
WESTCHESTER CSA

Dear CSA Member,

Cauliflower was a vegetable that was widely grown in this area years ago but we struggled to grow it on our farm. We felt that the seed varieties that were available were more compatible with conventional farming methods and materials and for a while we stopped trying to grow Cauliflower altogether. Like a melody you can't get out of your head, the thought of growing Cauliflower would not be still.

We worked on our growing methods and as more varieties were available for organic production, we grew Cauliflower successfully last season. This year we planted even more varieties in a greater amount. We can finally say that, yes, we can grow Cauliflower! As CSA members that visited the farm in September will remember, there are rows and rows of Cauliflower and this week they are ready to harvest.

As a farmer, victory is measured in what you can grow.

Enjoy all of the vegetables-Deb

ABOUT THE APPLES

Spartan: Parentage / Origin: McIntosh x Newton Pippin; Developed at the British Columbia Station. Introduced 1936.

Description: Beautiful medium size dark red almost mahogany dessert quality apple. Pure white flesh, crisp sweet with some acidity. Highly aromatic fine flavor.

Cortland: Parentage / Origin: McIntosh x Ben Davis; Geneva, New York 1915

Description: Very white crisp flesh. One of the best salad apples because it doesn't brown quickly.

Jona Gold: Parentage / Origin: Golden Delicious x Jonathan; Developed at Geneva Station, introduced in 1968.

Description: Large fruit striped red over bright yellow. Firm, crackling, juicy, slightly tart, flesh. Superb, rich, full flavor. Finest dessert and eating quality. Good cooking properties. Will store in common refrigerator for 3 months.

WEEK SEVENTEEN: VEGETABLES

White Cauliflower-1 head

Cheddar Cauliflower-1 head-the color is an orange/yellow hence the name. Sorry, it still tastes like cauliflower.

Broccoli-1 head

New Red Potatoes-2 pounds

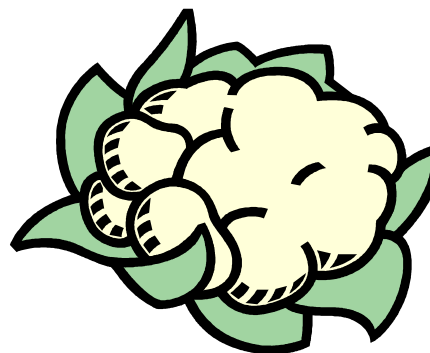
Carrots-1 1/2 pounds

Pie Pumpkins-2-these are small pumpkins used for cooking but are also great for decoration. Pumpkins are a Winter Squash and they can be used interchangeably.

Winterbor Kale-1 bunch

Mini Purplette Onions-1 pound

Parsley-1 bunch



FRUIT SHARE: Bosc Pears and Spartan, Cortand, Jona Gold Apples

RECIPES FOR THE WEEK

I wasn't particularly organized this week, but I think I've found some great recipes to include. I was motivated by a trip to Amherst, Massachusetts this past weekend to attend my brother's wedding – the ceremony and reception took place at "Simple Gifts Farm" and it is a beautiful spot, particularly at sunset. So this week, it's all about simple flavors and textures; roasted vegetables, crunchy salads, comfort foods like pasta and potato salad as well as a sweet treat from Viviane Bauquet Farre whose blog I have mentioned in previous newsletters. Enjoy!

Roasted Cauliflower

1 head of cauliflower cut into 1 ½ inch pieces
2 tablespoons olive oil & salt

Preheat the oven to 475°. Toss the cauliflower with the olive oil and spread in a roasting pan. Sprinkle with salt and roast for about 20 minutes or so, tossing or stirring occasionally. Serve! Goes nicely with grilled flank steak or pork, with a green salad alongside. Want to make it a meal? See the recipe below from Martha Stewart.

Pasta with Roasted Cauliflower, Parsley & Breadcrumbs

| | |
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| Coarse salt and ground pepper | 4 slices white sandwich bread |
| 1 head cauliflower broken into small florets | 12 ounces cavatappi or other short pasta |
| 1 medium red onion, halved and cut into thin wedges | 1/4 cup grated Parmesan, plus more for serving (optional) |
| 5 garlic cloves, peeled and halved | 1/4 cup fresh parsley, chopped |
| 1/4 cup olive oil | |

Preheat oven to 475 degrees, with racks in upper and lower thirds. Set a large pot of salted water to boil. On a rimmed baking sheet, toss cauliflower, onion, and garlic with 2 tablespoons oil; season with salt and pepper. Roast on lower rack until lightly browned and tender, 20 minutes, tossing once.

Meanwhile, in a food processor, combine bread and remaining 2 tablespoons oil; pulse until coarse crumbs form. Spread on a rimmed baking sheet. Bake on upper rack until golden brown, 5 to 6 minutes, tossing once.

Cook pasta in boiling water until al dente. Reserve 1/2 cup pasta water; drain pasta and return to pot. Add cauliflower mixture, Parmesan, and parsley; toss to combine. Tossing pasta, gradually add enough pasta water to form a thin sauce that coats pasta. Serve topped with breadcrumbs and, if desired, more Parmesan.

Broccoli Crunch Salad

This salad jumped right out at me when I saw it on the 101 Cookbooks site, and I can hardly wait to try it! I am sure the dressing is delicious, but the combination of ingredients would taste just fine with a regular vinaigrette as well, so if you don't have almond butter, don't let that stop you!

| | |
|---|--|
| 4-5 cups tiny broccoli florets (and chopped stalks if you like) | 2 tablespoons extra-virgin olive oil |
| 1 garlic clove, smashed and chopped | 2 tablespoons hot water |
| scant 1/2 teaspoon fine grain sea salt | 2 small crisp apples, cut into bit-sized pieces (if you aren't going to use the apples immediately, let them sit in a bowl of water with the juice of 1/2 a lemon) |
| 1/4 cup almond butter | 1/2 small red onion, thinly sliced |
| 3 tablespoons freshly squeezed lemon juice | |
| 1 teaspoon honey | |

1/4 teaspoon salt
1/2 teaspoon crushed red pepper
1 tablespoon chopped fresh oregano

1 tablespoon tomato paste
1 lb. pasta
10 leaves kale, de-stemmed and thinly sliced

Place the red bell peppers and the tomato halves (cut side up) on a cookie sheet and broil for 15-20 minutes, until peppers are blackened (check periodically to turn peppers, so that they blacken on all sides). Remove cookie sheet from broiler, transfer tomato halves to the blender and place peppers in a paper bag to steam for about 15 minutes. When the peppers have cooled down, peel off the charred skins, discard cores and seeds and chop roughly. Add the chopped peppers to the blender and pulverize with the tomatoes until well blended.

In a large saucepan, heat the oil or butter over medium-high heat and add the shallots, salt and crushed red pepper. Fry for a few minutes, until shallots start to color, then remove from heat. Add the tomato-pepper mixture, tomato paste and fresh oregano and return to a very low flame. Simmer and stir for 5 minutes.

Cook your pasta according to package directions. Just before the pasta is ready, add the kale, count to six, and drain. Mix in the sauce and serve.

Potato Salad with Cured Olives and Piquillo Peppers

From Vivianne Cooks Blog @ localfork.com

For the vinaigrette

1 1/2 tablespoons aged balsamic vinegar
5 tablespoons extra virgin olive oil
1 small shallot – skinned and finely chopped

1 small garlic clove – skinned and crushed (use microplane grater)
1/4 teaspoon sea salt or to taste
freshly ground black pepper to taste

For the salad

1 lb baby red potatoes – unpeeled, boiled until tender and cut in 1/4” cubes
2 large organic eggs – hard boiled, shelled and cut in 1/4” pieces
1/3 cup pitted cured olives

4oz Piquillo peppers in jars (or roasted red peppers in jars) – cut in 1/2” pieces
1 large handful frisée leaves – rinsed, spun dry and leaves torn in 2” pieces

Step 1: For the vinaigrette, place all ingredients in small bowl and whisk until well blended. Set aside.

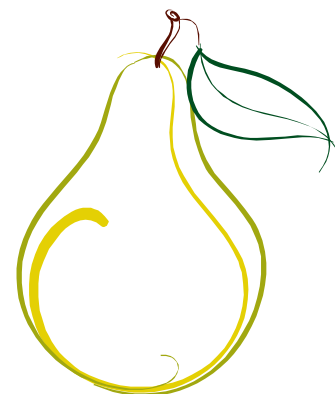
Step 2: Place the potatoes, eggs and olives in a bowl. Drizzle with 2/3rd of the vinaigrette and stir until well incorporated. Place few leaves of frisée in the center of each plate. Top with the potato salad. Drizzle with the balance of the vinaigrette, finish with freshly ground black pepper and serve immediately.

Maple-Poached Pear Sundae

1 lemon
7 cups spring water
3/4 cup maple syrup (grade A or B)
2” piece fresh vanilla bean — cut in half
6 Bosc pears — peeled, cut in half and cored

For the chocolate sauce

4 oz semisweet chocolate (preferably Callebaut, Valrhona or Scharffen Berger) — broken in 1” chunks



1/2 to 2/3 cup heavy cream
1 pt pistachio or vanilla ice cream

Step 1: Peel the lemon with a vegetable hand-peeler in 6 strips. Place the water, maple syrup, vanilla and lemon strips in a large heavy-bottomed pot and bring to boiling point. Reduce the heat to medium to medium-high and add the pears, cut-side down. Fast-simmer for 50 to 60 minutes, turning the pears over once, two-thirds of the way through the cooking.

Step 2: When the liquid has almost all evaporated and starts foaming up, remove pot from heat and transfer the pears, lemon peels, vanilla and syrup to a bowl to cool to room temperature.

Step 3: Cover and refrigerate until well chilled (about 2 hours).

Cook's note: The pears can be refrigerated for up to 3 days.

Step 4: In a double boiler, melt the chocolate, stirring constantly. Turn off the heat and slowly add the cream, stirring until the mixture is smooth, to the desired consistency. (Depending on the brand of chocolate, you will use 1/2 to 2/3 of a cup of cream.) Keep warm.

Step 5: Place 2 scoops of ice cream in a tumbler or dessert bowl. Top with 2 pear halves. Drizzle with a little pear syrup and the warm chocolate sauce. Garnish with one lemon strip and serve immediately.

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WEEKLY PICKUP INFORMATION

Pickup location: Door #25, Suite 138-a

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

Newsletter Correspondence:

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