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# WESTCHESTER CSA

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*Dear CSA Member,*

*We are starting to work away at the vegetables that we have harvested earlier in the season and have been curing in the greenhouses or in the barn. We always feel a little squirrel like as we start to look towards our stored treasures. Shallots and also Delicata Winter Squash are ready for distribution and will be in your share this week.*

*We have grown Shallots for two years now and they are quickly becoming one of our favorite onion type vegetables. The shallots are started in the green house as one of our earliest seedlings in March. When they are transplanted into the field in the spring they look a lot like blades of thick grass. Shallots are harvested before the frosts and the bulbs have grown thick and beautiful with a reddish tinge to the skin. Some of them split and will have two or more bulbs; some stay as singles and grow quite large.*

*The Delicata Winter Squash, or as some call it the Sweet Potato Winter Squash, is one of the favorite winter squash varieties. The skin is not as hard as some of the varieties and it will cook well washed and placed whole in the oven to bake. When it is soft to the touch, remove the squash, cut in half and remove the seeds. The squash is a bit thinner skinned and fleshed and could dry out if cut before baking.*

*Enjoy the fall weather and harvest-Deb*

## A FEW NOTES:

The carrots this week are a new variety, although they are orange colored like the Bolero. The variety, Ya Ya is harder for us to harvest because the greens are not very hardy, but the carrot is so sweet and juicy. I think that by this time with all of the carrots that we have produced this year, everyone is becoming a carrot expert and you will be able to taste the difference. A carrot is not just a carrot!

### WEEK NINETEEN: VEGETABLES

Carrots-1 ½ pounds

Potatoes-2 pounds

Delicata Winter Squash-2

Shallots-2-

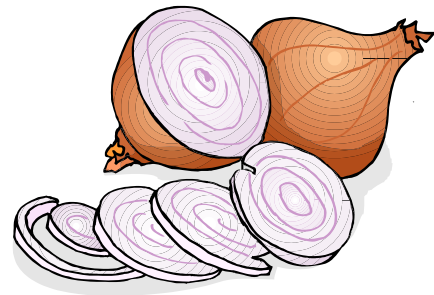
Broccoli-2 heads

Cauliflower-1

Oregano-1 bunch

Collards-1

Escarole-1 head



FRUIT SHARE: Fortune, Winesap, Mutsu, Golden Delicious Apples and Bosc Pears

# RECIPES FOR THE WEEK

## delicata squash with rosemary, sage, and cider glaze

Epicurious | March 2000

Delicata is a wonderfully firm-textured squash that's not too sweet and almost like a potato. Other varieties like acorn, turban, or kabocha will make good substitutes, but they may not hold their shape quite as well through the braising.

2 medium delicata squash (about 2 pounds) or other firm winter squash	1 1/2 cups fresh unfiltered apple cider or juice
3 tablespoons unsalted butter	1 cup water
1/4 cup very coarsely chopped fresh sage	2 teaspoons sherry vinegar
1 tablespoon coarsely chopped fresh rosemary	1 teaspoon salt
	Freshly ground black pepper

1. Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.
2. Herb Butter. Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.
3. Cooking the squash. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

From THE HERBFARM COOKBOOK by Jerry Traunfeld.

## Crisp Potato Cake (Galette de Pomme de Terre)

2 pounds (about 3 medium) potatoes, peeled and sliced very thinly	Freshly ground black pepper
1 tablespoon olive oil, or as needed	1 tablespoon minced fresh parsley
Freshly ground nutmeg	1 tablespoon minced garlic
Fresh thyme leaves for garnish (optional).	Salt

1. Pat potatoes dry if very starchy or moist. In a sauté pan large enough to fit potato slices in just two layers, spread 1 tablespoon oil and sprinkle with nutmeg and pepper to taste. Starting in center, arrange potato slices in a closely overlapping, attractive spiral. When pan is filled, repeat to make a second layer.
2. Place pan over medium heat and cover. Slowly cook potatoes until well browned on underside, about 15 minutes, occasionally shaking pan gently to avoid sticking. Wipe inside of lid as needed to keep it dry.

3. Press potatoes down with a flat spatula and remove from heat. Place a larger platter over pan and flip it upside down, transferring potatoes to the platter. Check pan to make sure it is clean and has enough oil to keep potatoes from sticking.

4. Slide galette, raw side down, back into pan, and return to medium heat. Cover and cook until well browned, about 15 minutes. Meanwhile, prepare a persillade by combining parsley and garlic in a small bowl. To serve, slide galette onto a serving platter, season to taste with salt, and garnish with persillade or thyme.

Serves 4.

## **fusilli with collards, bacon, and garlic**

Gourmet | February 1992

Can be prepared in 45 minutes or less, serves 4.

1 pound collards, coarse stems discarded and the leaves washed well and chopped coarse  
1/4 pound sliced bacon, cut into 1/2-inch pieces  
4 large garlic cloves, chopped fine  
1 large onion, sliced thin

1/4 teaspoon dried hot red pepper flakes  
1/3 cup olive oil  
3/4 pound fusilli (spiral-shaped pasta)  
1 tablespoon red-wine vinegar  
freshly grated Parmesan as an accompaniment

In a kettle of boiling water boil the collards for 10 minutes, drain them in a colander set over a large bowl, and return the cooking liquid to the kettle. In a large skillet cook the bacon over moderate heat, stirring, until it is just browned and transfer it with a slotted spoon to a small bowl. Pour off the fat from the skillet and in the skillet cook the garlic, the onion, and the red pepper flakes in half the oil over moderately low heat, stirring, until the onion is softened and the garlic is golden brown. Bring the cooking liquid to a boil, in it boil the fusilli until it is al dente, and drain the fusilli well. To the skillet add the collards, the bacon, the fusilli, the remaining oil, and the vinegar and toss the mixture well. Season the fusilli with salt and pepper, divide among 4 bowls, and sprinkle each serving with some of the Parmesan.

## **broccoli and parsnip soup**

Gourmet | December 2003 (Makes 6 first-course servings.)

1 lb broccoli  
6 cups water  
1 1/2 teaspoons salt, or to taste  
3 fresh parsley sprigs  
3 fresh thyme sprigs or 1/4 teaspoon dried thyme, crumbled  
1 Turkish or 1/2 California bay leaf

1/2 lb parsnips, peeled, halved lengthwise, and cut into 1/2-inch-thick slices  
1 cup chopped onion (1 medium)  
1 cup low-sodium chicken broth  
1/4 teaspoon black pepper, or to taste  
1/8 teaspoon freshly grated nutmeg, or to taste  
Special equipment: cheesecloth; kitchen string

Cut off and discard tough lower third of broccoli stems, then peel remaining stem and cut into 1/2-inch-thick slices. Cut remaining broccoli into 2-inch-wide florets.

Bring water to a boil in a 4-quart heavy pot, then add broccoli and 1 teaspoon salt and boil, uncovered, until broccoli is just tender, about 5 minutes.

Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking, reserving cooking water in pot, then drain broccoli.

Wrap parsley, thyme, and bay leaf in a small square of cheesecloth and tie into a bundle to make a bouquet garni.

Add to reserved cooking water along with parsnips, onion, and chicken broth and simmer, covered, until parsnips are very tender, 25 to 30 minutes.

Discard bouquet garni and reserve 1 cup cooking liquid, then purée remaining soup with broccoli, in batches if necessary, in a blender until smooth (use caution when blending hot liquids).

Transfer puréed soup to another pot and thin to desired consistency with reserved cooking liquid. Stir in pepper, nutmeg, and remaining 1/2 teaspoon salt (or to taste) and bring to a simmer over moderate heat, stirring occasionally.

## **Escarole & Beans**

From Mark Bittman in the New York Times

1/3 cup extra virgin olive oil	1 pound escarole, radicchio, endive or other bitter green, trimmed, washed and dried
1 tablespoon sliced garlic	1 cup cooked white beans
4 anchovy fillets, or to taste, optional	3 cups chicken stock or water
1 fresh or dried chili, stemmed, seeded and minced, or 1 teaspoon dried red chili flakes, or to taste	Salt and pepper to taste.

1. Put half the oil in a large, deep skillet or casserole and turn heat to medium. Put half the garlic in oil, with anchovies and chilies. Stir occasionally until garlic begins to color. Add escarole and stir; add beans and stock or water and adjust heat so mixture simmers steadily. Cover.
2. Cook about 15 minutes, or until escarole is tender. Stir in rest of garlic and cook another minute, then taste and adjust seasoning, drizzle with reserved olive oil, and serve.

Yield: 4 servings.

ESCAROLE AND BEANS WITH MEAT -- As above except omit anchovies and begin by browning 1/4 pound bacon, 1/2 pound crumbled sausage or 1/8 pound prosciutto in 2 tablespoons olive oil.

ESCAROLE AND BEANS WITH CROUTON AND PARMESAN -- While soup is cooking, toast 8 1-inch thick slices of French or Italian bread (it can be quite stale). Put in bottom of bowls and sprinkle with freshly grated Parmesan to taste. Or you can add about 1 cup cooked rice or small noodles to soup when it is nearly done.

ESCAROLE AND BEANS WITH VEGETABLES -- When you add stock or water, add 1 chopped tomato (or a couple of chopped canned tomatoes), 1/2 cup finely chopped carrot (remember: it must cook quickly), and 1/2 cup finely chopped celery.

### **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)