
WESTCHESTER CSA

Dear CSA Member,

The patchwork that makes up the CSA harvest season has only the last couple of pieces to be worked together. We have two more deliveries after this week and our last delivery will be the week of Thanksgiving.

The vegetables that you see in your share are the hearty and the brave. They are able to withstand the fluctuations in the weather, the extreme cold and heavy rains that are part of fall weather. I think they must make us hearty as well as we head toward winter. Most of the flavors are intense and the vegetables are ones that grow well in our colder fall temperatures.

Our on line registration is now up and running. Below you will find the information you will need to register on line. When you register you will need a user name and password and you will find them below. The restriction of a username and password will be in place for the first month to give current members access to registration before it is opened up.

Some of the sites fill up so quickly that we thought this was one way to give current members first access to the available shares for that site. This has been quite a task as there are 12 different CSA locations with 12 different configurations of pricing and shares. The variations are all part of keeping each CSA group tailored to the needs of the community that supports that CSA group and we were glad to work through all of the variations on the theme.

If you have any questions you can reach me at info@stoneledgefarmny.org. Deb



REGISTER FOR 2009!!

WEEK 22: VEGETABLES

Shallots-6

Beets-2 pounds

Carrots-1.5 pounds

Potatoes-2 pounds

Acorn Winter Squash-2

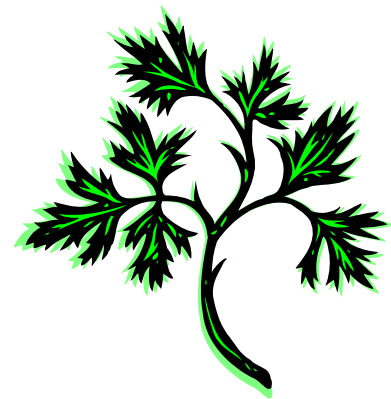
Celeriac-1

Parsley-1 bunch

Dry Beans-1/2 pound.

Siberian Kale-1 bunch

Romanesco Cauliflower-1



FRUIT SHARE: 1 bag of Bosc Pears, Fuji, Golden Delicious, Sparten, Empire Apples

RECIPES FOR THE WEEK

Mashed Potatoes and Turnips with Horseradish (Gourmet | February 2002)

2 1/2 lb yellow-fleshed potatoes such as Yukon Gold
3 lb turnips or rutabagas, peeled and cut into 2-inch pieces
6 tablespoons unsalted butter, softened
2 tablespoons horseradish cream or drained bottled horseradish, or to taste
2 to 4 teaspoons sugar
1/2 cup chopped fresh flat-leaf parsley

Cover potatoes with salted cold water by 2 inches in a large pot and simmer, uncovered, until very tender, 20 to 30 minutes (depending on size of potatoes). Drain potatoes in a colander and, when just cool enough to handle, peel. Transfer potatoes to a bowl.

While potatoes are cooking, cover turnips with salted cold water by 2 inches in a large pot and simmer, uncovered, until very tender, 10 to 20 minutes (depending on freshness of turnips).

Drain turnips in colander and immediately add to warm potatoes, then mash with butter and horseradish. Season with sugar (to taste), salt, and pepper and stir in parsley. Yield: Makes 6 servings

Thai-spiced Pumpkin Soup Recipe (101 Cookbooks.com)

Keep in mind that different Thai curry pastes have differing strengths. Start with a teaspoon to start and then build from there until the soup has a level of spiciness and flavor that works for your palate. Top with toasted pumpkin seeds.

2 acorn squash, pumpkins, or other smallish winter squash
3 tablespoons unsalted butter, room temperature
1 14-ounce can coconut milk
1 teaspoon (or more) red Thai curry paste
water
2 teaspoons fine grain sea salt (or to taste)
Preheat the oven to 375 degrees and place the oven racks in the middle.

Carefully cut each squash/pumpkin into halves (or quarters). Slather each piece of squash with butter, sprinkle generously with salt, place on a baking sheet skin sides down, and place in the oven. Roast for about an hour or until the squash is tender throughout.

When the pumpkin/squash are cool enough to handle scoop it into a large pot over medium high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender, you should have a very thick base at this point. Now add water a cup at a time pureeing between additions until the soup is the consistency you prefer - a light vegetable stock would work here as well. Bring up to a simmer again and add the salt (and more curry paste if you like, I used just shy of 6 teaspoons but the curry paste I use is not over-the-top spicy).

Serves six.

Roasted Pumpkin Salad Recipe (101 Cookbooks.com)

I know many people have an aversion to cilantro - feel free to leave it out. This will change the personality and flavor profile of the dressing, but it will still taste delicious.

3 cups of pumpkin (or other winter squash), peeled and cut into 1-inch cubes	1/3 cup sunflower seeds
extra-virgin olive oil	1/3 cup olive oil
fine grain sea salt	2 tablespoons lemon juice
12 tiny red onions or shallots, peeled (OR 3 medium red onions peeled and quartered)	1/4 teaspoon salt
2 cups cooked wild rice*	1 tablespoon honey
	2 tablespoons warm water
	1/2 cup cilantro, finely chopped

Preheat oven to 375.

Toss the pumpkin in a generous splash of olive oil along with a couple pinches of salt, and turn out onto a baking sheet. At the same time, toss the onions with a bit of olive oil, sprinkle with salt, and turn out onto a separate baking sheet. Roast both for about 45 minutes, or until squash is brown and caramelized. The same goes for the onions, they should be deeply colored, caramelized, and soft throughout by the time they are done roasting. You'll need to flip both the squash and onion pieces once or twice along the way - so it's not just one side that is browning.

In the meantime, make the dressing. With a hand blender or food processor puree the sunflower seeds, olive oil, lemon juice, salt, and honey until creamy. You may need to add a few tablespoons of warm water to thin the dressing a bit. Stir in the cilantro, saving just a bit to garnish the final plate later. Taste and adjust seasonings (or flavors) to your liking - I usually need to add a touch more salt with this dressing.

In a large bowl, toss the wild rice with a large dollop of the dressing. Add the onions, gently toss just once or twice. Turn the rice and onions out onto a platter and top with the roasted squash (I'll very gently toss with my hands here to disperse the pumpkin a bit). Finish with another drizzle of dressing and any remaining chopped cilantro. Serves 4.

Caramelized Turnips and Shallots (from *Everyday Food*)

1 3/4 pounds white turnips, peeled and cut into pieces 2 1/2 inches by 1 1/2 inches in size	2 tablespoons plus 2 teaspoons extra-virgin olive oil
1 3/4 pounds golden turnips or rutabagas, peeled, cut into pieces 2 1/2 inches by 1 1/2 inches in size	Coarse salt and freshly ground pepper
10 shallots (about 10 ounces), peeled, root end intact	3/4 cup red-wine vinegar
	2 bay leaves
	6 sprigs fresh thyme
	1/4 cup packed light-brown sugar
	3 tablespoons unsalted butter

Preheat oven to 400 degrees. Put turnips, shallots, and oil on a rimmed baking sheet. Season with salt and pepper; toss. Spread in a single layer. Roast until tender and golden brown, about 35 minutes.

Put vinegar, bay leaves, and thyme in a small saucepan. Bring to a simmer; cook until reduced by about half, about 10 minutes. Add sugar and 1/2 teaspoon salt; stir to dissolve. Add butter, and cook over medium heat until reduced to a syrupy glaze, about 10 minutes. Discard thyme. Pour over roasted vegetables; toss to coat.

Serve immediately. Serves 12

Good Information: Soaking Beans (from globalgourmet.com)

Soaking—A lot of energy is spent wondering if beans really need to be soaked. I find it useful to remember that beans are a dried food, that soaking is simply re-hydrating them. However, I found that you can get very decent beans without soaking them. But if you're going for the most plump, evenly cooked beans, then yeah, soaking helps.

Quick soaking—Give me a break! Quick soaking is where you boil beans hard for a minute or two, take the pan off the heat, cover it, let it sit for an hour, then drain the beans and call them soaked.

Now yes, in one sense it is quick—an overnight soak is accomplished in one hour. But come on, unsoaked beans only take an extra 30 minutes or so. So in another, very real sense, there's nothing quick about quick-soaking.

Soaking revisited, how long to soak—A useful factoid is that beans will only take up so much water and that's it. They don't continue to absorb water like an insatiable sponge. When beans are soaked, they're soaked. Longer isn't better. The fact is that most beans are done drinking up water after 4 to 8 hours. (Beans will take up warm water faster than cold water.)

However, there is nothing wrong with soaking beans overnight if that's convenient. But throwing beans in a bowl of water at breakfast works just as well.

How can you tell if beans are fully re-hydrated?—You can judge by their skins. At first their skins will be wrinkly, then the beans gradually swell up and their skins become smooth again. At that point they're soaked. But if you want to be compulsive, then cut a bean open. If the bean is undersoaked, you'll notice the core is chalky, like a kernel of rice was in the center. If the bean is fully soaked, it has an even color all the way through.

Tunisian-Style Greens and Beans

3 tablespoons vegetable oil	4 cup chopped greens, such as beet greens or Swiss chard
1 medium onion, sliced	1 cup diced tomatoes with juices
2 or 3 cloves garlic, minced	1 cup cooked beans (garbanzos are my favorite)
1 teaspoon ground coriander	approx. 1/2 cup bean cooking water
1/2 teaspoon salt	
1/4 teaspoon crushed chile flakes	

1. Stew the onion and garlic in a little oil until the onion is soft.
2. Stir in the salt and spices.
3. Chop the greens and stir them in. (A little water left on the greens from washing them is good, it helps steam them done.)
4. When the greens wilt, add the tomatoes, beans and some of the bean cooking water. Cook for 10 or 15 minutes. The finished dish should be a little saucy, but not soupy. Add bean water or plain water accordingly.