
WESTCHESTER CSA

Dear CSA Member,

Each year there seems to be a vegetable that out performs our best expectations. Last year it was the beet. Members may still have a couple of shriveled up little red beets in the corner of their refrigerator vegetable bin as a reminder.

For years we had trouble finding a variety of carrots that would grow well under our conditions until we tried the Bolero carrot. For two years we have been using this variety and they are fantastic. As we dig them, they seem to just get better and better. The flavor is great, the color beautiful and they are almost straight. So, I'm thinking that 2008 may be the year of the carrot.

Enjoy all of the vegetables-Deb

Farm Visit:

Saturday, September 13 from 11-4.

Bring your own picnic lunch and drinks. For directions to the farm go to our web site www.stoneledgefarmny.org and use the 101 Garcia Lane, Leeds address. Dave Cammer from Bearkill Maple will be at the farm visit with a display of his maple production methods. We will have Dave's Maple products and also our Honey for sale. Dancing Lamb Farm will be there with their lamb, sheep milk cheese. We will be walking the fields and members can help with the harvest if they would like. We will also bring the seed garlic from the rafters in the barn where it has been drying since being harvested during the July farm visit. The garlic heads need to be split into cloves for planting in October. In years past we have had members help with this job and it may be time to revive this tradition. Let me know if you will be coming to the farm visit by sending an e-mail to info@stoneledgefarmny.org. If we have any last minute changes, I will be able to contact you.

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 THIRTEEN: VEGETABLES

New Small Red Potatoes-2 pounds

Beets-2 pounds. Gold and chiogga beets and the two varieties are mixed in the shares.

Bunching Onions-1 bunch-slice and use as onions. The white part is most tender but you can use the greens as well. They are also good split and grilled.

Red Russian Kale-1 bunch

Tomatoes-2 pounds

Sun Gold Cherry Tomatoes-1 basket, should be used up right away.

Summer Squash-2 pounds

Italian Flat Leaf Parsley-1 bunch

Bolero Carrots-1 bunch



FRUIT SHARE: Fruit Share-Nectarines, Bartlett Pears, Fortune Plums

RECIPES FOR THE WEEK

If this is the year of the carrot, let's celebrate! I'll start with this recipe I got recently in my daily email from Dr. Andrew Weil.

Carrot Cake

I still might miss the cream cheese frosting (yum), but this version is definitely healthier, using a small amount of olive oil, a full cup of honey for moistness and flavor, and a combination of whole wheat pastry and unbleached flours. The walnut will add additional richness and nutritional value, and this would be just right with a nice cup of tea on a rainy afternoon.

Ingredients:

2 cups firmly packed finely grated carrots (3 large)	1 cup unbleached white flour
Juice of 1 large orange	1 1/2 cups whole-wheat pastry flour
2 tsp vanilla extract	2 tsp baking soda
1/4 cup light olive oil	1 tsp cinnamon
1 cup honey, liquefied in microwave (30 seconds)	1/2 tsp ground allspice
1/2 cup crushed or chopped pineapple, drained	3/4 cup walnuts, chopped

Instructions:

1. Preheat oven to 350°F.
2. In a mixing bowl, stir together the carrots, orange juice, vanilla, olive oil, honey, and pineapple until well blended.
3. In another bowl, stir together the flours, baking soda, and spices. Mix in the walnuts.
4. Blend the dry ingredients into the carrot mixture, stirring until just mixed.
5. Pour the batter into a nonstick 8-inch-square baking pan and bake for 45-60 minutes until a knife inserted in the center comes out clean. Remove from oven, let cool slightly, and remove from pan.

Carrot and beet salad with ginger vinaigrette

This salad from Bon Appétit would be great served with grilled or broiled salmon. It's a lot of shredding, so break out the food processor and use the shredding disk for sure...serves 6, can be prepared in 45 minutes or less.

1/4 cup minced shallot	1/2 cup olive oil
2 tablespoons minced peeled fresh ginger	4 cups finely shredded carrots
1 garlic clove, minced	4 cups finely shredded peeled raw beets (about
1/4 cup rice vinegar	3/4 pound)
1 tablespoon soy sauce	spinach leaves, washed thoroughly, for garnish if
1/2 teaspoon Asian (toasted) sesame oil	desired
Tabasco to taste	

In a blender purée shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves.

Fresh Vegetable Curry

I made this recipe from the October issue of Food & Wine this weekend with great success. I changed the vegetables in the recipe based on what I had available (used eggplant and zucchini instead of green beans and butternut squash), and I added some pieces of cod right at the end, which poached nicely in the curry sauce and were easy to break into flaky pieces.

If you make substitutions, just be sure to add longer cooking vegetables like potatoes earlier (along with the carrots) and faster cooking vegetables like zucchini, eggplant & peppers more toward the end. Any substantial flaky white fish would work well; it will take from 5-10 minutes depending on the thickness of the piece of fish.

2 tablespoons canola oil	One 14-ounce can unsweetened coconut milk
1 small onion, thinly sliced	1/4 cup water
2 tablespoons finely julienned fresh ginger (from a 2-inch piece)	Kosher salt
1 jalapeño, seeded and cut into thin strips	3 carrots, quartered lengthwise and cut into 1-inch pieces
2 bay leaves	1 pound butternut squash (neck only), peeled and cut into 1-by-1/2-inch pieces (1 1/2 cups)
3 garlic cloves, minced	1/2 pound thin green beans, cut into 1-inch pieces
1 teaspoon turmeric	Basmati rice, for serving
2 small tomatoes, coarsely chopped	

In a large, deep skillet, heat the oil. Add the onion, ginger, jalapeño and bay leaves and cook over moderate heat until softened, 5 minutes. Add the garlic and turmeric and cook, stirring, for 2 minutes. Add the tomatoes and mash lightly until just beginning to soften, 2 minutes. Add the coconut milk and water; season with salt. Bring to a boil.

Add the carrots, cover and simmer over low heat until crisp-tender, about 12 minutes. Add the squash and beans, cover and simmer until tender, 15 minutes. Discard the bay leaves. Serve with basmati rice (I served with whole wheat cous cous, and it was delicious.)

About New Potatoes (from Everyday Food on marthastewart.com)

These young members of the potato family are among the most adaptable. Try them roasted with herbs or in potato salads and soups.

What Are New Potatoes?

Any variety of potato that is harvested early is considered a new potato. Since they are picked before their sugars have converted to starch, new potatoes are crisp and waxy and high in moisture. They also have thin skins, making them great for cooking and eating unpeeled.

Buying and Storing

New potatoes should be firm, smooth, and free of cracks or soft brown spots. Choose potatoes of similar size so they cook evenly. Potatoes should not be refrigerated; keep them in a cool, dark place, and use within a week or so of buying.

How to Use in Cooking

The waxy flesh helps new potatoes hold their shape when cooked (they should be tender when pierced with the tip of a knife), which is ideal for soups and potato salads. If potatoes are to be cooked in their skins, rinse under cool water, scrub with a vegetable brush, and cut away any greenish parts (caused by overexposure to light) or any eyes.

New Potato Salad

I love new potatoes boiled and served with just butter and salt, but this salad from Martha Stewart sounds like it puts these tender small potatoes to good use, plus the flat leaf parsley is perfect here.

1 1/2 pounds red new potatoes, sliced 1 inch thick
1 teaspoon lemon zest plus 1/4 cup fresh lemon juice (from 2 lemons)
Coarse salt and ground pepper

1/2 cup coarsely chopped fresh herbs, such as a combination of chives, parsley, and tarragon
2 tablespoons extra-virgin olive oil

1. Set a steamer basket in a large pot with a lid. Fill with enough water to come just below basket; bring to a boil. Place potatoes in basket; reduce heat to a simmer. Cover pot; steam, tossing potatoes occasionally, until tender, 10 to 12 minutes.
2. Meanwhile, in a medium bowl, place lemon zest and juice; season with salt and pepper. Using tongs or a slotted spoon, transfer potatoes to bowl. With a rubber spatula, gently toss potatoes with lemon juice. Refrigerate until cool, at least 1 hour.
3. Toss herbs and oil with cooled potato mixture; season with salt and pepper. If storing, cover and refrigerate up to 1 day; bring to room temperature before serving.

Whole Wheat pasta with Kale & Fontina

From Everyday Food Magazine, Serves 4 to 6.

4 slices bacon (2 ounces), cut into 1/2-inch strips
3 garlic cloves, thinly sliced
1 bunch kale (1 pound), thick stems trimmed, leaves coarsely chopped

Coarse salt and ground pepper
2 cups reduced-sodium canned chicken broth
1 pound whole-wheat spaghetti
1/2 cup coarsely chopped fontina cheese

1. Cook bacon in a large skillet over medium-low heat, turning occasionally, until browned and crisp, 8 to 10 minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain. Pour off all but 3 tablespoons rendered fat.
2. Cook garlic in same skillet over medium heat until golden, stirring frequently, 2 minutes. Add half the kale; cook, tossing until just wilted, 2 minutes. Add remaining kale, and season with salt and pepper; cook, tossing, until all kale has wilted, 2 minutes. Add broth; cover. Simmer until kale is tender, 10 minutes.
3. Meanwhile, cook pasta in a large pot of boiling salted water until al dente, according to package instructions. Drain, reserving 1 cup cooking water. Return pasta to pot. Add kale and fontina; toss to combine. Season with salt and pepper. Add reserved cooking water as desired. Divide pasta among plates; top with reserved bacon.

Raw Kale Salad with Gouda, Pear and Walnuts

From Body & Soul Magazine, Serves 4.

1/2 cup walnuts, coarsely chopped
1 tablespoon sherry vinegar
1 tablespoon extra-virgin olive oil
Coarse salt and ground pepper
1 bunch Russian kale (about 1 1/4 pounds), stems removed and leaves torn into bite-size pieces

2 1/2 ounces goat's milk gouda, cut into 1/2-by-1/4-inch pieces
6 chives cut into 1-inch lengths
1 Anjou pear, halved, cored, and very thinly sliced crosswise

Preheat oven to 350 degrees. Place walnuts on a rimmed baking sheet and bake until golden brown, tossing once during baking, 8 to 10 minutes. In a medium bowl, whisk together vinegar and oil; season with salt and pepper. Add in kale, cheese, chives, walnuts, and pear. Toss to combine.