
WESTCHESTER CSA

Dear CSA Member,

This has been a glorious fall. The foliage is at its peak and the weather is still warm enough to enjoy being outdoors. I have added some fall photos to the web site, www.stoneledgefarmny.org that you might like to take a look at.

Garlic will be in your share for the first time this week. We have broken enough heads into individual cloves to plant. For all of those members that visited in July to help with the garlic harvest, we are nearly around the garlic circle; planting the garlic. The cloves are planted in October and will overwinter in the garden. The garlic will again start to grow, one of the earliest plants to emerge, next spring. The scapes from the cloves that we are planting now will be one of the first vegetables in your shares next season. And the garlic circle goes on.

We also have a supply of Maple Syrup and Honey remaining and I suggest that you place your order for this fall and winter. There is about a month and a half remaining of the CSA season, but it seems to fly by. There are forms available on the website to download and mail.

Enjoy the weather and the vegetables-Deb

SUGGESTED READING

I have been meaning to include a list of food-related books in this newsletter, and this week I am inspired by The New York Times Magazine to do just that. If you are passionate about healthy food, and interested in the ways that our food habits and politics affect our health and our planet's health (as I suspect you are...) then the Magazine is a must read this week. Michael Pollan, Mark Bittman and others weigh in on the crisis we face today with escalating food prices, rising health care costs and an increasingly important goal to reduce our dependency on fossil fuel.

If you don't have the hard copy, check them out at <http://www.nytimes.com/pages/magazine/>

Here is my list of great reading on the subject of food, some cookbooks – others not:

WEEK EIGHTEEN: VEGETABLES

Garlic – 2 Heads

Beets – 2 Pounds

Carrots - 1 ½ pounds

Butternut Winter Squash – 1

Lacinato Kale – 1 bunch

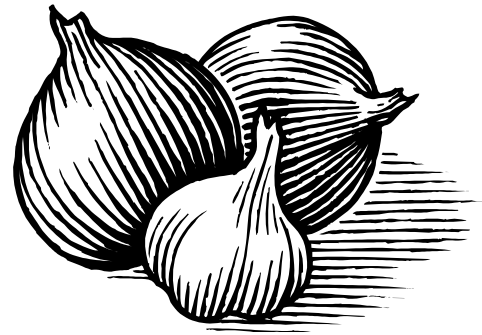
Broccoli – 1 head

Escarole – 1 head

Sage – 1 bunch

Mustard Greens – 1 bunch

Cauliflower – 1 head



FRUIT SHARE: Bosc Pears and Spartan,
Golden Delicious, Jona Gold Apples



Books for Reading

- Omnivore's Dilemma, Michael Pollan
- In Defense of Food, Michael Pollan
- What to Eat, Marion Nestle
- Mindless Eating, Brian Wansink
- Fast Food Nation, Eric Schlosser
- Eat, Drink and Weigh Less, Mollie Katzen and Walter Willet, M.D.

Books for Cooking

- Moosewood Restaurant Lowfat Cooking, Mollie Katzen
- Everyday Food, Great Food Fast (from Martha Stewart)
- The New American Plate, American Institute for Cancer Research
- Super Natural Cooking, Heidi Swanson
- Kitchen Playdates, Lauren Deen
- Pretend Soup & Salad People, Mollie Katzen

Roasted Garlic

1 (or more) heads of garlic
olive oil

Preheat oven to 400°. Remove the outer papery skins and cut ¼ to ½ inch off the top of the head of garlic, just exposing the tops of the cloves. Drizzle a little olive oil (1 tsp) on the top of the clove and wrap in foil. Bake for about 30 minutes, until the cloves are soft and can be squeezed right from the skin. Spread on toast or french bread, use in salad dressings, add to pasta with some parmesan and fresh herbs...etc. so delicious.

Braised Greens with Walnuts and Sour Cherries

From Eat, Drink and Weigh Less – an easy read with great dietary and nutrition advice from Walter Willet, renowned researcher paired with recipes from Mollie Katzen of Moosewood fame.

3 tablespoons vegetable broth or water (more if needed)
1 pound assorted fresh leafy greens, stemmed if necessary and coarsely chopped. (Kale, escarole and mustard greens are all great here)
Pinch of salt
1 tablespoon extra virgin olive oil
¼ cup dried sour cherries, cut into small pieces if large
¼ cup minced walnuts, lightly toasted

1. Heat the broth in a medium-large skillet with a tight fitting lid.
2. Add the greens and sprinkle them very lightly with salt. Cover the pan and cook over medium heat for about 5 minutes or until the greens wilt. (Check the level of broth or water after 2 minutes, to be sure there is enough liquid to prevent sticking or burning.)
3. Transfer to a serving dish, and toss with the oil and cherries. Serve hot or warm, topped with the walnuts.

Chilled Beet and Buttermilk Soup

From Mollie Katzen as well, this recipe is from Moosewood Low Fat Favorite edition, a book I've had and used again and again for many years. This soup will keep refrigerated for 4-5 days.

4 cups chopped cooked beets
1 cup unsweetened apple juice
2 cups buttermilk
1 tablespoon minced fresh dill
¼ cup minced scallions or chives
Salt to tasted

Finely chopped cucumber

In a blender or food processor, combine the beets, apple juice, and buttermilk and puree until smooth. Transfer to a bowl or storage container and stir in the dill and scallions or chives. Refrigerate for at least 2 hours.

Add salt to taste and serve topped with finely chopped cucumber.

Broccoli, White Bean and Roasted Garlic Puree

Adapted from “The New American Plate,” a cookbook that seeks to change the way we think about what makes up a typical dinner plate in the American diet. The book offers some tips on gradually changing the way you eat, and delicious recipes to help you implement the changes.

½ head roasted garlic
2 teaspoons olive oil
2 ½ cups small broccoli florets
1 tablespoon water
1 cup cannellini beans, drained and rinsed
1 tablespoon freshly squeezed lemon juice
1 tablespoon minced chives
Salt & pepper

Put the broccoli florets and the water in a microwave-safe bowl and cover. In a microwave oven, cook the broccoli on high for 2 minutes, until tender (or blanch on the stovetop). Rinse quickly with cold water to stop the cooking process.

Transfer the broccoli to a blender or food processor. Add the beans, lemon juice, chives, roasted garlic and olive oil and puree until smooth. Season to taste with salt and pepper (or hot sauce if desired). The puree can be stored in a covered container for up to 3 days in the refrigerator. Bring to room temperature before serving.

Got kids? Try these two recipes from two of my favorites, Mollie Katzen (again) in her books for kids and Lauren Bank Deen in her first book, *Kitchen Playdates*. Encourage your kids to help with each recipe!

Baked Rigatoni with Sausage, Butternut Squash and Kale (Kitchen Playdates)

1 ½ pounds butternut squash, peeled and cut into 2-inch chunks	1 pound italian fennel sausage links, removed from casing
4 tablespoons olive oil	1 bunch kale
6 to 8 fresh sprigs thyme	¾ pound rigatoni
6 cloves garlic, peeled	2 cups heavy cream
1 teaspoon salt	1 ¾ cups finely grated Pecorino Romano cheese
½ tsp pepper	½ cup breadcrumbs

1. Bring a large pot of water to boil for the pasta.
2. Preheat the oven to 400°
3. Lightly oil or butter a 9 x 13 inch gratin or baking dish
4. On a large baking sheet or in a roasting pan, toss the squash with 3 tablespoons of the olive oil. Scatter the thyme sprigs and 3 of the garlic cloves over the squash. Season with salt & pepper. Roast in the oven for about 20 to 25 minutes, until the squash is tender, but not mushy. Reduce the heat to 375°.

5. Heat the remaining tablespoon of olive oil in a large dutch oven set over medium-high heat. Add the sausage and cook, stirring frequently, until the meat is fully cooked and no longer pink. Remove the sausage with a slotted spoon and put it in a large bowl. Drain most of the oil, leaving about 2 tablespoons in the pan. Lower the heat to medium, add the kale and the remaining 3 garlic cloves and saute for 3-5 minutes, until the kale is wilted. (if it begins to burn, add a tablespoon or 2 of water). Season lightly with salt and pepper. Turn off the heat, remove the garlic and add the kale to the sausage in the large bowl.
6. When the squash is finished cooking, remove from the oven. Remove the garlic and thyme and add the squash to the sausage and kale mixture.
7. Cook the pasta, drain about 2 minutes before the package directions suggest (it will finish cooking in the oven).
8. Toss the pasta with the sausage mixture. Add the cream, 1 ½ cups of cheese and 1 tsp salt and ½ tsp pepper. Toss gently and transfer to prepared baking dish. Top with the bread crumbs and remaining cheeses. (If you are making this in advance, allow the mixture to cool and cover before placing in the fridge.)
9. Bake for 25 minutes, until heated through and crusty on top.

Carrot Pennies (Pretend Soup)



- 2 medium carrots, sliced into thin rounds
- 1 tsp butter
- 3 shakes salt
- 1 squeeze lemon juice
- 1 tsp sesame seeds, optional
- 1 tablespoon brown sugar
- ¼ cup water

1. Steam carrots on the stove or in microwave until tender but not mushy (adults only)
2. Add all ingredients to pan. Turn the heat to medium.
3. Cook and stir over medium heat until the carrots are nicely coated with syrup.
4. Transfer to plates, blow on it until it is comfortable to eat!

Apple, Endive & Grape Salad

I reference the website frequently, the cookbook has a great approach with recipes for each season. Here's one from the "fall" chapter.

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| 1/4 cup reduced-fat sour cream | 1 1/2 pounds Belgian endive (4 to 6), halved |
| 1/4 cup lowfat buttermilk | lengthwise, trimmed, and cut crosswise into 1-inch |
| 2 tablespoons cider vinegar, coarse salt and | pieces |
| ground pepper | 2 cups seedless green grapes, halved lengthwise |
| 2 crisp apples, cored and thinly sliced | 1/2 cup toasted pecans, broken into pieces |

In a large bowl, whisk together sour cream, buttermilk, and vinegar; season generously with salt and pepper. Cut apple slices in half crosswise; add to bowl along with endives, grapes, and pecans. Toss to combine. Serve immediately.

WEEKLY PICKUP INFORMATION

Pickup location: Door #25, Suite 138-a

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

Newsletter Correspondence:

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