
WESTCHESTER CSA

Dear CSA Member,

The trees that line the fields are starting to change colors as we slide into October. The work on the farm revolves around getting the fields ready for winter. The spent plants are disked into the ground; winter rye seed is spread over the cleared field and then rolled into the soil. Pete tries to work with the fall rains so that the rye is put down and rolled just before a rain. There is a window of time in the fall that is best to plant the rye, from mid September until the end of October. A cover crop is essential to sustain and enrich the soil. The rye will grow and cover the fields through the winter. In the spring, the rye will grow again and provide good cover right up until the time that it is plowed under to start the growing season all over.

The summer crops are first to be worked into the soil. By this time of the year, most of the summer crops are now picked and distributed. This week you will receive one last share of sweet peppers and eggplant that we were able to harvest. There are also Habanero peppers that you can take if you like. These little peppers are some of the hottest peppers and should be used with caution.

Enjoy the last of summer and the first of fall. – 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

ABOUT THE APPLES: The Cortland Apples make the most beautiful apple sauce. Core and cook the apples with the skins on. Mash or put through a food mill. Empire Apples were developed for growing in New York State, the Empire State. Delicious eaten or can be used for cooking. Jona Gold Apples-good for eating and also cooking. Bosc Pears-an old fashioned favorite, good for cooking and also eaten fresh

WEEK SIXTEEN: VEGETABLES

Sweet Peppers-5
Orient Express Eggplant-5
Habanero Very Hot Peppers-
take them if you like
Bunching Onions-1 bunch
Acorn Winter Squash-2
Carrots-1 1/2 pounds
Siberian Kale-1 bunch
Broccoli-1 bunch
Sage-1 bunch



FRUIT SHARE: Bosc Pears, Jona Gold Apples, Cortland Apples, Empire Apples

RECIPES FOR THE WEEK

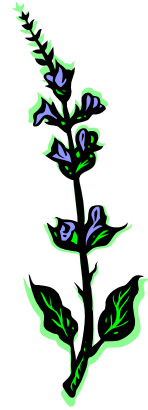
What an interesting collection in the share this week – we still have some late summer favorites, like eggplant and sweet peppers, but kale, broccoli and acorn squash remind us that fall is here. This week's recipe selection reflects the eclectic nature of the share – a little bit of this and a little bit of that!

Sage Butter

Sage is one of my favorite herbs, and sage butter is a wonderful accompaniment to many dishes. Try it on filled pasta (like tortellini or pumpkin filled ravioli). Or, use it to “baste” a whole chicken roasting in the oven.

3 tablespoons unsalted butter
1 bunch sage, coarsely chopped
Pinch of salt and ground pepper to taste

Melt the butter over medium heat and add the chopped sage. Continue cooking until the butter just begins to brown and the sage gets crispy.



Peppers & Onions

I suggested this in a recipe for sausage and peppers, here is a basic preparation that can be used a couple of different ways.

5-6 peppers seeded and cut into ¼ inch strips
2 onions cut into ¼ inch slices
1 tablespoon minced garlic
2 tablespoons olive oil
Salt

Heat oil in a large pan over medium heat. Reduce heat to medium low, add peppers, onions and salt, cook until the peppers and onions are very soft (about 25 minutes). Toss with whole wheat penne and some parmesan cheese for a quick dinner or make a sandwich with leftover flank steak. This can also be used on toasted bread for a nice appetizer – toast slices of french bread in the oven and top with a little pesto (or just brush with olive oil and garlic before toasting), then add a spoonful of the pepper/onion mixture.

Kale – use it or freeze it!

Particularly when kale is plentiful, I like to freeze it so I can add it to soups during the winter, long after our CSA has closed doors for the season. Freezing is easy – just rinse the kale, blanch in boiling water for a minute or two, then drain, chop and spread out to dry on a towel. When most of the moisture is gone, put kale in a plastic freezer bag and get as much air out of the bag as you can before sealing and storing in the freezer. It is so easy to add to bean-based or vegetable soups in the middle of winter.

If you are ready to use the kale immediately, here is a recipe from Johnna Albi and Catherine Walthers, authors of Greens, Glorious Greens.

¾ pound kale, stems removed, washed and coarsely chopped	2 quarter size slices of fresh ginger
3 teaspoons canola oil	¼ teaspoon red pepper flakes
1/3 cup walnuts, coarsely chopped	2 carrots, cut into thin matchsticks
2 garlic cloves, chopped	2-4 tablespoons water or broth
	Sea salt or soy sauce to taste

Heat a large wok (or saute pan) over medium high heat. Add one teaspoon of oil to the pan and swirl to coat the bottom of the pan. Add the walnuts and toast, stirring, for about one minute. Set aside to drain on a paper towel.

Add the remaining oil to wok. Swirl again and add the garlic and ginger, stir fry for 10 seconds. Add the red pepper flakes and carrots, stir fry for 1 minute. Add the chopped kale and toss well to coat with oil. Press down on the kale, cover and let cook for 30 seconds. Stir fry again and then cover. Cook for 3 more minutes, stirring about once every minute to avoid burning the kale. If the steam is not enough to complete the cooking process, you may add a few tablespoons of water or broth to increase steam and tenderness.

Taste and season with salt or soy sauce. Remove ginger slices and serve hot, garnished with walnuts.

Eggplant Parmigiana Rounds

I realize that despite my many eggplant recipes so far this year I really have yet to include the classic preparation for eggplant parmigiana. So, here's one I pulled from epicurious.com which originally ran in Gourmet back in 1994.

all-purpose flour for dredging	vegetable oil for frying
2 large eggs, beaten lightly	1 cup tomato sauce
3/4 cup dry bread crumbs, seasoned with salt and pepper	1/4 pound mozzarella cheese, sliced thin
a 1-pound eggplant, cut into 1/2-inch-thick rounds	

Have ready in 3 separate bowls flour, eggs, and bread crumbs. Dredge eggplant in flour and coat with egg, letting excess drip off. Dredge eggplant in bread crumbs.

In a large heavy skillet heat 1/4 inch oil over moderately high heat until hot but not smoking and fry eggplant rounds in batches 3 minutes on each side, transferring them with a slotted spoon to paper towels to drain.

Preheat the broiler. Arrange rounds on a baking sheet and top with tomato sauce and mozzarella. Broil rounds about 2 inches from heat until cheese is melted, about 3 minutes. Serves 2.

(if you'd like a healthier version, you can skip the frying part and spray the prepared eggplant rounds with some cooking spray, then broil them until nicely browned)

Acorn Squash

I love the taste of acorn squash, but they make great serving dishes as well – which really enhances their overall appeal. So, if you follow a basic preparation for the squash and then fill it with any number of grain-based salads (like the one I've put together below), voila! Dinner.

Basic Prep

Preheat oven to 375°F. Oil baking sheet. Place squash, cut side down, on sheet. Bake until tender, about 40 minutes. Cool.

Acorn Squash “stuffing”

1 cup cooked brown rice	1/3 cup parmesan cheese
2 acorn squash (prepared as outlined above)	1 egg, lightly beaten
1 cup chopped cooked spinach or kale	Sage butter (optional)

Scoop out some of the flesh from the cooked, cooled squash, leaving at least ¼ inch in the “bowl.” Mix the squash with the rice, spinach, parmesan and egg and add salt and pepper to taste. If you have the sage butter, add a bit for some extra flavor. Scoop the rice mixture into the squash bowls, sprinkle with some extra parmesan and put back in the oven for about 20 minutes until heated through. Serves 4 as a side dish or light meal.

Rustic Apple Tart

Prep: 20 minutes Total: 1 hour

This recipe is a wonderful and quick alternative to apple pie. When brushing dough with egg wash, be careful not to let any drip down the sides; it will cause the dough to stick to the pan and prevent it from rising properly.

1 sheet frozen puff pastry (from a standard 17.3-ounce package), thawed
Flour, for work surface
3 Granny Smith apples or other baking apples
1/3 cup sugar

1 large egg yolk, beaten with 1 teaspoon water, for egg wash
2 tablespoons unsalted butter
2 tablespoons apple jelly, or apricot jam

Directions

Preheat oven to 375 degrees. Open pastry sheet and remove paper. Fold sheet back up. On a lightly floured work surface, roll out pastry sheet (still folded) to an 8-by-14-inch rectangle. Trim edges with a pizza cutter or sharp paring knife. Transfer to a baking sheet; place in freezer. Peel, core, and slice apples 1/4 inch thick. Toss in a large bowl with sugar.

Brush pastry with egg wash, avoiding edges. Use a sharp paring knife to score a 3/4-inch border around pastry (do not cut all the way through). Place apples inside border, and dot with butter. Bake until pastry is golden and apples are tender, 30 to 35 minutes.

In the microwave or a small saucepan, heat jelly with 1 tablespoon water until melted. Brush apples with glaze. Serve tart warm or at room temperature, cutting into pieces with a serrated knife.

Applesauce

A simple recipe for applesauce is a must-have when you have too many apples to know what to do with...and this one couldn't be more simple, if somewhat “unofficial” – I usually just make it up as I go along.

4-5 apples, cut up and peeled
apple cider
1 tsp cinnamon

place the apples in a saucepan and sprinkle with cinnamon. Add about a cup of apple cider and cook over medium low heat, stirring occasionally. Check frequently and add more apple cider as necessary to achieve your desired consistency. Cook until the apples mash easily with a spoon. I leave mine quite chunky, but you could always run through a food mill if you desire a smoother sauce.

Mix into cooked steel cut oats ¾ of the way though the cooking time for a delicious breakfast!

