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# WESTCHESTER CSA

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Dear CSA Member,

*If we are ready or not, the fall vegetables are here. This week there are beautiful white potatoes, gold beets, butternut winter squash, leeks and carrots. The greens are lush and there are both Escarole and also Mustard Greens and Parsley. The Parsley is so fragrant. Parsley is very easy to freeze if you do not use it all in one week. Cut the leaves and put in a freezer bag. Pop in the freezer and any time this winter when a recipe calls for Parsley, take what you need. The bags you are taking home will be heavy with the fall's first harvest.*

*The wet summer was not favorable growing conditions for the winter squash and although it is delicious, the skins are not as tough as usual. The squash should be used and not stored. This week is the first of the butternut and you will see an almost marbled pattern on some of the skin due to the excessive moisture this summer. The marbling is only on the outside and the flesh of the butternut is still orange. To use the winter squash, wash, cut in half and bake until tender. Put a bit of Maple Syrup or Honey in the cavity when almost finished cooking. You can also peel the skin from the squash and cut into cubes to steam. If you steam the squash, it is good to mash the cooked squash.*

*Enjoy the fall and 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](mailto:skmurphy56@gmail.com)

## WEEK FIFTEEN: VEGETABLES

Gold Beets-1 bunch

White Potatoes-2 pounds

Leeks-1 bunch

Carrots-1.5 pounds

Butternut Winter Squash-1

Escarole-1

Mustard Greens-1 bunch

Parsley-1 bunch



FRUIT SHARE: Fruit Share-Gala and Macintosh Apples, Long John Plums. Gala is an eating apple and Macintosh are an all purpose apple. Long John's are a prune plum and are best for cooking.

## RECIPES FOR THE WEEK

I'm excited for fall and the opportunity to search for ways to use the abundant fall fruits and vegetables that will take us from now until November. Soups and stews will take center stage, and where I can I will include things that can be frozen or otherwise preserved to extend this harvest into the colder months ahead. To start, two recipes for potato leek soup, one traditional and one vegan, plus a new twist on butternut stew.

### ***Traditional Potato Leek Soup (from Martha Stewart)***

1 small bay leaf	1 pound potatoes, peeled, cut into 1/2-inch dice
2 sprigs fresh flat-leaf parsley	1 quart homemade or low-sodium canned chicken stock
10 whole black peppercorns	1/2 cup milk
2 tablespoons unsalted butter	1/4 cup heavy cream
1 tablespoon olive oil	Coarse salt and freshly ground white pepper
3 leeks, white and light-green parts only, cut into 1/2-inch pieces	Fresh chervil, for garnish
2 shallots, finely chopped	

Make bouquet garni: Wrap bay leaf, parsley, and peppercorns in cheesecloth. Tie with twine, and set aside. Heat butter and oil in saucepan. Add leeks and shallots; cook on medium-low heat until very soft, about 10 minutes, stirring occasionally. Do not brown. Add potatoes, stock, and bouquet garni. Bring to a boil; reduce to gentle simmer. Cook until potatoes are very tender, about 40 minutes. Discard bouquet garni. Working in batches, pass soup through food mill with a medium disk into saucepan. Warm over medium-low heat. Slowly stir in milk and cream; season with salt and pepper. Once milk is added, do not boil. Spoon into small cups; serve hot or cold, garnished with chervil leaves. Serves 6.

### ***Potato-Leek Soup with Horseradish***

Vegetarian Times Issue: January 1, 2002

2 Tbs. olive oil	1 1/2 lbs. thin-skinned potatoes, peeled and cut into 1/2-inch chunks
3 cups chopped leeks (white parts only, 6 to 7 leeks)	4 cups low-sodium vegetable broth or water
2 cloves garlic, minced	2 Tbs. prepared horseradish
1/2 tsp. red pepper flakes (optional)	1 tsp. fresh lemon juice
	1/4 cup fresh dill, plus more for garnish

In soup pot, heat oil. Add leeks, and cook, stirring, over medium-low heat until softened but not browned, about 7 minutes. Add garlic and pepper flakes, and cook, stirring, 2 minutes. Add potatoes and broth or water and 1 1/2 tsp. salt. Cover, increase heat, and bring to a boil. Reduce heat, and simmer, partially covered, until potatoes are soft, about 20 minutes. Use back of spoon to mash some of potatoes against sides of pot to thicken broth.

Stir in generous sprinkling of freshly ground pepper, horseradish, lemon juice and dill. Taste, and add more salt if desired. Serve hot, sprinkled with fresh dill.

### ***Butternut Stew with Tofu, Corn and Pine Nuts (adapted from Vegetarian Times)***

4 cups frozen sweet corn kernels, thawed	4 Tbs. olive oil
4 cups peeled and diced butternut squash	1 lb. firm tofu, diced
2 cloves garlic, minced	1/4 cup all-purpose flour
1 tsp. salt	1/2 cup pine nuts
1/2 tsp. white pepper	2 scallions, minced, for garnish
4 cups chicken broth (or vegetable broth)	

Place corn in blender or food processor, and purée until coarse. Transfer corn to heavy saucepan, and add squash, garlic, salt, pepper, water and broth powder. Bring to a boil over medium heat, and cook until squash is tender.

Meanwhile, heat large skillet over medium heat, and add oil. Toss diced tofu in flour, and sauté until browned on all sides. Add pine nuts, and sauté 1 minute more. When squash is tender, add tofu and pine nuts to the soup, stir and continue cooking 5 minutes. Remove from heat, garnish with scallions and serve.

### ***Lori's Skillet Smashed Potato Recipe (from Heidi Swanson at 101 Cookbooks.com)***

I was enamored with this recipe, because as a busy working parent I tend to appreciate anything that includes a make ahead option – the key to great entertaining. Another huge plus, no peeling the potatoes! These would be great at brunch, or to accompany a casual dinner menu. Just pre-cook the potatoes the night before and they'll come together in a few minutes. (SM)

one small bag of small potatoes (yukon golds, fingerlings, or something similar)  
salt & pepper  
1 - 2 tablespoons olive oil

Start by placing the potatoes in a large saucepan. Add a teaspoon of salt and cover with water. Don't peel the potatoes, because the skin helps keep the potatoes together. Bring the water to a boil over medium-high heat. Reduce the heat and cook at a low boil until they are tender enough to slide a knife in easily. It is important not to over-boil them, for golf ball size potatoes about 10 minutes or a little less. Drain the potatoes and refrigerate until you are ready to brown them in a large skillet.

Heat the olive in a large skillet over medium-high heat. Keep in mind it needs to be big enough to hold the potatoes, which double in size when they are smashed. Smash each potato with a masher or the bottom of a heavy glass. Season with salt and pepper and cook until crisp, and then turn and cook the other side. Sprinkle with chives, fresh herbs, whatever and serve.

### ***Mustard Greens***

According to WHFoods.com (a non-profit site “dedicated to making the world a healthier place by providing you with cutting-edge information about why the World's Healthiest Foods are the key to vibrant health”), mustard greens are jam-packed with nutrients. They provide good to excellent amounts of 9 vitamins, 7 minerals, dietary fiber and protein. And if that were not impressive enough, being a member of the *Brassica* family along with broccoli, cabbage and Brussels sprouts, they also feature the health-promoting phytonutrients known as *glucosinolates*.

Some serving suggestions:

- Serve healthy sautéed mustard greens with walnuts and lemon juice.
- Adding chopped mustard greens to a pasta salad gives it a little kick. One of our favorite combinations is chopped tomatoes, pine nuts, goat cheese, pasta and mustard greens tossed with a little olive oil.
- Healthy sauté mustard greens, sweet potatoes and tempeh and serve alongside your favorite grain.

### ***Braised Carrots with Thyme (from Food & Wine)***

2 tablespoons unsalted butter	2 thyme sprigs
1 1/2 pounds carrots, peeled and sliced 1/4 inch thick on the diagonal	Salt and freshly ground pepper
2 garlic cloves, thinly sliced	1 3/4 cups chicken stock or canned low-sodium broth

Preheat the oven to 375°. In a large ovenproof skillet, melt the butter over moderately low heat. Add the carrots, garlic and thyme and season with salt and pepper. Cook, tossing frequently, until the carrots are tender but not browned, about 10 minutes. Add the chicken stock, bring to a boil and remove from the heat. Cover the carrots with a round of parchment paper and cover the skillet with a lid. Braise the carrots in the oven for about 30 minutes, or until they are very tender. Discard the thyme sprigs and serve. Serves 6.

## *“Autumn is the bite of the harvest apple.”*



In honor of fall, and of apples in general, I am including a primer (borrowed with gratitude from Everyday Food) on apple pie. **Crust included.** There are those who say that the frozen pie crusts available in your grocers freezer will get the job done just as well, but I beg to differ. It is worth the effort to make the crust from scratch – the accolades will surely follow. I promise a healthier version in future weeks, but for traditional apple pie – this is a good start.

### ***Basic Pie Dough***

Makes enough dough for 1 double-crust pie or 2 single-crust pies

2 1/2 cups all-purpose flour, spooned and leveled  
1 teaspoon salt  
1 teaspoon sugar

16 tablespoons (2 sticks) cold unsalted butter, cut into pieces  
1/4 to 1/2 cup ice water

In a food processor, combine flour, salt, and sugar; pulse to combine. Add butter; pulse until mixture resembles coarse meal, with just a few pea-size pieces of butter remaining. Sprinkle with 1/4 cup ice water. Pulse until dough is crumbly but holds together when squeezed with fingers (if necessary, add up to 1/4 cup more water, 1 tablespoon at a time). To help ensure a flaky crust, do not overprocess.

Transfer half of dough (still crumbly) onto a piece of plastic wrap. Form dough into a disk 3/4 inch thick; wrap tightly in plastic. Refrigerate until firm, at least 1 hour (and up to 3 days). Repeat with remaining dough. (Disks can be frozen, tightly wrapped, up to 3 months. Thaw before using.) Makes 2 disks.

### ***Apple Pie***

1/4 cup all-purpose flour, spooned and leveled  
Basic Pie Dough, 2 disks  
2 tablespoons fresh lemon juice, from 1 lemon  
4 pounds apples, such as Empire, Granny Smith, Gala, Cortland, Winesap, or a mix

3/4 cup sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 tablespoons unsalted butter, cut into small pieces

1. Lightly flour a large piece of waxed paper; place a disk of dough in center. Rolling from center outward, form into a 12-inch circle. (Use paper to rotate dough, and flour rolling pin and paper as necessary to prevent sticking.) Transfer dough (still on paper) to a baking sheet; cover and refrigerate. Repeat with second disk of dough.
2. Preheat oven to 450 degrees, with a rack set in lowest position. Remove first circle of dough from refrigerator; wrap around rolling pin (discarding paper), and carefully unroll over a 9-inch pie plate. Gently lift edges and lower dough into the pie plate so it hugs bottom and sides. Avoid stretching the dough, which will make it shrink during baking. Refrigerate.
3. Place lemon juice in a large bowl. Peel, core, and cut apples into 1/4-inch-thick slices; halve crosswise, and add to lemon juice (to keep them from turning brown) as you work. Add sugar, flour, cinnamon, and salt; toss to combine.

4. Remove dough-lined pie plate from refrigerator. Fill with apple mixture, gently packing apples and mounding slightly in center; dot with butter. Lightly brush rim of pie shell with water. Remove remaining circle of dough from refrigerator. Lay over apples; press along moistened rim to seal. Using kitchen shears, trim overhang to 1 inch.
5. With floured fingers, fold overhang under itself to form a thick rim; pinch between thumb and forefinger to form a uniform edge around the rim of the pie plate.
6. To crimp edges: With thumb and index finger of one hand, gently press dough against knuckle of other hand (photo, below); continue around pie. (Deep indentations anchor dough on rim and prevent it from sliding down sides of pie plate during baking.)
7. With a floured paring knife, cut 5 to 6 slits in top of pie, radiating from center; place pie plate on a rimmed baking sheet. Bake 20 minutes; reduce heat to 375 degrees, and bake until crust is golden and juices are bubbling, 50 to 60 minutes more. If edges brown too quickly, cover with aluminum foil. Cool completely, at least 6 hours, before serving.

