
WESTCHESTER CSA

Dear CSA Member,

The fields are almost all green with the winter rye that has been planted as we finish harvesting crops, section by section. It is a balance of harvest and planting cover crops that goes on right until the end of the season.

This week we are delivering Brussels Sprouts for your share. Take the sprouts from the hard stalks and peel off any discolored leaves. Steam or sauté until just tender. They are quite a treat. Brussels Sprouts are such a long season crop. I started the seedlings in the greenhouse last April, they were transplanted in early June and finally they are ready to harvest. They have had a lot of tender loving care for the last eight months.

We have only one more delivery after this week. If you would like any honey or maple syrup, please let me know by e-mail at info@stoneledgefarmny.org and then download a form from the farm web site: www.stoneledgefarmny.org and mail it to me with payment. That way I will be sure to get your order in time to put it on the truck next week with the last delivery.

Enjoy the vegetables, Deb



REMINDERS:

1. Please fill out your CSA satisfaction survey, the information is very helpful and important.
2. Lewis Waite farm deliveries will stop coming to our site for the winter months. The last delivery is the Tuesday before Thanksgiving, so place your orders now.
3. Register for next year's program!!

WEEK 23: VEGETABLES

Beets-2 pounds
Potatoes-2 pounds
Carrots-1 1/2 pounds
Turnips-2 pounds
Celeriac-1
Garlic-2
Carnival Winter Squash-1
Brussels Sprouts-2 stalks
Sage-1 bunch
Romanesco-2 heads



FRUIT SHARE: 1 bag of Bosc Pears, Fuji, Winesap and Cortland Apples

RECIPES FOR THE WEEK

A note on this weeks recipes. As you all know by now, I have my favorite resources for recipes, and you've seen them all in this newsletter. I cook enough to know when to swap out an ingredient or try something new, but not really enough to spend much of my time developing recipes, so I am ever-grateful to the experts at epicurious.com, 101cookbooks.com, Martha Stewart and more. This week I am featuring recipes from Food & Wine, which is one of my favorite magazines (I am a little biased, I used to work there...) although I don't like the website quite as much. Here goes:

Grill-Roasted Vegetables with Pine Nut Pesto

Recipe by Grace Parisi from Food & Wine

Quintessential fall vegetables—brussels sprouts, parsnips, butternut squash and carrots—get cooked on the grill, then tossed in a cheesy pine nut pesto.

1 pound carrots, cut into 1-inch pieces	1/2 cup extra-virgin olive oil
1 pound parsnips, cut into 1-inch pieces	Salt and freshly ground pepper
1 pound brussels sprouts, halved lengthwise	1/4 cup plus 2 tablespoons pine nuts
One 2 1/2-pound butternut squash—peeled, seeded and cut into 1/2-by-1 1/2-inch pieces	1 tablespoon unsalted butter
2 large shallots, cut into 1/2-inch wedges	1 large garlic clove, thinly sliced
6 thyme sprigs	1/4 cup freshly grated Parmigiano-Reggiano cheese

- In a large bowl, toss the carrots and parsnip pieces with the brussels sprouts, butternut squash, shallots, thyme sprigs and 1/4 cup of the olive oil. Season generously with salt and pepper.
- Preheat a gas grill to high heat (about 425°). Place 2 perforated grill pans directly on the grate to heat for about 10 minutes. Divide the vegetables between the grill pans and grill over high heat, stirring and turning occasionally, until they are tender and lightly charred in spots, about 50 minutes. Alternatively, roast the vegetables in a large roasting pan in a 425° oven, stirring them occasionally.
- Meanwhile, in a small skillet, heat 1 tablespoon of the olive oil. Add the pine nuts and cook over low heat, stirring constantly, until they are lightly browned, about 2 minutes. Add the butter and garlic and cook, stirring, until the pine nuts are browned and the garlic is golden, about 2 minutes. Let cool, then transfer to a mini processor. Add the grated cheese and the remaining 3 tablespoons of olive oil and pulse to a chunky puree. Season the pine nut pesto with salt.
- Transfer the vegetables to a large bowl and toss with the pine nut pesto. Serve hot or warm.

Make Ahead: the pine nut pesto can be refrigerated overnight. Bring to room temperature before proceeding.

Creamy Garlic Soup

Recipe by Nancy Harmon Jenkins

1 1/2 quarts water	1 tablespoon unbleached all-purpose flour
1 1/2 tablespoons duck fat or 1 tablespoon extra-virgin olive oil and 1/2 tablespoon unsalted butter	Salt and freshly ground pepper
1 whole plump head of garlic, cloves peeled and chopped	3 large egg yolks
1 medium onion, chopped	About 1 tablespoon white wine vinegar
4 plump shallots, chopped	12 to 16 slices of a baguette, toasted
	3 tablespoons finely snipped chives

- In a large saucepan, bring the water to a boil. Meanwhile, in a medium skillet, melt the duck fat over moderately low heat. Add the garlic, onion and shallots and stir to coat thoroughly with duck fat. Cook, stirring frequently, until the vegetables are thoroughly softened but not browned, about 12 minutes; if the garlic begins to brown, turn down the heat. Stir in the flour and cook gently for 5 minutes, stirring frequently; again, take care not to let the vegetables brown.
- Season the boiling water generously with salt and pepper. Stir in the vegetables and simmer for 35 minutes. Transfer the hot soup to a blender and puree, in batches if necessary. Return the soup to the saucepan.
- In a small bowl, beat the egg yolks with 1 tablespoon of the vinegar. Whisk a few tablespoons of hot soup into the egg yolks to warm them, then whisk the yolks into the soup. Whisk the soup over moderately low heat just until it begins to look creamy; do not let the soup boil or the eggs will curdle. Season the soup with salt and pepper and add a little more vinegar if desired. Ladle the hot soup into bowls, garnish with the toasted bread and the chives and serve.

Make Ahead: The garlic soup can be prepared through Step 2, covered and refrigerated for up to 2 days. Bring to a bare simmer before proceeding.

Notes: This recipe relies on a technique called tempering to prevent the eggs in the soup from scrambling. The trick is to gradually beat a little hot soup into the yolks to warm them gently before whisking them into the big pot.

Carrots with Caraway Seeds

Recipe by Octavio Becerra

If you can't find young carrots, thinly slice full-size ones; just don't use the pre-trimmed carrots that come in a plastic bag. Unsalted butter also works in place of the goat's-milk butter.



1 1/2 tablespoons
caraway seeds
1 1/2 pounds baby
carrots without tops,
unpeeled, halved
lengthwise

3 tablespoons extra-virgin olive oil
2 cups carrot juice
3 bay leaves
4 tablespoons goat's-milk butter at room
temperature, cut into cubes (see Note)
Salt and freshly ground pepper

- In a large skillet, toast the caraway seeds over high heat just until fragrant, about 1 minute. Transfer to a plate.
- In a bowl, toss the carrots with the oil. Add the carrots to the skillet and cook over high heat, stirring occasionally, until lightly charred all over, about 5 minutes. Stir in the carrot juice, bay leaves and caraway seeds. Reduce the heat to moderate and simmer until the carrots are tender and the liquid is reduced to a few tablespoons, about 10 minutes. Discard the bay leaves. Remove from the heat and stir in the butter until smooth and creamy. Season with salt and pepper and serve right away.

Notes: Goat's-milk butter is available at health food stores, large grocery stores like Whole Foods and online at igourmet.com.

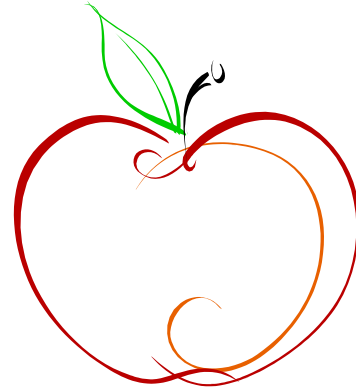
Applesauce with Dried Cranberries

Recipe by Grace Parisi

2 1/4 pounds large McIntosh apples, peeled,
quartered and cored
2 tablespoons fresh lemon juice
Three 1-by-3-inch strips of lemon zest

1/2 cup sugar
1/2 cup sparkling apple cider
1/2 cup dried cranberries

- In a large saucepan, bring the apples, lemon juice and zest, sugar, sparkling cider and cranberries to a boil. Cover and simmer over moderately low heat until the apples soften, 20 minutes; stir to break up the apples slightly. Transfer to a bowl; discard the lemon zest. Serve warm or at room temperature.



Make Ahead: The applesauce can be refrigerated for up to 1 week.

Cashews with Crispy Sage & Garlic

Recipe by Susan Spungen

SERVINGS: Makes 2 cups.

2 garlic cloves, sliced
Olive oil
12 sage leaves plus 1 tablespoon chopped sage
2 cups raw cashews

In a medium skillet, fry sliced garlic cloves in olive oil until lightly golden. Add sage leaves and chopped sage to the skillet and cook until crisp; drain on paper towels. Add raw cashews to the skillet and cook, stirring, until golden; drain on paper towels. Toss with the garlic, sage and salt. Let cool, then serve.

WEEKLY PICKUP INFORMATION

Pickup location: Door #25, Suite 138-a

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

Newsletter Correspondence: Sarah Murphy at skmurphy56@gmail.com