
WESTCHESTER CSA 2009

WEEK ELEVEN

Dear CSA Member,

Typical summer weather-finally. It is hot, sunny and humid. Just what we usually complain about. This summer it is so welcome after all of the rain and cold of June, July and early August. We are in the fields picking by 6, greens are washed and in the cooler before the real heat has a chance to hit by noon.

The greens are what has flourished this year and there is still beautiful Swiss Chard. For the first week we are also starting to pick Kale.

We are trying to give you a taste of summer and the peppers will be sweet varieties and also hot varieties this week. Please only take the hot peppers if you want them and cut them with caution. For some reason the Jalpenos that we have tasted are really hot this year.

We still have a very good supply of honey and maple syrup that you can order by downloading the form on the farm web site. Fill it in and mail it with payment to the farm. It is a good idea not to wait until the end of the season because we can run out of some of the sizes. I will include your honey and or maple order with the vegetable delivery after receiving your order.

I hope you have marked your calendar for the Farm Visit, September 12, 11-3. Next week I will include a short piece about each of the other local farms that will be attending as well.

Enjoy the vegetables and fruit.

Deborah, for everyone at Stoneledge Farm.

Edamame - 1 bunch

Chiogga Beets - 1 bunch. These are a rustic looking Italian beet. The centers are circles of white and red.

Eggplant - tbd

Peppers - 1 Lilac, 2 Diablo Long Green. These sound like they should be hot, but they sweet.

Jalapenos - take a couple if you would like. They are hot be careful when you cut them open

Kale - 1 bunch

Swiss Chard - 1 bunch

Basil - 1 bunch

Summer Onions - 2



FRUIT SHARE

Red Clapp Pears and Peaches

White, Yellow and Green Donut Peaches-1 basket. The Green Donuts are ripe-they are green inside and out. Something really different.

THE RECIPES

Just a comment about the quantities and vegetables in the newsletter...I get the list from Deborah on Sunday afternoons, and I usually work on the newsletter Monday and Tuesday. Sometimes the quantities are not final or a vegetable gets added at the last minute, so if there are discrepancies, that's why. Couldn't find a recipe for green donut peaches – I am excited to see them!

Roasted Beets with Cumin and Mint *Gourmet | May 2007*

Moroccan hospitality, always gracious, begins with mezes, the enticing little dishes set out to welcome guests before the meal. Cumin and mint are a classic combination, and they work particularly well with roasted beets — the cumin underlines their earthiness, and the mint freshens their undeniable sweetness.

1 tablespoon fresh lemon juice
1 teaspoon cumin seeds, toasted and lightly crushed
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil
3 medium beets (1 1/4 pound total without greens), trimmed, leaving 1 inch of stems attached
1/3 cup fresh mint, coarsely chopped

Stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while roasting beets.

Put oven rack in middle position and preheat oven to 425°F.

Tightly wrap beets in a double layer of foil and roast on a baking sheet until tender, 1 to 1 1/4 hours. Cool to warm in foil package, about 20 minutes.

When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges.

Toss warm beets with dressing. Stir in mint just before serving.

Basil Flatbread with Roasted Tomatoes and Basil Oil *Bon Appétit | September 1998*

1/3 cup warm water (105°F to 115°F)
1 teaspoon dry yeast
Pinch of sugar

2/3 cup plus 1 1/2 cups (or more) all purpose flour
2/3 cup water, room temperature

2 teaspoons olive oil
1 teaspoon salt
3 tablespoons thinly sliced fresh basil

Basil Oil

Blanch 1 ½ cups packed basil leaves in medium saucepan of boiling water 10 seconds. Drain. Rinse under cold water. Pat basil dry with paper towels. Transfer to blender. Add oil; puree until smooth. Transfer to small bowl. Season with salt and pepper. (Can be made 3 days ahead. Cover and chill. Let stand at room temperature for 30 minutes before using.)

Roasted Tomatoes

Preheat oven to 350°F. Oil 13 x 9 x 2-inch glass baking dish. Arrange 6 large red and/or yellow tomatoes, cut side up, in dish. Add 4 sprigs of fresh thyme. Sprinkle with about a tablespoon of minced garlic and salt and pepper. Drizzle with ¼ cup oil. Bake until tomatoes are slightly brown around edges, about 45 minutes. Cool. (Can be made 2 hours ahead. Let stand at room temperature.)

Preparation:

Pour 1/3 cup warm water into large bowl. Sprinkle yeast and sugar over; let stand until mixture is foamy, about 10 minutes.

Mix 2/3 cup flour and 1/3 cup room-temperature water into yeast mixture. Cover and let stand 20 minutes.

Stir olive oil and salt into yeast mixture. Mix in 1 1/2 cups flour, 1/2 cup at a time, until slightly sticky dough forms. Add basil. Knead on floured surface until smooth and elastic, adding more flour by tablespoonfuls if dough is too sticky, about 10 minutes. Oil large bowl. Add dough; turn to coat. Cover with plastic. Let rise in warm area until doubled, about 45 minutes.

Punch dough down. Turn out onto floured surface. Divide in half; knead each piece just until smooth. Cover with towel; let rise until almost doubled, 20 minutes.

Mustard-Crusted Tofu with Kale and Sweet Potato

Bon Appétit | September 2007

This recipe is a nutritional homerun, but the tofu got mixed reviews online, mostly about the mustard not effectively coating the tofu. An easy fix is to just prepare the tofu in a more simple way – cut into 1 inch pieces, drain on paper towels for a bit and sauté in some canola or coconut oil until golden brown on both sides. I use some garlic salt, you could mix in a little powdered mustard as well. I've included the whole recipe anyway – let me know how it turns out!

1 14-ounce package firm tofu
1/2 cup whole grain Dijon mustard

4 tablespoons vegetable oil, divided
1/2 medium onion, sliced
1 tablespoon minced peeled fresh ginger

1 bunch kale, stem cut from each leaf, leaves thinly sliced crosswise (about 8 cups)
1 small red-skinned sweet potato (yam; about 8 ounces), peeled, halved lengthwise, thinly sliced crosswise
2 tablespoons fresh lime juice

Cut tofu into eight 1/2-inch-thick slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard.

Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Add onion and ginger; sauté 1 minute. Add kale, sweet potato, and lime juice. Cover, reduce heat to low, and cook until potato is tender and kale is wilted, about 12 minutes.

Meanwhile, heat remaining 2 tablespoons oil in another large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side (some mustard seeds may fall off tofu).

Arrange kale and sweet potato mixture on plate. Overlap tofu slices atop vegetables 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