
WESTCHESTER CSA

Welcome CSA Member,

The fall weather has been difficult to adjust to from one day to the next. One morning last week it was so cold, the fields were completely white covered with a heavy frost. The next morning the weather was almost warm as a new wind blew in. The crops of fall seem to relish the ups and downs and their flavors intensify and sweeten.

New this week to your share is Celeriac or Celery Root. The Celeriac has grown well this year with all of the rain we received this summer. This is a vegetable that is new to some members. It is very good in soups and stews and also grated in slaws. The Celeriac also stores very well.

The weeks are clicking away. Please place your orders for honey and maple syrup soon. There is an order form on the farm web site: www.stoneledgefarmny.org to download. The end of the season comes so quickly and there is nothing better than some upstate New York maple syrup or honey with winter squash.

Enjoy the vegetables-Deb

RECIPES FOR THE WEEK

Ten Minute Couscous Soup

From 101 Cookbooks, this is a soup that should be made to order, if it sits around the consistency changes and the vegetables get that over-cooked flavor no one likes. Says Heidi "I like to use whole wheat couscous, which I've been seeing around more often lately. I also picked up a box of barley couscous the other day - delicious. If all you can find is regular couscous, no problem, that will work as well too. I just try to pick up "whole" versions when given the choice. Use a delicious broth, one you wouldn't mind enjoying a bowl of on its own - I've mentioned before that

WEEK TWENTY: VEGETABLES

Carrots-1 ½ pounds

Celeriac-1 bulb

Winterbor Kale-1 bunch

Gourds-3-I know these are just for decoration, but they are so beautiful and are a lasting reminder of the colors of fall

Parsley-1 bunch

Garlic-2 bulbs

Shallots-2

Broccoli-2

Delicata Winter Squash-2

Chiogga Beets-2 pounds



FRUIT SHARE: 1 bag of Bosc Pears, Fuji, Cameo, Mutsu and Golden Delicious Apples

I like Rapunzel Herb Bouillon with Salt (available at many stores).” Also, this soup can easily be made vegan by leaving out the cheese, and it’s easy to swap out vegetables for whatever you’ve got on hand.

7 cups great-tasting vegetable broth	1 1/2 cups cauliflower florets, cut into tiny pieces smaller than your thumb
2 or 3 pinches crushed red pepper flakes	4 oil-packed sun-dried tomatoes, chopped (opt)
3 tablespoons extra virgin olive oil	4 green onions, trimmed and thinly sliced
1 cup whole wheat, barley, or regular couscous	an ounce or two of goat cheese
1 1/2 cups broccoli florets, cut into tiny pieces smaller than your thumb	

In a large pot heat the broth, red pepper flakes, and olive oil. When it comes to a boil remove the pot from the heat and stir in the couscous. Wait two minutes and stir in the broccoli and cauliflower. Wait another two minutes - just long enough for the vegetables to lose their raw edge, and ladle into bowls. Top each bowl with some sun-dried tomatoes, green onions, and a bit of goat cheese.

Creamy Carrot Soup

Bon Appétit | July 1997

This pretty soup could be a soothing lunch or a light dinner — and it's healthful, too. Can be prepared in 45 minutes or less. Makes 6 to 8 Servings

5 large carrots (about 1 1/2 pounds), peeled, cut into 1/2-inch pieces	1 large bay leaf
3 1/2 cups canned low-salt chicken broth	1/4 teaspoon (scant) ground allspice
1 large onion, peeled, quartered	3/4 cup drained canned small white beans
1 1/4 teaspoons chopped fresh thyme or 1/2 teaspoon dried	1 cup milk

Combine carrots, broth, onion, thyme, bay leaf and allspice in large pot and bring to boil. Reduce heat, cover and simmer until carrots are tender, about 15 minutes. Remove bay leaf.

Working in batches, puree soup in blender until smooth, adding some of beans with each batch. Return soup to same pot; add milk. Stir over low heat until heated through. Season with salt and pepper and serve.

Celeriac

NPR's website calls celeriac the “vegetable world’s ugly duckling,” but they invite you to greet celeriac, the “unsung frog prince of winter vegetables. Pare off its warty exterior and you'll uncover the royal vegetable within: a perfect, ivory-fleshed, winter alternative to potatoes and other starches.” A few recipes:

Celeriac Mash

Bon Appétit | February 2005

3 cups 1/2-inch dice peeled celeriac (celery root; from about one 18-ounce celeriac)
1 12-ounce russet potato, peeled, cut into 1 1/2-inch chunks (about 2 1/2 cups)
1/4 cup whipping cream
2 tablespoons (1/4 stick) butter

Cook celeriac in large saucepan of boiling salted water 15 minutes. Add potato and boil until celeriac and potato are very tender, about 15 minutes longer. Drain. Return to same saucepan; stir over medium-high heat

until any excess liquid in pan evaporates, about 2 minutes. Add cream and butter; mash until mixture is almost smooth. Season to taste with salt and pepper. (makes 4 servings)

Apples and Celeriac with Honey Mustard-Dressing

From the seasonalchef.com

2 tablespoons apple-cider vinegar	2 tablespoons lemon juice
2 teaspoons coarse mustard	2 green apples, shredded
2 teaspoons honey	1/3 cup nonfat yogurt
1 shallot, chopped	1/4 cup red onions, diced
1/2 teaspoon black pepper	2 cup spinach, shredded
1/4 cup canola oil	1 cup radish, sliced
1 celeriac root	

1. Place the vinegar, mustard, honey, shallots, and pepper in a blender container. Process on high speed until well mixed. With the blender running, slowly pour in the oil to form an emulsion.
2. Trim and wash the celeriac. Cut into a fine julienne and place in a large bowl. Add the lemon juice and combine well to keep the celeriac from discoloring. Mix in the apples, yogurt, onions, and dressing.
3. Serve on a bed of spinach with the radishes.

Kale and Olive Oil Mashed Potatoe Recipe

Also from 101 Cookbooks. For this recipe, be sure to wash the kale well (or spinach, or chard) - dirt and grit hides in the leaves. Says Heidi, "I don't like floppy leafiness in my potatoes, so I chop the kale quite finely. If you stir the kale in too much it can lend a slight green cast to your potatoes, so i just barely stir it in right before serving. Also, on the potato front - feel free to use unpeeled potatoes if you like something a bit more rustic (and nutritious). I picked up some yellow-fleshed German Butterball potatoes at the market last week and they added the visual illusion that the mashed potatoes were packed with butter. Didn't miss the real thing a bit."

3 pounds potatoes, peeled and cut into large chunks	1/2+ cup warm milk or cream
sea salt	freshly ground black pepper
4 tablespoons extra virgin olive oil	5 scallions, white and tender green parts, chopped
4 cloves garlic, minced	1/4 cup freshly grated Parmesan, for garnish (opt)
1 bunch kale, large stems stripped and discarded, leaves chopped	fried shallots, for garnish (optional)

1. Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender.
2. Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale, a big pinch of salt, and saute just until tender - about a minute. Set aside.
3. Mash the potatoes with a potato masher or fork. Slowly stir in the milk a few big splashes at a time. You are after a thick, creamy texture, so if your potatoes are on the dry side keep adding milk until the texture is right. Season with salt and pepper.
4. Dump the kale on top of the potatoes and give a quick stir. Transfer to a serving bowl, make a well in the center of the potatoes and pour the remaining olive oil. Sprinkle with the scallions, Parmesan cheese, and shallots.

Serves 6.

baked apples stuffed with dried fruit and pecans

Gourmet | December 2002

Active time: 15 min Start to finish: 1 1/2 hr

Makes 4 servings.

4 (6-oz) red apples such as Gala or Rome Beauty	1/8 teaspoon ground nutmeg
1 tablespoon fresh lemon juice	1 tablespoon unsalted butter (1/2 tablespoon softened and 1/2 tablespoon cut into 4 pieces)
1/4 cup finely chopped dried apricots	1/2 cup unfiltered apple cider
2 tablespoons dried currants	1/4 teaspoon vanilla
2 tablespoons chopped pecans, toasted	1/2 cup low-fat vanilla or maple yogurt
2 tablespoons packed dark brown sugar	Special equipment: an apple corer
1/4 teaspoon cinnamon	

Preheat oven to 350°F. Core apples with corer. Stand apples up and make 4 evenly spaced vertical cuts starting from top of each apple and stopping halfway from bottom to keep apple intact. Brush inside of apples with lemon juice and stand apples in a 9-inch ceramic or glass pie plate.

Toss together apricots, currants, pecans, brown sugar, cinnamon, and nutmeg in a bowl. Rub softened butter into dried-fruit mixture with your fingers until combined well, then pack center of each apple with mixture. Put a piece of remaining butter on top of each apple. Pour cider and vanilla around apples and cover pie plate tightly with foil.

Bake in middle of oven, basting once, until apples are just tender when pierced with a fork, about 40 minutes. Remove foil and continue to bake until apples are very tender but not falling apart, 20 to 30 minutes more.

Transfer to serving dishes and spoon sauce over and around apples. Serve with dollops of yogurt.

WEEKLY PICKUP INFORMATION

Pickup location: Door #25, Suite 138-a

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

Newsletter Correspondence: Sarah Murphy at skmurphy56@gmail.com