

---

---

# WESTCHESTER CSA

---

Dear CSA Member,

*Each year many of the CSA sites have members complete a member survey to gather their opinions, suggestions and input. One of the items on the survey is a suggestion list of vegetables that members would like to see in their share. We take the suggestions very seriously and consider how they would fit into our growing conditions, the amount of land we have available, cultivars that are available to us under Organic Certification requirements and how the vegetable would fit into our harvest plan. After careful consideration and investigation if we feel the vegetable would work, we give it an experimental try. To make the experiment useful, we need to plant enough to see what production levels will be, what the vegetable's needs will be, how the vegetable will fit into the plan.*

*This week you will receive Sweet Potatoes in your share. Sweet Potatoes are a vegetable that we have been interested in producing and also have shown up on many member surveys. We did a lot of research into organic production methods, and this year planted two 600' rows. As many members that attended the farm visit days may remember, the plants were beautiful but the proof would be in the digging. The Sweet Potatoes produced very nice tubers and we will have enough for everyone this week. Next year we hope to expand our plantings of Sweet Potatoes. It is a great feeling of accomplishment when an experiment has such positive results.*

*We are planning on having our on line registration up and running this week. There will be a user name and password for current members to have first registration and we will extend that exclusive registration for current members only for one month. For most sites, after that time period, we will open registration up. I will e-mail the information to your site coordinators once we are all set. It has been quite a task compiling and re-compiling the information from 12 different CSA sites with 12 different configurations of shares and share prices. My thanks and gratitude go to Kathleen Packard and her employees at KathodeRay Media for the web site development.*

Enjoy the vegetables-Deb

**PLEASE FILL OUT THE  
ANNUAL SURVEY!**

## WEEK 21: VEGETABLES

Carrots- 1 ½ pounds  
Purple Top Turnips-2 pounds  
Sweet Potatoes-1 ½ pounds  
Red Russian Kale-1 bunch  
Shallots-4  
Sage-1  
Baby Bear Pie Pumpkins-1  
Cheddar Caulliflower-2  
Butternut Winter Squash-2



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

## RECIPES FOR THE WEEK

### *Sparkling Sweet Potato*

I often make this recipe when I need a quick lunch at home, it is surprisingly delicious for such a simple recipe – and very fast! It's from the book *Eat, Drink and Weigh Less* by Mollie Katzen and Dr. Walter Willet.

1 medium sweet potato  
1-2 tablespoons lime juice (or to taste)

Cook the sweet potato for three minutes in the microwave on high. Turn the potato over and cook for three more minutes, or until fork tender. (you can also cook at 375° F in the oven). Let the sweet potato cool just until you can handle it without burning your fingers. Peel the potato by hand and mash it with a fork, adding the lime juice. Keep mashing until the lime juice is distributed, adding more until you like the taste.

This is a great and refreshingly marshmallow-free dish. A delicious side dish at dinner, or serve with some brown rice for a simple lunch. It's only 95 calories, and packed with good nutrients.

### *Roasted Pumpkin and Carrot Soup*

I often pick up "Taste for Life" at Mrs. Greens, it's free and has good coupons plus some good recipes. I haven't made this one, but it sounds delicious. They reprinted from "Christina Cooks," by Christina Pirello

2 small sugar pumpkins, halved & seeded	2 cups water
2 tablespoons extra-virgin olive oil, plus extra for coating pumpkins	1 cup plain soy milk, plus extra if needed
Sea salt	2 tsp sweet white miso
3-4 carrots, diced	2-3 tablespoons pumpkin seeds, pan toasted for garnish
Grated zest of one lemon	2-3 sprigs fresh parsley, minced, for garnish
1 tablespoon mirin (rice wine) or white wine	

1. Preheat oven to 375°. Generously rub the outside skin of the pumpkins with oil. Place, cut sides down, in a shallow baking pan. Sprinkle lightly with salt and add 1/8" water to pan. Cover loosely with foil and bake about 40 minutes. Remove from oven and set aside to cool.
2. Place 2 tablespoons oil and onion in a medium soup pot over medium-high heat. When onions begin to sizzle, add pinch of salt and saute for 2 minutes. Stir in carrots, pinch of salt, lemon zest and mirin. Saute for 1 – 2 minutes.
3. Scoop pumpkin flesh out of skins and add to vegetables in soup pot. Add water and soymilk. Cover and bring to a boil. Reduce heat to low and cook soup until carrots are quite soft, about 25 minutes.
4. Transfer soup, by ladelfuls, to a food mill or blender and puree until smooth. Add small amounts of soymilk to thin soup as desired. Return to soup pot and place over very low heat.
5. Remove a small amount of broth and use to dissolve miso. Stir miso mixture into soup and simmer, uncovered, for 3-4 minutes to activate enzymes in miso. Serve garnished with pumpkin seeds and parsley.

## ***Carrot Souffle***

From the Kaboose website, this sounds like a nice side dish for Thanksgiving. What's not to love about souffle?

5 large carrots	1 teaspoon ground cinnamon
1 1/2 teaspoons lemon juice	2 tablespoons freshly grated orange zest
5 tablespoons butter, softened	1 cup milk
1/3 cup sugar	3 eggs, lightly beaten
1 tablespoon all-purpose flour	Chopped parsley for garnish
1/4 teaspoon salt or to taste	

1. Peel the carrots and cut them into chunks. In a large saucepan of boiling water, simmer the carrots for about 15 minutes or until soft. Drain and set aside to cool slightly.
2. In the workbowl of a food processor, puree the carrots. Add the lemon juice and pulse briefly to mix the lemon juice with the carrots.
3. Preheat the oven to 350 degrees F. Butter a 2-quart casserole dish with 1 tablespoon of the butter.
4. In a large mixing bowl, combine the remaining butter, sugar, flour, salt, cinnamon and grated orange zest. Beat well. Add the pureed carrots and beat to combine. Add the milk and eggs and beat until smooth.
5. Spoon the mixture into the prepared casserole dish and bake uncovered for about 35 minutes, or until the soufflé is puffy and golden brown. Sprinkle with a little parsley.

## ***Glazed Baby Turnips and Carrots***

Gourmet | April 1994

I included this recipe anyway because we have both turnips and carrots in the share this week. We don't have the "baby" variety, but as long as the vegetables are cut into 1" pieces, it should turn out just fine.

1 pound baby turnips (about 2 pounds with greens attached) or regular turnips  
3/4 pound baby carrots (about 2 pounds with green attached)  
1 1/2 tablespoons unsalted butter  
1/2 teaspoon sugar

Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. If using regular turnips, peel and cut into 1-inch pieces. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.

In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes.

## ***Vanilla Mashed Sweet Potato Recipe***

From 101Cookbooks.com, another great Thanksgiving side dish...

1 1/2 pounds sweet potatoes, cleaned and left a bit damp	1 teaspoon grated orange zest (optional)
1/2 cup plus 3 tablespoons heavy cream	2 tablespoons unsalted butter, at room temperature
1/3 vanilla bean, split lengthwise and seeds scraped	kosher salt
	white pepper in a mill or regular pepper

1. Preheat the oven to 350F. Put the potatoes on a baking sheet and bake in the oven until tender to a fork tip, about 1 hour. Remove from oven and let cook until warm enough to handle, 10 to 15 minutes. Peel and discard the skin. Put the potatoes in the bowl of a food processor fitted with the steel blade.
2. Meanwhile, pour the cream into a 2-quart pot, add the vanilla bean and orange zest, if using, and set it over medium heat. Bring to a simmer and cook for 5 minutes. Remove from heat. Use tongs to fish out and discard the vanilla bean. Pour the mixture over the potatoes in the processor and add the butter.
3. Puree the potato mixture until smooth. Season with salt and 4 grinds of pepper, or to taste. Keep covered and warm until ready to serve.

### ***Cauliflower Soup with Gorgonzola***

This is an ever-so-slightly adapted version of Skye's cauliflower soup recipe (from [A Year in my Kitchen](#) by Skye Gyngell, chef at the [Petersham Nurseries Cafe](#)). Heidi Swanson at 101 Cookbooks lightened it up a bit by easing off the Gorgonzola some – it sounds delicious!

1 medium cauliflower	4 cups chicken stock (hs note: I used vegetable stock)
1 tablespoon unsalted butter	1 cup Gorgonzola cheese (hs note: I used 1/3 cup)
2 smallish yellow onions, peeled and finely sliced	1/3 cup creme fraiche
4 thyme sprigs	parsley for garnish
2 bay leaves	
sea salt and freshly ground pepper	

1. Remove the outer leaves from the cauliflower and break it into small florets (don't bother to remove the stalk - it only adds to the flavor). Set aside. Melt the butter gently in a saucepan (large enough to hold all of your ingredients) over medium heat. Add the onions and sweat gently for 5 minutes or so until translucent.
2. Add the cauliflower, thyme and bay leaves. Season with little salt and pepper, to allow the flavors to adjust and find their feet. Pour in the stock, stir and bring to a simmer. Then cover and simmer for 20 minutes or so, until the cauliflower is very soft.
3. Crumble in the Gorgonzola and stir over a low heat until it has melted into the soup. Add the creme fraiche and stir to combine.
4. Pick out the bay leaves and thyme stalks, then blend the soup until really smooth. Return the soup to the pan and reheat gently. Taste and add a little more salt and pepper if you think it needs it.

Ladle unto warm bowls, serve topped with chopped parsley. Serves four.

#### **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)