
WESTCHESTER CSA 2009

WEEK SEVEN

Dear CSA Member,

Last week a CSA member, Wayne wrote,

"I've been an environmental consultant since the early 70s and amongst other issues I have been trying to follow the potential threats to agriculture due to climate change. Lately, I've been wondering if this year's unusually wet and cool weather is a harbinger of things to come...."

I'm not sure about long term weather conditions and if the cold and wet will be our normal summer weather, but this year it is what we need to work with.

That being said, there is more Early Jersey Wakefield Cabbage this week and possibly even next week as well. It is one vegetable that thrives in the cold and wet and has outperformed even our highest expectations. The cabbage usually will hold in the field and we can pick it every other week but this year it is exploding in size and actually exploding in the field. We don't want to waste the cabbage and it is one of the things that is in abundance this year.

More rain this afternoon into tonight and tomorrow. Not sure how the tomatoes are going to fare but we will hope there is some sunshine in August.

Enjoy the vegetables –

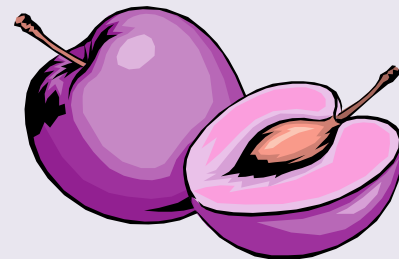
Deborah for everyone at Stoneledge Farm

A few notes about this week's harvest:

1. Most of the vegetables have recovered after the last hail storm. You will still see some marks on the summer squash and



Summer Squash - 2 pounds
Early Jersey Wakefield Cabbage - 1 head
Lettuce - 1 head
Scallions - 1 bunch
Dill - 1 bunch
Cucumber(slicing) - 5
Swiss Chard - 1 bunch
Eggplant - 2



OPTIONAL FRUIT SHARE

- 1 basket Red Currants (Stoneledge Farm)*
1 basket Black Currants
1 basket Sugar Plums

- cucumbers from the hail hitting the plants.
2. This is the last week for currants. They are such a super fruit that I try to eat some everyday. Will miss them when they are gone!
 3. The plums this week are small and sweet, the first of the season.

Summer Vegetables with Quinoa

This recipe is a great way to use large quantities of whatever you've got on hand – just follow the amounts I suggest as a guideline. You could also use another grain – like farro or bulgur in place of the quinoa. (this recipe is inspired by several that I have used over the years – particularly one from Moosewood Low Fat)

¾ cup quinoa	3 tablespoons chopped summer herbs (I used thyme, savory and basil – cilantro would be good too)
1 ¾ cups water	3 cloves garlic, smashed
1 cup frozen corn kernels	2 tablespoons, plus 1/3 cup olive oil
½ cup chopped onion	3 tablespoons lemon juice
2 cups summer squash, chopped	Salt & pepper to taste
1 cup chopped red bell pepper	
1 pint grape or cherry tomatoes, halved	

Place the quinoa in a fine mesh strainer and rinse thoroughly in cool water, set aside to drain. Combine the quinoa and water in a saucepan and bring to a gentle boil. Reduce heat, cover and simmer for about 10 minutes. Add the corn and continue cooking for about 5-10 more minutes. Remove from heat and set aside.



Heat a skillet over medium heat. Add the olive oil and the smashed garlic cloves. Let the oil heat and the garlic get very fragrant and golden brown (don't burn, it only takes a minute). Remove the garlic from the oil and set aside.

Add the onions and cook for a few minutes until they begin to soften. Add the bell peppers and squash and continue to cook until the vegetables soften slightly. Add the tomatoes and then chop the garlic and add it back to the pan. When the vegetables are soft, add your chopped herbs and some salt & pepper.

In a large bowl, toss the cooked vegetables with the cooked quinoa & corn and mix everything together. Make a dressing using the remaining olive oil and lemon juice and pour over the mixture (to taste – I don't think you need much dressing because the vegetables kind of do the job, but a little extra flavor is nice). This makes a great main course for about 4 people, or use as a side with grilled fish or chicken and you'll get more like 8 servings.

Quinoa with Silky Cabbage

I found this in one of my favorite cookbooks, Mark Bittman's "How to Cook Everything Vegetarian". It is a variation on a dish called Quinoa with Caramelized Onions, but in honor of

the very healthy cabbage harvest...it seemed fitting to include. The final dish is a great bed for grilled vegetables, or chicken, fish – would be wonderful with pork.

1 small head of cabbage sliced into thin ribbons	¾ cup quinoa (rinsed and drained)
1 tablespoon peanut oil (or I used coconut oil)	Salt and freshly ground pepper
1 tablespoon toasted sesame oil	1 ½ cups water or vegetable stock
2 tablespoons brown sugar	2 or 3 slices of peeled fresh ginger
	Soy sauce to taste
	Chopped scallions

Put the cabbage in a large skillet with the lid on and cook over medium heat, stirring infrequently until the cabbage is almost dry and sticking to the pan, about 15 minutes. Add the brown sugar and the oils, and cook another 10-15 minutes until the cabbage turns a golden brown color.

Turn the heat up to medium high, add the quinoa (don't forget to rinse first) and sprinkle with salt & pepper. Stir as the grains start popping and toasting, a couple of minutes, then add the stock or water and bring to a boil. Stir one last time, add the ginger, cover and cook undisturbed for 15 minutes.

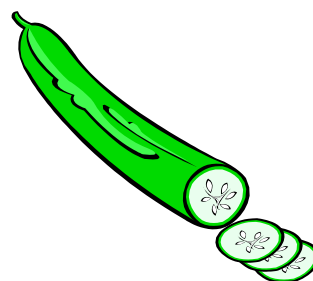
Uncover and test the quinoa for doneness. If the kernels are still kind of hard you can add a little more water if necessary and cook for 5 more minutes.

Season with some soy sauce or more salt & pepper, scatter with chopped scallions and serve. 4 servings as a side dish.

Cucumber Salad Gourmet | December 2008

From epicurious.com...forget fuss—the key to this recipe is leaving everything alone. Tossing cucumbers with salt and then letting them drain prevents their moisture from diluting the flavors of the finished dish.

2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
1 tablespoon sugar
1/4 cup distilled white vinegar
2 teaspoons grainy mustard
Bibb or Boston lettuce leaves
2 tablespoons mild extra-virgin olive oil



Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce. Whisk oil into reserved marinade and drizzle over salad. Yield: Makes 8 servings

Eggplant Bruschette Gourmet | March 2006

More from epicurious.com...the eggplant and garlic in this recipe are roasted until they are so soft, they create a spread that nearly melts into the crisp slices of baguette.

1 baguette	1/4 teaspoon coarse gray sea salt
4 tablespoons extra-virgin olive oil	1/8 teaspoon coarsely ground black pepper
1 1/2 garlic cloves, whole clove left unpeeled	1 tablespoon chopped fresh flat-leaf parsley
1 small eggplant (1/2 lb)	2 tablespoons finely grated Parmigiano-Reggiano
1/2 teaspoon finely chopped fresh thyme	
1/4 teaspoon finely chopped fresh rosemary	
1/4 teaspoon finely chopped fresh oregano	

Put oven rack in middle position and preheat oven to 375°F.

Cut off and discard 1 end of baguette, then cut 12 (1/4-inch-thick) crosswise slices from baguette (reserve remainder for another use). Lightly brush 1 side of each slice with some oil (about 1 tablespoon total) and arrange, oiled sides up, on a baking sheet. Toast until golden, 8 to 10 minutes. While toasts are still warm, rub oiled sides with cut side of garlic clove half, then transfer to a rack to cool. Reduce oven temperature to 350°F.

Halve eggplant lengthwise and make shallow 1/2-inch-long incisions all over cut sides with tip of a paring knife. Arrange eggplant, cut sides up (without crowding), in a shallow baking dish and add unpeeled garlic clove. Sprinkle thyme, rosemary, oregano, sea salt, and pepper over eggplant, then drizzle eggplant and garlic with 2 tablespoons oil.

Bake until garlic is very tender, 30 to 35 minutes, then transfer garlic to a cutting board and continue to bake eggplant until very tender, 20 to 25 minutes more. When garlic is cool enough to handle, squeeze flesh from peel onto cutting board.

Transfer eggplant to cutting board and let stand until cool enough to handle, about 15 minutes. Scrape out flesh with a spoon onto cutting board, discarding peel. Finely chop eggplant and garlic together and transfer to a bowl. Add parsley and remaining tablespoon oil, then stir until combined well. Season with sea salt and pepper to taste.

Top toasts with eggplant mixture and sprinkle with cheese. Yield: Makes 4 (hors d'oeuvre) servings

- DON'T FORGET TO RETURN FRUIT BASKETS
- IF YOU HAVE BAGS TO SHARE, PLEASE DO



RESOURCES

Check out these websites for more recipes:

www.cookusinterruptus.com

www.101cookbooks.com

www.epicurious.com

www.herbivoracious.com

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