
WESTCHESTER CSA 2009

WEEK EIGHT

Dear CSA Member,

Our 2009 Organic Certification inspection was conducted last night. Each year our certifying agency, NOFA NY Certified Organic, LLC sends an inspector to the farm. They examine our records, receipts, seed, fertilizer, amendment purchases, inspect the greenhouses, fields and equipment and interview us personally about our practices.

There are specific criteria that a farm needs to meet to be Certified Organic and it is a process that we need to work at, record and adhere to every day.

We will proudly be Certified Organic another year as we met all of the organic standards and criteria. It is not an easy or uncomplicated task to meet the certification requirements. Each year as more materials, seed sources and information become available for the organic farmer, we feel that we can do a better job farming organically.

The Vegetable Share has an Italian flair this week: Escarole, Basil, Fennel, and Eggplant. The Summer Spinach and Lettuces are still producing beautifully with all of the cool temperatures and rain. All Certified Organic and grown for you.

Enjoy the Vegetables

-Deborah for everyone at Stoneledge Farm

THE RECIPES

SALSA VERDE YELLOW SQUASH SAUTE

A favorite of member Donna Gresh, this recipe comes from Vegetarian Times, a great resource of



2 Cucumbers

2 Boothby Blonde Cucumbers

1 Escarole

1 Basil

1 Fennel

1 Spinach

2 Eggplant

1 Summer Savory

1 Scallions

1 Lettuce

2 pounds summer squash



OPTIONAL FRUIT SHARE

1 Basket of Peaches

1 Bag of Plums

mine as well...

Tomatillos are traditionally used to make the green salsa served with enchiladas. Here they add a light, tangy flavor that complements the sweetness of yellow squash and the earthy black beans. Look for them with the tomatoes in the produce section of your supermarket. Canned tomatillos are not a good substitute here, so if you can't find fresh, use an equal amount of green tomatoes cut into eighths.

1/4cup chopped cilantro	3/4 lb. tomatillos, peeled, rinsed and cut into sixths
2 Tbs. fresh lime juice	1 15.5-oz. can black beans, drained and rinsed
1/8 tsp. hot pepper sauce	Salt and freshly ground black pepper to taste
2 Tbs. olive oil	
1 medium-sized onion, chopped	
2 large cloves garlic, minced	
1 lb. yellow squash, quartered and cut into 1/2 -inch-thick pieces	

1. Combine cilantro, lime juice and hot pepper sauce in small bowl.
2. Heat olive oil in large skillet over medium heat. Add onion, and cook 3 to 4 minutes, or until soft and translucent. Stir in garlic, and cook 30 seconds.
3. Increase heat to medium-high. Add squash and tomatillos, and cook, stirring constantly, 5 to 6 minutes, or until vegetables are tender. Stir in black beans, salt and pepper, and cook 1 to 2 minutes, or until heated through.
4. Remove pan from heat, and stir in cilantro mixture. Serve immediately.

PER SERVING: 140 CAL; 6G PROT; 6G TOTAL FAT (1G SAT. FAT); 21G CARB; 0MG CHOL; 160MG SOD; 7G FIBER; 5G SUGARS

HERB BUTTERS

Making a compound herb butter is a great way to use large quantities of herbs so that they can be enjoyed later, tossed into soup right before serving, tossed in pasta, used to make an omelet or melted over cooked chicken, meat or fish. Here is the basic technique:

Makes 1 cup.

- 1 cup loosely packed fresh herbs, such as parsley, oregano, thyme, or the savory from this week's harvest.
- 1 cup (2 sticks) unsalted butter, room temperature

Combine herbs and butter in the bowl of a food processor and pulse until combined. Store in the refrigerator in a sealed container for up to two weeks—or in the freezer for a few months.



VEGETARIAN RAGOUT & CHEESE POLENTA WITH RED PEPPER COULIS

A longer recipe than I typically include, but sounds delicious and a great way to use many of the vegetables that are in the bag this week, from Robert Irvine on the Food Network...

Red Pepper Coulis:

3 tablespoons cornstarch	2 roasted red bell peppers, seeded and peeled
1 1/2 cups vegetable broth	1 clove garlic
3 ounces (6 tablespoons or 3/4 stick) butter	

Polenta:

2 cups vegetable stock	1 cup grated Parmesan
2 cups heavy cream	Salt and pepper
1 cup cornmeal	

Vegetable Ragout:

1/8 cup grapeseed oil	1 tablespoon chopped fresh parsley leaves
1 onion, medium diced	2 teaspoons chopped fresh thyme leaves
2 cloves garlic, chopped	1/4 cup kalamata pitted black olives, cut in 1/2
1 carrot, peeled and diced medium	Kosher salt
1 zucchini, medium dice	Freshly ground black pepper
1 yellow squash, medium dice	2 fresh plum tomatoes, diced
1 small eggplant, medium dice	6 to 8 sprigs fresh basil
3 tablespoons tomato paste	

For the Coulis:

Whisk the cornstarch into the vegetable broth. Melt the butter over medium heat in a sauté pan, and then add the chicken broth mixture, red peppers and garlic. Simmer 30 minutes. *Pour hot mixture into blender and blend until smooth to make red pepper sauce. While the pepper sauce is simmering, begin the polenta.

For the Polenta:

Combine vegetable stock and cream in a large heavy saucepan. Heat to a gentle boil over medium heat, being careful not to burn. While whisking constantly, gradually add the cornmeal. Once cornmeal is incorporated, keep heat low and continue to whisk until mixture is slightly thickened and creamy. Stir in Parmesan, and season with pepper. (Since Parmesan is salty, add salt only if needed). Set aside in a warm place.

For the Ragout:

Heat oil in a sauté pan. Sauté onion, garlic, carrot, zucchini, yellow squash, and eggplant, until they begin to soften. Stir in tomato paste, chopped fresh parsley, thyme, and let cook until flavors integrate, about 10 more minutes. Add olives and heat through. Season with salt and pepper, as needed. Remove from heat and stir in fresh tomato. Let sit to rest.

To plate:

Place cheese polenta onto serving plate, making a well in the center. Top with vegetable ragout in the center, and spoon red pepper coulis over top. Garnish with fresh basil.

PEACH CRISP

In case I haven't complained yet, I am allergic to most "stone" fruits unless they are cooked. So while some of you may prefer to simply enjoy the delicious sweet fruits in their natural state (sigh), I must cook them first, hence the many dessert recipes. I went to Martha Stewart for this one, from Body & Soul Magazine.

FOR THE TOPPING

1/2 cup all-purpose flour	1/4 teaspoon salt
1/2 cup quick-cooking oats	1/4 cup canola oil
1/3 cup sugar	2 tablespoons water
1 teaspoon ground cinnamon	1/3 cup coarsely chopped almonds

FOR THE FILLING

3 1/2 pounds ripe peaches (about 11 medium peaches)	2 tablespoons all-purpose flour
1 tablespoon fresh lemon juice	1/4 cup sugar

FOR SERVING

Vanilla ice cream (optional)

Directions

For the topping: Preheat the oven to 375 degrees with rack in the middle position. In a large bowl, whisk together flour, oats, sugar, cinnamon, and salt. Stir in oil and water until blended. Topping will look like clumpy wet sand. Stir in almonds and set aside.

For the filling: In a large saucepan of boiling water, working in batches, blanch peaches for 1 minute. Remove them with a slotted spoon and transfer to a bowl of cold water. When cool enough to handle, peel off skin. Halve, pit, and cut peaches into 1/2-inch wedges.

In a medium bowl, mix together peaches, lemon juice, flour, and sugar. Place filling in an 8-inch square baking pan. Sprinkle topping evenly over peaches. Bake until the topping turns a deep, golden brown and the filling is bubbling around the edges, 30 to 35 minutes. Serve warm or at room temperature with vanilla ice cream, if desired.

First published

- 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