the recipe included in the newsletter actually only requires sterilization, not processing.

General Canning Information

- ***Recommended Jars and Lids***

Regular and wide-mouth Mason-type, threaded, home-canning jars with self-sealing lids are the best choice. They are available in ½ pint, pint, 1½ pint, quart, and ½ gallon sizes. The standard jar mouth opening is about 2-3/8 inches. Wide-mouth jars have openings of about 3 inches, making them more easily filled and emptied. Half-gallon jars may be used for canning very acid juices. Regular-mouth decorator jelly jars are available in 8 and 12 ounce sizes. With careful use and handling, Mason jars may be reused many times, requiring only new lids each time. When jars and lids are used properly, jar seals and vacuums are excellent and jar breakage is rare.

- ***Jar Cleaning***

Before every use, wash empty jars in hot water with detergent and rinse well by hand, or wash in a dishwasher. Unrinsed detergents may cause unnatural flavors and colors. These washing methods do not sterilize jars. Scale or hard-water films on jars are easily removed by soaking jars several hours in a solution containing 1 cup of vinegar (5 percent acidity) per gallon of water.

- ***Sterilization of Empty Jars***

All jams, jellies, and pickled products processed less than 10 minutes should be filled into sterile empty jars. To sterilize empty jars, put them right side up on the rack in a boiling-water canner or large pot. Put the lids and bands in the pot with the jars. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil 1 additional minute for each additional 1,000 ft elevation. Remove and drain hot sterilized jars one at a time. If desired, save the hot water for processing filled jars. Fill jars with food, add lids, and tighten screw bands.

- ***Lid Selection, Preparation, and Use***

The common self-sealing lid consists of a flat metal lid held in place by a metal screw band during processing. The flat lid is crimped around its bottom edge to form a trough, which is filled with a colored gasket compound. When jars are processed, the lid gasket softens and flows slightly to cover the jar-sealing surface, yet allows air to escape from the jar. The gasket then forms an airtight seal as the jar cools. Gaskets in unused lids work well for at least 5 years from date of manufacture. The gasket compound in older unused lids may fail to seal on jars.

Buy only the quantity of lids you will use in a year. To ensure a good seal, carefully follow the manufacturer's directions in preparing lids for use. Examine all metal lids carefully. Do not use old, dented, or deformed lids or lids with gaps or other defects in the sealing gasket.

After filling jars with food, release air bubbles by inserting a flat plastic (not metal) spatula between the food and the jar. Slowly turn the jar and move the spatula up and down to allow air bubbles to escape. Adjust the headspace and then clean the jar rim (sealing surface) with a dampened paper towel. Place the lid, gasket down, onto the cleaned jar-sealing surface. Uncleaned jar-sealing surfaces may cause seal failures. Then fit the metal screw band over the flat lid. Follow the manufacturer's guidelines enclosed with or on the box for tightening the jar lids properly.