
WESTCHESTER CSA

Dear CSA Member,

Thanks to everyone that visited the farm on Saturday. There was not a rain drop and it was great to see everyone walking the fields where their vegetables are grown. We were proud to have three other local farms and farmers display their local products as well. Dave Cammer from Bear Kill Road Maple, Meghan Kennedy from Dancing Lamb Farm and Bernadette and Walt Kowalski from The River Garden. Dave's maple is available through the CSA and Bernadette and Walt grow the flowers for the Flower Share available at some of the CSA sites. Their flowers are featured this month in the Country Living Magazine. We are fortunate to still have active, vibrant farms in our area. CSA members' support of local farms is so important and we all appreciate your commitment to regional agriculture.

This week you will see the last vestiges of summer vegetables. The cherry tomatoes, peppers, basil, eggplant and tomatillos have been picked for the last time. We were also able to pick the Summer Spinach once more. Everything to its season!

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

RECIPES FOR THE WEEK

Well, I made this salsa last week, and it seems like it might be worth a try to get it down on paper since it only took 24 hours for my husband to eat the entire batch – so it must have been tasty...and a fitting tribute to the end of our summer vegetables.

WEEK FOURTEEN: VEGETABLES

Black Bell Eggplant-2

Orient Express Eggplant-2

Sweet Peppers-4

Sun Gold Cherry Tomatoes-1
basket

Tomatoes – 1 pound

Tomatillos-1 pound

Basil-1 bunch

Leeks-1 bunch

Summer Spinach-1 bunch

Bolero Carrots-1 bunch

Jalapeno Peppers-take them if
you like, they are hot!



FRUIT SHARE: 1 basket Concord Grapes,
1 bag Honey Crisp Apples, Macintosh
Apples. The Honey Crisp are good
eating apples and the Macs are an all
purpose apple good for eating and also
cooking.

Tomatillo Salsa

My favorite part about this recipe is that it really just calls for tossing everything in the food processor and whirring for a few minutes and then you're done!

4-5 medium tomatillos, papery skins removed,
washed & cut in quarters
1 small onion, peeled and quartered
1 cup of cherry tomatoes, or chopped regular
tomatoes

1 jalapeno pepper, seeded and cut in thin strips
1 small bunch cilantro leaves, coarsely chopped
2 tablespoons olive oil
Juice of one lime
Salt to taste

Put everything in the food processor except the olive oil, lime juice & salt. If the salsa is too thin for your taste, you can drain off some of the liquid in a mesh strainer. Then add lime juice, olive oil and salt. Serve with hearty corn chips, or as a topping for simple grilled meat or fish.

Whole Grain Recipes

The benefits of whole grains are numerous and well-documented. The Whole Grain Council's website points to studies that show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming at least 3 servings daily, some studies show reduced risks from as little as one serving daily. The message: every whole grain in your diet helps!

The benefits of whole grains most documented by repeated studies include:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance

Other benefits indicated by recent studies include:

- reduced risk of asthma
- healthier carotid arteries
- reduction of inflammatory disease risk
- lower risk of colorectal cancer
- healthier blood pressure levels
- less gum disease and tooth loss

This time of year particularly, hearty whole grains with vegetables are a nice option for lunch or a light dinner...so here are some recipes inspired by that thought.

Couscous Stuffed Eggplant (from Martha Stewart Living)

1/2 head garlic
4 small eggplant
2 to 3 tablespoons olive oil
1 medium onion, peeled and finely chopped
1 yellow or red bell pepper, cored, seeded, and cut
into 1/4-inch dice
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

3/4 cup uncooked whole wheat couscous
1 tablespoon freshly grated lemon zest (2 lemons),
finely chopped
1/4 cup low-fat ricotta cheese
1/4 cup roughly chopped fresh flat-leaf parsley,
plus more for garnish
1/2 pound red and yellow cherry tomatoes, cut
into eighths

Heat oven to 400 degrees. Wrap garlic in aluminum foil. Cook until cloves are soft, 20 to 30 minutes. Let cool, and squeeze the soft garlic from the cloves; set aside.

Cut 3 eggplant in half lengthwise, and place the 6 halves cut sides up on a cutting board. Using a paring knife, cut around the perimeters, leaving a 1/3-inch-wide border and being careful not to cut through skin. Cutting down through flesh, cut lengthwise into 1/4-inch-wide strips. Using a small spoon, scoop out the strips, keeping skin intact. Cut strips into 1/4-inch dice. Set both the diced eggplant and shells aside. Cut the remaining eggplant, skin on, into 1/4-inch dice. Set aside.

In a large skillet set over medium heat, warm 2 tablespoons olive oil. Add onion, and cook, stirring occasionally, until soft and slightly browned, 4 to 6 minutes. Add all diced eggplant, bell pepper, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Cover; cook, stirring occasionally, until browned, 6 to 8 minutes. If mixture starts to become dry, add the additional tablespoon olive oil. Set aside.

Place couscous in a medium heat-proof bowl. Pour 1 cup boiling water over couscous. Cover with a clean kitchen towel, and let sit until slightly cooled, 10 to 15 minutes. Fluff with a fork. Add lemon zest, ricotta, parsley, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Add the reserved eggplant mixture, the roasted garlic, and cherry tomatoes. Stir to combine.

Fill each reserved eggplant shell with couscous mixture. Cover with aluminum foil. Bake until warm throughout and shell has softened, 20 to 25 minutes. Remove foil, and continue cooking until tops are toasty brown, about 20 minutes. Remove from oven. Sprinkle with parsley, and serve. (serves 6)

Barley Salad with Carrots, and Dill

| | |
|---|---|
| 3 1/2 to 4 cups cooked barley | 1/4 cup dried currants |
| 3/4 pound (5 medium) carrots, coarsely grated | 1/3 cup fruity olive oil |
| 1/2 cup tightly packed, minced fresh dill | 3 to 4 tablespoons freshly squeezed lemon juice |
| 1/3 cup raw sunflower seeds, toasted | Salt to taste |

In a large serving bowl or storage container, combine the barley, carrots, dill, sunflower seeds, and currants. Dribble on the olive oil, lemon juice and salt to taste. Toss until the ingredients are thoroughly coated with the dressing.

Spinach Rice Gratin Recipe

| | |
|--|--|
| 2 1/2 cups leftover/pre-cooked brown rice, room temp | 1/3 cup pine nuts or almonds, toasted |
| 1 1/2 cups cups well finely chopped spinach | 2 tablespoons olive oil |
| 4 ounces firm organic tofu, crumbled | 1/2 cup shredded Manchego cheese (or Parm, or Gruyere) |
| 10 black olives, chopped | 3 large eggs |
| 1/2 medium red onion, diced | 1/2 teaspoon fine grain sea salt |

Preheat oven to 400F degrees. Rack in the top third. Grease a 10-inch round baking dish (or equivalent) with a bit of olive oil.

In a large bowl combine the rice, spinach, and tofu. Now, reserving a bit of each for garnish, stir in the olives, and red onion, pine nuts and olive oil. Now stir in 1/4 cup of the cheese. In a small bowl whisk together the eggs, and salt. Fold the eggs into the rice mixture, pour into the prepared baking dish, and sprinkle with remaining cheese. Bake for 30 minutes or until the casserole is set, and the top toasty and golden. Remove from the oven, and sprinkle with remaining onions, olives, and nuts. Sprinkle with a bit more salt before serving - or taste and get a sense of whether you need any.

Cider-brined Pork Chops with creamed leeks and apples (from Bon Appétit)

| | |
|--|--|
| 4 1/4 cups apple cider | |
| 3 tablespoons coarse salt | 1 1/2 pounds Granny Smith apples, peeled, cored, halved, each half cut into 4 wedges |
| 6 allspice berries | 2 tablespoons sugar |
| 1 bay leaf | 1/2 cup chicken stock or canned low-salt chicken broth |
| 4 10-ounce bone-in center-cut pork rib chops | 1/3 cup Calvados |
| 4 tablespoons (1/2 stick) butter | |
| 5 large leeks (white and pale green parts only), thinly sliced | |
| 1 cup whipping cream | Olive oil |

Bring 4 cups cider, salt, allspice, and bay leaf to boil in large saucepan, stirring to dissolve salt. Cool completely. Place pork in 13x9x2-inch glass baking dish. Pour brine over. Cover; refrigerate overnight. Melt 2 tablespoons butter in heavy large skillet over medium-low heat.

Add leeks; sauté until tender, about 7 minutes. Add cream and simmer until slightly thickened, about 3 minutes. Season to taste with salt and pepper. (Creamed leeks can be made 1 day ahead. Cover and chill.) Melt remaining 2 tablespoons butter in large nonstick skillet over medium heat.

Add apples and sauté 10 minutes. Add sugar and sauté until apples are golden, about 6 minutes longer. Add stock, then Calvados and remaining 1/4 cup cider. Simmer until liquid thickens slightly and apples are tender, stirring occasionally, about 5 minutes. Set aside.

Prepare barbecue (medium heat) or preheat broiler. Drain pork. Rinse under cold water; pat dry. Brush pork with oil. Grill or broil to desired doneness, about 5 minutes per side for medium. Meanwhile, rewarm leeks, thinning with 1 to 3 tablespoons water if necessary.

Bring apples to simmer. Spoon leeks onto plates. Top with pork, then apples.

Roasted Carrot “Fries”

a big bunch of carrots, washed, trimmed & peeled if desired
extra virgin olive oil & sea salt

Heat oven to 375. Cut each carrot in long strips about 1/2 thick and 4-5” long. Toss the entire bunch in a bowl with a few tablespoons of olive oil. Arrange cut side down in a single layer on a baking sheet and sprinkle generously with sea salt. Bake for 30 minutes or until carrots are golden brown where they touch the pan.