
WESTCHESTER CSA 2009

WEEK TWELVE

Dear CSA Member,

This is a wonderful week of peppers. They come in all colors and shapes. Hope you can find a good recipe to stuff them, fry them, or just cut them up and eat them raw.

We continue to make plans for the Farm Visit, September 12 from 11-3. I hope you will be able to make the trip to visit for the day. Please bring a dish to share, your own place setting and take some time just to enjoy being at the farm, meeting other CSA members, and meeting all the people that grow your food. The roaster will be stated early in the morning and we will have pork and sweet corn. We're planning on digging some potatoes and carrots for members to pick up; walks around the fields to see how your vegetables are being raised and tractor rides on the wagon are also planned.

Each year we invite other farmers that are involved with the CS or are local to participate as well. This year Jim Hyland of Winter Sun Farms, Bernadette and Walt of The River Garden, Dave Cammer of Bearkill Maple products will be attending.

I have asked each to write a short piece as an introduction. This week Jim Hyland writes:

Winter Sun Farms and the Winter Share

Four years ago, as a local Hudson Valley CSA member, I started to freeze the excess of my own share so I could eat healthy local vegetables in the winter. A conversation with my farmer about excess produce during the harvest sparked the idea that not only would other CSA members enjoy local produce in the winter, but that a Winter CSA full of frozen local produce would be a boost to the farms. Today the share includes frozen vegetables and fruit, but also root crops and greenhouse pea shoots. The quality is great, because only farms like Stoneledge grow for us. Last year our membership grew to over 800 shares with

Beets-1 1/2 pounds-we wanted to harvest this early patch and so it is a mix of different beet varieties.

Eggplant-3 Brazilian Orange-a South American heirloom variety

Summer Onions-2

Sweet Peppers:

Diablo-1

Lilac-2

Round of Hungry-2

Biscayne-1

Hot Peppers:

Serrano and Jalapeno mix. Take up to 5 of them if you like hot peppers

Spinach-1 bunch

Thai Basil-1 bunch-Thai basil has smaller leaves and spicier taste than Italian basil.

Collards-1 bunch

Sage-1 bunch

Fruit:

1 bag of Nectarines and White Peaches

1 box of mixed fruit-donut peaches, yellow peach, pear

seven NYC CSA's, including Chelsea. A special thanks to Dore Nash for bringing WSF to Chelsea and introducing me to Deb, Pete and Stoneledge Farm. I will be at the September 12th Farm Visit to answer questions and show off the share. This year I should have enough shares to add four new NYC sites. For more information visit www.WinterSunFarms.com or contact me at jim@wintersunfarms.com
Thanks, Jim 845-255-1699

Enjoy the vegetables and the fruit-Deborah for everyone at Stoneledge Farm

THE RECIPES

I found this recipe in Food & Wine month, just in time! I still had many peaches (we'd been away for a few days) and they were starting to get a little too soft to enjoy fresh, so this was the perfect way to use them up and continue to enjoy their sweet summer flavor!

Peach Jam

Food & Wine | September 2009

2 ½ pounds peaches—peeled, pitted and cut into ½ inch wedges
1 ½ cups sugar
2 tablespoons lemon juice

1. In a non-reactive saucepan, toss the peaches with the sugar and let stand, stirring occasionally, until the sugar is mostly dissolved, about one hour.
2. Add the lemon juice to the peaches and bring to a boil, stirring until the sugar is completely dissolved. Simmer over moderate heat, still stirring occasionally, until the fruit is "glassy" and the liquid runs off the side of the spoon in thick, heavy drops – 20-25 minutes. Skim off any scum that rises to the surface of the jam.
3. Spoon the jam into three ½ pint jars, leaving ¼ inch of space at the top. Close the jars and let the jam cool to room temperature. Store the jam in the refrigerator for up to 3 months.



I also came across this healthy, flavorful way to prepare beets, fennel and other crisp vegetables – somewhat similar to the summer squash salad I included in the newsletter a few months ago, this is a vitamin-and-mineral packed way to beat the heat on a hot August day!

Pickled Vegetable Salad with Soft Boiled Eggs

Food & Wine | September 2009

This elegant, crunchy salad also includes protein-rich eggs and crisp toasted slices of baguette.

8 baby or small beets (you can mix different kinds or use fewer, larger beets, peeled and thinly sliced on a mandoline)
4 baby or small white turnips, peeled and thinly sliced on a mandoline
8 small radishes, thinly sliced on a mandoline
2 celery ribs, peeled and thinly sliced crosswise on a mandoline
1 fennel bulb—halved, cored and thinly sliced on a mandoline
3 tablespoons white balsamic vinegar

3 tablespoons extra virgin olive oil
4 large eggs
4 ½ inch-thick baguette slices, toasted
Fleur de sel, for sprinkling

1. Arrange the sliced vegetables in separate piles on 2 large, rimmed baking sheets. In a small bowl, whisk the vinegar with the olive oil and season with salt & pepper. Drizzle the oil over the vegetables and toss each pile separately. Let stand for at least 15 minutes or up to one hour.
2. Meanwhile, bring a medium saucepan of water to a boil. Carefully lower the eggs into the saucepan and reduce the heat to moderate. Simmer the eggs for 6 minutes. Pour off the water and gently shake the eggs in the pan to crack the shells. Fill the pan with cold water and let stand for 1 minute. Carefully peel the eggs. Reheat the peeled eggs for 2 minutes in 2 inches of simmering water. Drain and pat dry, then halve the eggs.
3. Arrange the vegetables on plates and top with the toasts and the soft-boiled eggs. Sprinkle the eggs and salads with fleur de sel and serve.

Couscous and Feta Stuffed Peppers SELF | September 2000

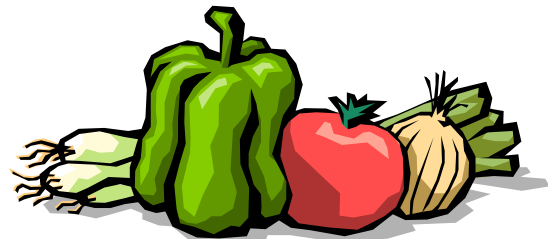
At Deborah's suggestion, here's a recipe for stuffed peppers to take advantage of the variety in our share this week. According to Self magazine, this meal is filling, low in fat, high in fiber, and loaded with vitamins A and C.

Vegetable-oil cooking spray
1 ¼ cups fat-free chicken or vegetable broth
2/3 cup couscous
4 large bell peppers, mixed colors
2 tsp olive oil
1/2 cup chopped onion
6 oz zucchini, quartered lengthwise then sliced across thinly

6 oz yellow squash, quartered lengthwise then sliced across thinly
1/2 tsp fennel seeds
1/2 tsp dried oregano
1/2 tsp salt
1 cup cherry tomatoes, cut in half
15 oz canned chickpeas, drained and rinsed
4 oz crumbled feta cheese (about 1 cup)

Preheat oven to 350°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. Serve immediately



Eggplant Bruschette

Gourmet | March 2006

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

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. 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, 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.. Finely chop eggplant and garlic together and transfer to a bowl. Add parsley and remaining tablespoon oil, stir until combined well. Add salt and pepper to taste.

Top toasts with eggplant mixture and sprinkle with cheese.

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; visit 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

If any 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