
WESTCHESTER CSA 2009

WEEK FOURTEEN

Dear CSA Member,

What a beautiful first harvest of potatoes. Called "Seed Potatoes", potatoes are planted as pieces of potato with a couple of "eyes" or dormant buds on each piece. The buds will sprout and develop into independent plants. The seed potato provides the nourishment from its stored starch supply.

The main stem will appear above the ground.

There is a lot of leaf growth during the first four to five weeks and then the plants flower. The potatoes growing underground develop above the original seed piece and so the potato plants are hilled with soil to keep the growing potatoes covered during the growing season.

We will have the potato digger hooked to the tractor to show members that come to the farm visit just how we harvest potatoes. I think it is one of the favorite farm visit activities.

Next week, Saturday September 12 from 11-3 is the farm visit. If you are coming, please remember to bring your own plate, cup, utensils and also a dish to share. If you could also have the name of the dish, labeled if it is a vegetarian, meat or dessert on an index card so we can have a vegetarian table. We will have water to drink, Farmer-to-Farmer coffee, roasted pork and sweet corn, local fruit.

If you need to get in touch with me, just call my cell phone 518-291-2467. Last year the road sign was missing at the end of Garcia Lane and so there were members all over South Cairo not being able to find us. The road sign is now in place. We are really looking forward to seeing old friends and meeting new ones.

Enjoy the vegetables -

Deborah for everyone at Stoneledge Farm

~VEGETABLES~

Potatoes - 2 pounds

Beets - 1 1/2 pounds

Swiss Chard -1 bunch

Leeks -1 bunch

Summer Savory -1 bunch

Sweet Peppers - 5

Red Vein Sorrel - 1 bunch

Lettuce -1 head

Hot Peppers - take them if you would like

~FRUIT~

*One bag. It will contain:
Fix Orchard Pear -an Anjou*

Red Bartlett-they are pretty green this year, not enough sunshine this summer to bring out the red color

Macintosh Apples-good all purpose apple for cooking or eating fresh

THE RECIPES

Grilled Potato Salad Recipe

This recipe is from 101cookbooks.com, easy to make with just potatoes if you don't have any squash - and you could really experiment with whatever other ingredients you like to toss in a salad. I think this would be great with some good quality canned or jarred tuna and a more traditional olive oil based vinaigrette.

10 medium-sized new potatoes, unpeeled and quartered
3-4 small yellow summer patty pan squash, cut in half
1 bunch of green onions or spring onions
A big splash of olive oil
2 lemons, cut in half
1/4 cup rice vinegar
1/4 cup olive oil
Clove of garlic, mashed and chopped
A couple drops of toasted sesame oil
Salt
1/2 a head of lettuce, washed and cut into bite-sized pieces

Toss the potato wedges, squash, and green onions with a bit of olive oil and a pinch of salt. Place them on a medium-hot grill. Place the lemons on the grill as well, cut side down. Grill for 10-20 minutes or until golden and cooked through - moving around the grill if needed and flipping to get color on all sides. The squash will likely cook faster than the potatoes; remove pieces and place on a platter when they are done grilling.

While everything is grilling, whisk together the rice vinegar, olive oil, garlic, sesame oil, and a couple pinches of salt. When the onions come off the grill, let them cool for a couple minutes and then cut into 1/2-inch segments. Set aside.

Toss the lettuce with a splash of the dressing, and turn it out onto a large platter. Now toss the vegetables (but not the lemons) with a big splash of the dressing and arrange it on top of the lettuce sprinkled with the reserved grilled green onion segments. Garnish with the lemon (which I like to squeeze over my salad just before eating for an added layer of extra mellow tang that goes great with the potatoes.

Sorrel Salad with Creamy Chive Dressing

Gourmet | May 2003

For dressing
1/4 cup whole-milk yogurt
1 tablespoon extra-virgin olive oil
1 tablespoon fresh lemon juice
1 tablespoon minced shallot
1 tablespoon finely chopped fresh chives
1 teaspoon sugar
1/2 teaspoon Dijon mustard
1/4 teaspoon salt

For salad

1/2 pound sorrel*, coarse stems discarded and leaves torn into bite-size pieces (4 cups)

1/2 pound hearts of romaine, torn into bite-size pieces (4 cups)

1/4 pound frisée, trimmed and torn into bite-size pieces (2 cups)

1/2 cup loosely packed fresh flat-leaf parsley

2 tablespoons loosely packed fresh tarragon, leaves coarsely chopped if large

Make dressing:

Whisk together all dressing ingredients in a large bowl.

Make salad:

Toss together all salad ingredients with dressing in bowl. Season with salt and pepper

Chopped Beet Salad with Feta and Pecans

From Martha Stewart Living

1/2 cup pecans

4 bunches small beets (16 to 20 beets)

3 tablespoons cider vinegar

3 tablespoons olive oil

4 ounces feta cheese, crumbled

2 tablespoons freshly chopped flat-leaf parsley, plus sprigs for garnish

Coarse salt and freshly ground pepper

DIRECTIONS

Preheat oven to 350 degrees. Place pecans on a baking sheet, and toast until fragrant, about 10 minutes. Transfer to a bowl to cool. Coarsely chop, and set aside. Raise oven temperature to 450 degrees.

Trim greens and long roots from beets. Wrap in 2 to 3 aluminum-foil packets, dividing beets according to size. Place in oven, and roast until tender, 45 to 60 minutes, depending on size of beets. Using paper towels to protect your hands, wipe the skins from the beets. Cut into wedges, and transfer to a serving bowl.

Drizzle vinegar and olive oil over beets; toss to coat (beets can be made ahead). When ready to serve, add feta, parsley, pecans, and salt and pepper to taste; toss to combine. Garnish with parsley sprigs.

Curried Apple Couscous Recipe

Also from Heidi Swanson at 101cookbooks.com, she mentions that plums could work as well...as a replacement for the apples.

4 tablespoons unsalted butter

1 tablespoon curry powder

1 medium apple, cored and chopped

3 green onions, washed, trimmed, and thinly sliced

1 cup whole wheat couscous (or regular)

1 3/4 cup water

1 teaspoon sea salt

1/2 cup pine nuts, toasted

Small handful of mint, chopped

In a large saucepan over medium-high heat add 3 tablespoons of the butter, the curry powder, and a couple generous pinches of salt, and cook for a minute or until the spices are fragrant. Stir in the chopped apples and cook for about 3 minutes, enough time for the apples to soften up a bit and absorb some of the curry. Scoop the apples from the pan and set aside in a separate bowl.

In the same pan, again over medium-high heat, add the remaining tablespoon of butter. Stir in the green onions, let them soften up a bit and then add the water and salt. Bring to a boil, stir in the couscous, cover and remove from heat. Steam for 5 to 10 minutes and then use a fork to fluff up the couscous. Stir in the apples, pine nuts, and chopped mint. Season with more salt and curry powder to taste.

Grilled Leeks Vinaigrette

8 leeks

Salt

1 tablespoon Dijon mustard

2 tablespoons sherry vinegar

3 tablespoons extra-virgin olive oil

Freshly ground pepper

Trim the tough dark-green ends from leeks; discard, or set aside for another use. Trim root hairs; discard. Then, starting about 1/2 inch from the root end (which stays intact), slice each leek lengthwise from base to tip with a sharp knife. Rinse leeks thoroughly to remove sand. Fill a bowl with ice water; set aside. Bring a large pot of water to a boil. Salt well, and add leeks. Blanch until leeks are very tender, about 4 minutes. Transfer leeks to the ice bath; submerge them immediately. Once the leeks are cold, drain them, pat them dry, and set them aside.

In a small bowl, combine mustard and vinegar. Slowly drizzle oil into bowl, whisking to form a thick vinaigrette. Adjust seasoning with salt and pepper.

Lightly brush leeks with some vinaigrette, and arrange them on a medium-hot grill or grill pan. Grill leeks until they are hot and have grill marks, about 2 minutes per side. Remove leeks from grill, and toss with remaining vinaigrette. 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; 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