
WESTCHESTER CSA 2009

WEEK TEN

Dear CSA Member,

A wonderful week of sunshine. The fields are drying out and it feels like maybe we are over the rainy season. We have started to pick a few new vegetables this week, Edamame (edible soy beans) and the first Baby Carrots.

The Edamame stalks are a bit dirty from all of the rain beating on the soil but we shouldn't wash them before we crate them. Just pull the pods from the stalk and rinse them in cold water. Blanch for 3 minutes. Sprinkle with salt and pop the beans from the pods when they are cool enough to eat. Our Edamame beans never get very large, but they are tender and delicious.

We thought that Baby Carrots would be welcome. The skins are so tender that all you need to do is to wash them, take off the ends and use raw or cook.

A word about our upcoming Farm Visit. The date is September 12 from 11-3. Please bring your own place settings and a dish to share. We will celebrate our farm and CSA with a huge pot luck lunch. The dish you bring only needs to be what one recipe would make and it is helpful if you label the dish. We will have the roaster going with local pork and corn on the cob along with what ever local fruit is ripe.

Each year we also invite other local farms to participate. We have maple syrup and honey for sale and the other farms will also have their products available as well.

We plan on digging carrots and potatoes if the weather permits. It is a wonderful time to visit the farm, take a walk around the fields and really get a look at how your vegetables are grown. Hope you can make the trip. Enjoy the vegetables and fruit, Deborah for everyone at Stoneledge Farm



Summer Savory-1 bunch

Beets with Greens-1 bunch

Bright Lights Swiss Chard-1 bunch

Cucumber - 1 - not as pretty as they once were, all of the wet weather has not been kind

Scallions-1 bunch

Lilac Peppers-3

Baby Carrots-1 bunch

Edamame - 1 bunch

Eggplant-1 Louisiana Green, 1 Oval Orange. This is not a tomato, but a new kind of eggplant we tried this year.

OPTIONAL FRUIT SHARE

1 bag of Yellow Peaches and Nectarines

1 basket of White Donut Peaches - look like they have been flattened, but that is how they grow. Very sweet.

THE RECIPES

Carrot Soup Recipe

This recipe is perfect for the sweet, tender carrots in this week's share.

1 1/4 pounds carrots
1 tablespoon extra-virgin olive oil (or clarified butter)
2 medium cloves garlic, minced
1 large yellow onion, chopped
3 cups+ vegetable stock or water
juice of 1/2 a lemon
fine grain sea salt (as much as you need)
Olive oil, toasted sesame oil, or red chile oil for a finishing drizzle



Take the tops off the carrots (if they have tops) and give them a good scrub. Cut them into 1-inch segments and set aside. Heat the olive oil in a large, heavy soup pot over medium heat.

Add the garlic and onions and sauté for a few minutes or until the onions start to get translucent. Add the stock and carrots and bring to a gentle boil. Lower the heat and simmer for 20 - 30 minutes or until the carrots are tender - longer if your carrot pieces ended up larger. But try not to overcook. Remove from heat and cool for a few minutes.

Puree with a hand blender (you can leave the soup a bit chunky, or go completely smooth) - then stir in the lemon juice. Now salt to taste. If you used a salty veggie stock, you might just need a little salt. If you used water, you'll need quite a bit more. Keep adding a few pinches at a time until the carrot flavor really pops. If it tastes flat or dull, keep adding.

Finish with a drizzle of great extra-virgin olive oil, one of the other drizzles I mention up above, or whatever twist you come up with. Serves about 4.

Roasted Beet Salad with Oranges and Beet Greens

Bon Appétit | January 2004

Beet greens are an excellent source of potassium, folic acid, and magnesium — so I was happy to find a recipe that uses both the beets and the greens!

6 medium beets with beet greens attached
2 large oranges
1 small sweet onion, cut through root end into thin wedges
1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serves 6.

Couscous and Feta Stuffed Peppers

SELF | September 2000

Self doesn't have enough good recipes for my taste, but this seems like a good one! This nutrient-stuffed is low in fat, high in fiber, and loaded with vitamins A and C.

Vegetable-oil cooking spray	6 oz yellow squash, quartered lengthwise then sliced across thinly
1 1/4 cups fat-free chicken or vegetable broth	1/2 tsp fennel seeds
2/3 cup couscous	1/2 tsp dried oregano
4 large bell peppers, mixed colors	1/2 tsp salt
2 tsp olive oil	1 cup cherry tomatoes, cut in half
1/2 cup chopped onion	15 oz canned chickpeas, drained and rinsed
6 oz zucchini, quartered lengthwise then sliced across thinly	4 oz crumbled feta cheese (about 1 cup)

Preheat oven to 350°F F. Coat a small baking dish with cooking spray. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove it from the heat. Meanwhile, bring a large pot of water to a boil. Cut the stems and top half inch off the bell peppers and scoop out the seeds and membranes. Boil trimmed peppers for 5 minutes, then drain them upside down. Heat oil in a nonstick skillet. Add onion, zucchini, yellow squash, fennel seeds, oregano, and salt. Cook, stirring frequently, for 5 minutes or until vegetables are softened. Remove from heat and stir in the tomatoes and chickpeas. Using a fork, scrape the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Place peppers upright in the baking dish and fill them with couscous. Bake 15 minutes

Grilled Scallions Vinaigrette

Gourmet | July 2009

Recipe, and notes by Ian Knauer: Scallions are often treated more like a garnish than a vegetable, but they make an excellent side dish when grilled and tossed with a simple vinaigrette.

3 bunches large scallions, trimmed	1/4 teaspoon sugar
2 tablespoons extra-virgin olive oil, divided	1 hard-boiled large egg, peeled and chopped
1 tablespoon white-wine vinegar	
1 teaspoon grainy mustard	

Toss scallions with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper.

Grill scallions over medium heat, covered, turning occasionally, until wilted and tender, 6 to 8 minutes. Whisk together remaining tablespoon oil, vinegar, mustard, and sugar in a large bowl.

Toss scallions with vinaigrette and season with salt and pepper. Serve warm or at room temperature, topped with egg.

Swiss Chard with Butter and Tomato

Food & Wine Magazine

2 pounds Swiss chard, large stems discarded

4 tablespoons unsalted butter

1/2 medium onion, cut into 1/4-inch dice

Salt

1/2 cup tomato puree

Freshly ground black pepper



Bring a large pot of salted water to a boil. Add the Swiss chard and cook until tender, about 3 minutes. Drain the chard and, when cool enough to handle, gently press out any excess water. Coarsely chop the chard.

In a large skillet, melt 2 tablespoons of the butter. Add the onion and season with salt. Cover and cook over low heat, stirring a few times, until the onion is translucent, about 5 minutes. Stir in the chard, cover and cook, stirring a few times, until heated through, about 3 minutes. Add the tomato puree and stir until hot. Remove from the heat and stir in the remaining 2 tablespoons of butter. Season with salt and pepper and serve.

THE EXCHANGE

- DON'T FORGET TO RETURN FRUIT BASKETS
- GOT EXTRA BAGS? PLEASE BRING THEM TO THE PICK UP LOCATION

RECIPE RESOURCES

These are my favorite online resources; check out these websites for more seasonal recipes:

www.cookusinterruptus.com

www.101cookbooks.com (this site is from Heidi Swanson, also author of some wonderful cookbooks as well

www.epicurious.com the online home for Gourmet and Bon Appetit

www.herbivoracious.com

www.marthastewart.com (recipes from Martha Stewart as well and Everyday Food and Body & Soul Magazines.

MEMBER INFORMATION

Special thanks to Susan Ryhanen for donating her wonderful "soap ends" for us all to enjoy. Many members have asked where they can get more. Go to www.saipua.com to find out more.

If any other members have products they sell or services they'd like to offer, please let us know and we'll make room in the newsletter. We would be delighted to hear from you. Please send any information or your recipe suggestions to Sarah Murphy at skmurphy56@gmail.com