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# WESTCHESTER CSA 2009

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## WEEK THREE NEWSLETTER

Dear CSA Member,

We are feeling a bit cold and soggy but the greens are in their glory. This week there is a rainbow of colors and textures: Bright Lights Swiss Chard, Summer Spinach, Escarole, Red Leaf Lettuce and Napa Cabbage.

We are always working a season or two ahead and this time of year is so busy with many jobs that need to be accomplished all at once. The early greens are hitting their peak and need to be picked. The summer vegetables are growing by the day and so are the weeds. We are still planting transplants in the field trying to finally empty the hoop houses. Fall cauliflowers, broccoli, kale and collards are all little seedlings that are the last of our transplants. I have been tending for baby plants since February and will be glad when they are finally all in the fields. Days go by so quickly.

Last week was the first scheduled delivery of Coffee Shares. Members that have not signed up have inquired about still adding a Coffee Share. If you would like to add a Coffee Share, we will make another "first delivery" next week for the members just signing up. Please download the form from the farm website [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org) and mail it to the farm. Deliveries will then be made on the regularly scheduled week in the following months. The delivery schedule is on the farm website, Up Coming Events listing.

Enjoy the Vegetables-Deborah for everyone at Stoneledge Farm

### Notes on drying herbs:

Most herbs including the sage from last week and this week oregano are quite cooperative about being dried. Simply tie the stems in bunches and hang them in an airy room for a couple of days. When the leaves are lightly crisp, strip them from the stems and store them in an



*Bright Lights Swiss  
Chard - 1 bunch*

*Summer Spinach - 1 bunch*

*Napa Cabbage - 1 head-a  
lighter, crinkly cabbage.*

*Red Leaf Lettuce -1 head*

*Escarole - 1 head*

*Garlic Scapes - 6*

*Oregano - 1 bunch*

*Summer Squash*



airtight container, just as you would any other herb. The fresh leaves can also be preserved by freezing: Just put clean, small bunches into plastic bags, label them, pop them into the freezer, and—later—enjoy them (*from Mother Earth News Online*)

## *Recipes for the Week*

As I write this, I'm not exactly sure how much summer squash will be in the share, probably not enough for these recipes. But they sounded so good I thought I'd pop them in anyway – when the squash starts coming it usually just keeps going!

### *Summer Squash Gratin Recipe*

Adapted from 101cookbooks.com – a favorite resource of mine! This one uses oregano as well, so it's perfect for the share this week. In her blog, Heidi also mentions that it is important to slice your potatoes as thin as possible...too thick and you'll have trouble cooking them through because the zucchini cooks up more quickly.

zest of one lemon	pinch of red pepper flakes
1 1/2 pounds summer squash or zucchini, cut into 1/6th-inch slices	1/2 cup extra-virgin olive oil
1/2 teaspoon fine grain sea salt	1/4 cup unsalted butter
1/4 cup fresh oregano leaves	2 cups fresh (whole wheat) bread crumbs*
1/4 cup fresh Italian parsley	1/2 pound yukon gold potatoes, sliced transparently thin
1 large garlic clove, chopped	3/4 cup grated Gruyere cheese, grated on a box grater (or feta might be good!)
1/4 teaspoon fine grain sea salt	

Preheat oven to 400F degrees and place a rack in the middle. Rub a 9x9 gratin pan (or equivalent baking dish) with a bit of olive oil, sprinkle with lemon zest, and set aside.

Place the zucchini slices into a colander placed over a sink, toss with the sea salt and set aside for 10-15 minutes (to drain a bit) and go on to prepare the oregano sauce and bread crumbs.

Make the sauce by pureeing the oregano, parsley, garlic, 1/4 teaspoon salt, red pepper flakes, and olive oil in a food processor or using a hand blender. Set aside.

Make the breadcrumbs by melting the butter in a small saucepan over medium heat. Cook for a few minutes until the butter is wonderfully fragrant, and has turned brown. Wait two minutes, then stir the breadcrumbs into the browned butter.

Transfer the squash to a large mixing bowl. Add the potatoes and two-thirds of the oregano sauce. Toss until everything is well coated. Add the cheese and half of the bread crumbs and toss again. Taste one of the zucchini pieces and add more seasoning (salt or red pepper) if needed.

Transfer the squash to the lemon-zested pan, top with the remaining crumbs, and bake for somewhere between 40 and 50 minutes - it will really depend on how thinly you sliced the squash and potatoes - and how much moisture was still in them. You don't want the zucchini to go to mush, but you need to be sure the potatoes are fully baked. If the breadcrumbs start to

get a little dark, take a fork and rake them just a bit, that will uncover some of the blonder bits. Remove from oven, and drizzle with the remaining oregano sauce.

Serves about 8 as a side.

### *Spinach and Zucchini Soup Recipe*

Also from 101cookbooks.com, this delicious soup uses both spinach and summer squash. Heidi suggests that if you'd prefer a richer version of this soup you can finish it with a splash of cream, or a dollop of creme fraiche or plain yogurt in place of the finishing drizzle of olive oil.

3 tablespoons extra-virgin olive oil  
2 cloves garlic, chopped  
2 medium onions, roughly chopped  
big pinch of salt  
2 1/2 cups potatoes (2 medium) cut into  
1/2-inch cubes

2 1/2 cups zucchini (2 medium), loosely  
chopped  
4 cups vegetable stock  
4 cups fresh spinach leaves, loosely packed  
1 cup cilantro, loosely chopped  
one lemon

In a large, thick-bottomed pot over medium-high heat, add the olive oil. When the oil is hot (but not smoking) add the garlic and onions and sauté for a few minutes along with pinch of salt - just until they soften up a bit. Stir in the potatoes and zucchini. Add the stock. Bring to a simmer and cook until potatoes are soft throughout, roughly 10-15 minutes.



Stir in the spinach, and wait for it to wilt, just ten seconds or so. Now stir in the cilantro. Puree with a hand blender until smooth. Whisk in a big squeeze of lemon juice. Now taste, and add more salt if needed. Finish with a drizzle of olive oil and serve. Serves about 6.

### *Escarole Salad with White Beans and Lime Vinaigrette*

Adapted from Bon Appétit | March 2007

This recipe got good reviews online, and sounds hearty enough to serve for lunch or a light dinner. Mix some other salad greens with the escarole if you don't have enough. Makes 6 servings

3 tablespoons olive oil  
2 tablespoons fresh lime juice  
1 serrano chile, minced  
8 cups escarole  
1 (15-ounce) can cannellini (white kidney  
beans), drained, rinsed

1/2 cup Kalamata olives, pitted, halved  
1/4 cup toasted pepitas (pumpkin seeds) or  
toasted pine nuts

Whisk first 3 ingredients in small bowl. Season dressing with salt and pepper. Toss salad mix, cannellini, and olives in large bowl. Pour dressing over; toss. Divide salad among plates. Sprinkle with pepitas or pine nuts and serve

## *Garlicky Swiss Chard*

This is a flexible recipe, you can use other greens if you wish, spinach or kale would work nicely. Very simple, just garlic and olive oil – but you can add a little parmesan cheese, some crushed red pepper, toasted nuts etc. as you wish. Toss this with some pasta for an easy, nutritious dinner.

1 large bunch of swiss chard or spinach  
2 tablespoons extra-virgin olive oil  
fine grain sea salt  
5 cloves of garlic, crushed

A great trick for stripping the stems from tough greens – surprisingly easy: grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. For years I had been carefully cutting the leaves away from the stems – this totally changed how I feel about preparing greens!

Tear the big leaves into bite-sized pieces, or use a knife for if you prefer. Wash the greens in a big bowl (or sink) full of clean water, rinsing and swishing to rinse away any stubborn grit and dirt. Drain, rinse again, and set aside.

Heat the olive oil in a large pan. Add the garlic and sauté until the garlic just begins to brown. Remove the crushed cloves of garlic with tongs and reserve. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they just start to wilt – just a few minutes.

If you wish, finely chop the garlic and add it back in about a minute or so before you are finished cooking. Remove the pan from the heat and stir in any other ingredients you wish to add as noted above. Taste, add a bit of salt if needed, and serve.

Serves 2 - 3.



### **RESOURCES**

Check out these websites for more recipes:

[www.cookusinterruptus.com](http://www.cookusinterruptus.com)

[www.101cookbooks.com](http://www.101cookbooks.com)

[www.epicurious.com](http://www.epicurious.com)

SUBMIT A RECIPE: Send recipe ideas or requests to Sarah Murphy at [skmurphy56@gmail.com](mailto:skmurphy56@gmail.com)