
WESTCHESTER CSA 2009

WEEK THIRTEEN

Dear CSA Member,

By far, this season has been the most challenging we have ever faced. It seems that each week, just as we think things are finally quieting down, Mother Nature throws another unexpected twist our way. We are not alone, though. Every farmer in this Catskill Mountain, Hudson Valley region has been struggling along, vegetable, fruit and even the farms that make and sell hay.

Part of the balance that farming holds is the promise of next season. We are already making plans for next year. We will be investigating high tunnels for early tomato production. Some of the vegetable trials this year have worked out well and we will incorporate them into our regular crop plan. We are interested in hearing from members as well if there are other crops or varieties that you would like us to consider.

This season moves along week to week and we are thankful for the many crops that have been so productive even with all of the harsh conditions.

The peppers have been outstanding. They will again be plentiful in your share. I won't try to separate all of the different varieties out, but send a mix and a total you should take.

The cold and wet have moved some of the fall greens to an earlier harvest date for us. This week Kale will be in your share. The Carrots are sweet and the Basil just beautiful.

I have written a brief description of the farm visit and have posted it on the farm web site, Upcoming Events link. We have just found out that Jimmy of the Capital City Coffee Roasters will be coming and brewing some of our Farmer-to-Farmer coffee for members to enjoy. We are really looking forward to seeing everyone at the farm.

Enjoy the vegetables-Deborah for everyone at Stoneledge Farm

Carrots - 1 bunch

Escarole - 1 head

Sweet Peppers – 5

Hot Peppers-take them if you like. They are easy to freeze to use this winter. Cut, put in zip lock freezer bags and pop in the freezer. When you are making that big pot of chili this winter, they will be welcome.

Kale - 1 bunch

Basil - 1 bunch

Onions - 2

Tomatillo - 1 pound

Artichokes - 2 (this is one of the trial vegetables.)

Fruit Share

this is the last week for the peaches, nectarines and donuts

1 bag Nectarines, Peaches

1 box of Donut Peaches and Pluot Plums

THE RECIPES

A few notes before the recipes this week. If you haven't made the peach jam, do try it...it's so easy and I've been enjoying it on toasted, buttered whole grain English muffins the last few days for an amazing breakfast. I also made a nectarine cake that was a huge hit in my office, I'll include that recipe here - you could substitute plums or peaches easily. Also check out this month's issue (September) of *Gourmet - The Ultimate Harvest Cookbook*. It's put together as an A to Z of everything in season right now - I've really been enjoying it - I'll include some recipes from the issue in the next few weeks I'm sure!

Nectarine Golden Cake *Gourmet | September 2009*

The nectarine, a subspecies of peach, generally has a sharper, more intense taste. The homey yellow cake here is studded with wedges of them, their summery, sunshiny essence set off by a trace of nutmeg. It's buttery and flavorful yet not too rich; a sprinkle of sugar on top gives it just enough crustiness to hold up a dollop of softly whipped cream, but it's delicious stark naked as well.

1 cup all-purpose flour
2 teaspoons baking powder
Rounded 1/4 teaspoon salt
1 stick unsalted butter, softened
3/4 cup plus 1/2 tablespoon sugar, divided
2 large eggs
1 teaspoon pure vanilla extract
1/8 teaspoon pure almond extract
2 nectarines, pitted and cut into 1/2-inch-thick wedges
1/2 teaspoon grated nutmeg

Preheat oven to 350°F with rack in middle. Lightly butter a 9 " springform pan.

Whisk together flour, baking powder, and salt.

Beat butter and 3/4 cup sugar with an electric mixer until pale and fluffy. Add eggs 1 at a time, beating well after each addition, then beat in extracts. At low speed, mix in flour mixture until just combined.

Spread batter evenly in pan, then scatter nectarines over top. Stir together nutmeg and remaining 1/2 tablespoon sugar and sprinkle over top. Bake until cake is golden-brown and top is firm but tender when lightly touched (cake will rise over fruit), 45 to 50 minutes. Cool in pan 10 minutes. Remove side of pan and cool to warm.

Grilled Pork Chops with Tomatillo Salsa *Bon Appétit | August 2007*

This is a versatile salsa that could really be served with any grilled meat or fish, so don't feel like you have to go with the pork chops if you'd rather have something else.

12 tomatillos* (about 1 pound), husked, rinsed
 4 garlic cloves, peeled
 2 jalapeño chiles
 2/3 cup finely chopped white onion
 2/3 cup (lightly packed) chopped fresh cilantro
 6 (1 1/4-inch-thick) pork rib chops (14 ounces each with bone)
 1 garlic clove, peeled, halved
 Coarse kosher salt
 Extra-virgin olive oil (for brushing)
 12 corn or flour tortillas



*Tomatillos are available at some supermarkets and at Latin markets. They have papery husks that should be removed before cooking. It's easiest to do this under running water so that you can rinse the fruit to remove the sticky coating.

Preheat broiler. Place tomatillos, 4 whole garlic cloves, and jalapeños on rimmed baking sheet. Broil until tender and vegetables are slightly charred, turning occasionally, about 7 minutes for garlic and 8 minutes for tomatillos and jalapeños. Transfer to plate and let stand until cool enough to handle. Stem and seed jalapeños. Place tomatillos, garlic, jalapeños, onion, and cilantro in processor. Puree until almost smooth. Season tomatillo salsa with salt and pepper. DO AHEAD Salsa can be made 1 day ahead. Cover and chill. Return salsa to room temperature before serving.

Prepare barbecue (medium-high heat). Rub both sides of pork chops with halved garlic clove. Sprinkle with kosher salt and pepper; brush with oil. Grill until just cooked through, about 8 minutes per side. Transfer chops to plate; let rest 10 minutes. Grill tortillas until slightly charred, about 1 minute per side. Serve chops with tortillas and salsa

Quinoa with Pesto, Kale & More!

101cookbooks.com

Perfect for this week, this recipe can really work with a mix of vegetables. I have heard that the cherry tomatoes are a little less prone to blight, so maybe you can find some local ones to supplement. You could also re-hydrate some sun-dried tomatoes and use those instead. Grilled chicken or grilled flank steak would work nicely here as well, instead of the tofu.

a splash of extra-virgin olive oil	2 cups extra-firm nigari tofu, browned in a skillet a bit
a pinch of fine grain sea salt	1/3 cup pesto
1 shallot, minced	1/3 cup pumpkin seeds, toasted
3 cups cooked quinoa* (or brown rice, or other grain)	1/4 cup roasted cherry tomatoes** (or chopped sun-dried tomatoes)
1 cup corn, fresh or frozen	
1 1/2 cups kale, spinach or other hearty green, finely chopped	

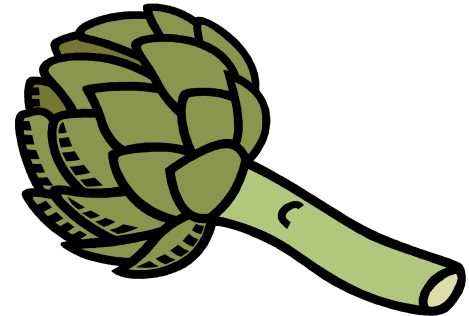
In a big skillet or pot heat the olive oil and salt over medium-high heat. Stir in the shallot and cook for a minute or two. Stir in the quinoa and corn and cook until hot and sizzling. Stir in the kale and then the tofu, cooking until tofu is heated through. Remove the skillet from heat

and stir in the pesto and pumpkin seeds. Mix well so the pesto is spread throughout. Turn everything out onto a platter and top with the cherry tomatoes.

*Rinse about 2 cups quinoa in a fine-meshed strainer. In a medium saucepan heat the quinoa and 4 cups water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when you can see the curlique in each grain, and it is tender with a bit of pop to each bite. Drain any extra water and set aside.

How to Cook an Artichoke (from simplyrecipes.com)

1. If the artichokes have little thorns on the end of the leaves, take a kitchen scissors and cut off the thorned tips of all of the leaves. This step is mostly for aesthetics as the thorns soften with cooking and pose no threat to the person eating the artichoke.
2. Slice about 3/4 inch to an inch off the tip of the artichoke.
3. Pull off any smaller leaves towards the base and on the stem.
4. Cut excess stem, leaving up to an inch on the artichoke. The stems tend to be more bitter than the rest of the artichoke, but some people like to eat them. Alternatively you can cut off the stems and peel the outside layers which is more fibrous and bitter and cook the stems along with the artichokes.
5. Rinse the artichokes in running cold water.
6. In a large pot, put a couple inches of water, a clove of garlic, a slice of lemon, and a bay leaf (this adds wonderful flavor to the artichokes). Insert a steaming basket. Add the artichokes. Cover. Bring to a boil and reduce heat to simmer. Cook for 25 to 45 minutes or until the outer leaves can easily be pulled off. Note: artichokes can also be cooked in a pressure cooker (about 15-20 minutes cooking time). Cooking time depends on how large the artichoke is, the larger, the longer it takes to cook.



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.herbivorous.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