
WESTCHESTER CSA 2009

Welcome to the first delivery of the 2009 CSA season.



RHUBARB-1 bunch-very tart perennial that is only available for a short time in the spring.

RED LEAF LETTUCE (*Red Tide*)-1 head

MIZUNA-1 bunch (green with serrated leaves. Good in salads or lightly cooked)

ARUGULA-1 bunch

BOK CHOI-2 heads (white, crunchy stems, dark green leaves)

CHINESE CABBAGE (*Rubicon*)-1 head (described in the seed catalog as "sweet, tangy, juicy and delicious") This makes a great fresh slaw or used in stir fry.

GARLIC CHIVES-1 bunch-a garlicky flavored chive

SAGE with Flowers-1 bunch. The flowers are beautiful on the sage which grows as a perennial. Strip the leaves and use with any poultry dish. Enjoy the flowers as a bonus.



the farm website, www.stoneledgefarmny.org, Upcoming Events. Maple Syrup and Honey orders also have a downloadable form on the farm website. Maple and Syrup orders will be delivered with the vegetables after we receive them at the farm.

Enjoy the vegetables-Deborah for everyone at Stoneledge Farm

The early season brings the first healthy greens in abundance. Many of the early greens are in the Brassica family: Mizuna, Bok Choi, Chinese Cabbage. This group of vegetables grows best in the cool conditions of spring. They are a welcome taste of what is local and fresh.

There is one insect pest, the Flea Beetle, which thrives on the plants. We do what we can to keep the leaves whole, but the little pests will leave holes no matter what our efforts. Our farm uses "Floating Row Cover" to protect the plants. It is a light weight fabric cover that creates a physical barrier between the plants and the insects. We can roll up the cover and use it over and over. Even with our best efforts, some of the insects do maneuver their way to the plants and you will see small, round holes in the leaves.

The holes are cosmetic and Joni Mitchell runs through my mind as we pick and wash the arugula. A few variations in the lyrics and, "I don't care about spots on my Mizuna, Leave me the birds and the bees - please".

All of the vegetables are rinsed to get off the field heat and clean them a bit. They will need a good washing again when you get them home. The leafy greens will keep best if washed, rinsed and dried well and stored in a plastic container or bag in the refrigerator.

If you would still like to order a Coffee Share for the season, please fill in the downloadable form on the farm website, Coffee Share link. The Coffee Shares will start next week. Fruit Shares will start the fifth week of delivery. Complete delivery schedule is on

Recipes for the Week

Welcome to a new season of organic, fresh, local fruits & vegetables! Early in the season leafy greens are the star, and they can all be used to make great, crisp salads to cool your system as the days warm up. Greens like cabbage are loaded with minerals, including calcium and vitamins A and C, while dark green lettuce leaves are a good source also for iron. The heartier of the greens, bok choy, cabbage and mizuna are also good cooked. Here are a few recipes to get you started!

Stir-Fried Bok Choy and Cabbage

From Gourmet | May 2009

COMMENTS: this is an easy preparation that works well with many combinations of greens, so feel free to experiment. I like to make a few cups of brown rice on a Sunday or early in the week and then you can reheat the rice, make a quick stir fry like this one, and have a quick, nutritious dinner for a busy weeknight. Poach an egg and serve it on top for an extra kick of protein and flavor.

- 1 pound bok choy
- 3 tablespoons vegetable oil
- 3 garlic cloves, finely chopped
- 1 pound Savoy or Napa cabbage, cored and thinly sliced
- 1/2 teaspoon Asian sesame oil
- 1 teaspoon sesame seeds, toasted

Trim 1/8 inch from bottom of bok choy, then quarter lengthwise and thinly slice crosswise.

Heat a 14-inch flat-bottomed wok or 12-inch heavy skillet over high heat until a drop of water evaporates instantly. Pour vegetable oil down side of wok, swirling to coat sides. Add garlic and stir-fry 10 seconds. Add cabbage and 1/4 teaspoon salt and stir-fry 3 minutes. Add bok choy and stir-fry until ribs are crisp-tender, about 4 minutes. Serve drizzled with sesame oil and sprinkled with sesame seeds. Yield: Makes 4 to 6 servings

Simple Green Salad

COMMENTS: Make this crisp and flavorful salad and serve with grilled chicken, meat or tofu. Next week I will add additional recipes for a selection of salad dressings that will add some variation to the next few weeks as the leafy greens keep coming!

- 1 tablespoon vinegar or lemon juice
- 1/2 tablespoon finely chopped shallot
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 3/4 lb mixed greens such as kale, mizuna, tatsoi, mustard, arugula, and spinach (16 cups)



Whisk together vinegar, shallot, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified. Add greens and toss until coated well.

Sage and Garlic Grilled Tomatoes

Epicurious | 2004

COMMENTS: I found this recipe on one of my regular resources epicurious.com. It is from a book called *Raichlen's Indoor! Grilling*. I have only included the directions for a grill pan – but no reason to not cook these tomatoes outside on your grill as well. I find tomatoes messy to grill – but delicious, and particularly this time of year when store-bought tomatoes aren't as full flavored as they'll be later in the season, it adds some much needed zest. I included it this week because of the sage of course.



6 plum tomatoes (about 1 1/4 pounds), cut in half lengthwise
2 tablespoons extra-virgin olive oil
Coarse salt (kosher or sea) and cracked black pepper
3 cloves garlic, minced
1 tablespoon finely chopped fresh sage, plus 12 whole fresh sage leaves

1. Brush the tomato halves all over with olive oil. Season them generously all over with salt and pepper, and then sprinkle the garlic and chopped sage over them. Press a whole sage leaf in the center of the cut side of each tomato half. Set any leftover olive oil aside.

2. Place a grill pan on the stove and preheat it to medium-high over medium heat. When the grill pan is hot a drop of water will skitter in the pan. When ready to cook, lightly oil the ridges of the grill pan. Arrange the tomato halves, cut side down, in the hot grill pan on a diagonal to the ridges. The tomatoes will be done after cooking 4 to 6 minutes per side. Rotate the tomatoes a quarter turn after grilling 2 minutes on the first side to create a handsome crosshatch of grill marks.

3. Transfer the tomatoes to a platter or plates and drizzle any remaining olive oil over them. Serve at once. Serves 4-6.

Ricotta Puddings with Glazed Rhubarb

Gourmet | May 2006

COMMENTS: these are definitely on my menu for this weekend, I love rhubarb—and individual desserts are always a simple, but elegant dessert.

For puddings

1 cup whole-milk ricotta (8 3/4 oz)	2 tablespoons heavy cream
1 whole large egg plus 1 large yolk	2 tablespoons mild honey
1/4 cup sour cream	1/8 teaspoon salt
2 tablespoons sugar	1/2 teaspoon finely grated fresh lemon zest

For glazed rhubarb

3 1/2 tablespoons sugar
1/2 teaspoon cornstarch
1/2 lb fresh rhubarb stalks (about 2), cut diagonally into 1/4-inch-thick slices

Put oven rack in middle position and preheat oven to 325°F. Lightly oil muffin cups.

Blend together all pudding ingredients in a blender until smooth, and then divide batter among muffin cups.

Stir together sugar and cornstarch in a 9- to 10-inch glass or ceramic pie plate. Add rhubarb and toss to coat, then spread in one layer.

Bake puddings and rhubarb:

Bake puddings and rhubarb, side by side, carefully turning rhubarb over once halfway through cooking, until puddings are just set and edges are pale golden, 35 to 45 minutes. Remove puddings and rhubarb from oven at the same time. Set rhubarb aside and cool puddings in muffin pan on a rack 5 minutes (puddings will sink slightly).

Run a thin knife around edge of each pudding, then invert a platter over pan and invert puddings onto platter. Transfer puddings, right side up, to plates and serve topped with rhubarb and its juices.

Please remember to bring bags to pick up the fruit and vegetables in your share each week. If you have extra shopping bags at home, you can donate in the bin provided. Thanks!



SIGN UP EARLY!

All members need to volunteer once at the pickup site for 1 ½ hours. Signup sheet is at the site starting week one.

SUBMIT A RECIPE: Send recipe ideas or requests to Sarah Murphy at skmurphy56@gmail.com