
WESTCHESTER CSA 2009

WEEK FIFTEEN

Dear CSA Member,

We had a wonderful Farm Visit. As the season wears on we start to get a bit weary and the Farm Visit is such a boost for us to be able to take a day to just stop our work and visit. It really brings us back to what CSA is all about.

The rain stopped, it was such a pleasure to welcome so many members to the farm, the food and coffee were delicious. Thank you to everyone that made the trip to the farm.

We were not able dig potatoes and carrots and the tractor rides were only in the kids imagination because we had such a storm the night before, but the puddles made for great fun. A special thanks to Jim of Winter Sun, Bernadette of the River Garden, Dave of Bear Kill Maple Products and Jim from Capital City Roasters.

This week is the September coffee share delivery. After tasting the delicious coffee at the Farm Visit there have been a number of members that would like to add a share of coffee for the last three months. Please just go to the farm web site www.stoneledgefarmny.org, click on Coffee Share and download the form. Fill in the information and cross out the 6 months and write in 3. It is too late to have the first delivery for September go out this week but I will send the September delivery next week if you are just signing up. Everyone else that already has a Coffee share will receive it this week as scheduled.

Enjoy the vegetables –

Deborah for everyone at Stoneledge Farm

THE RECIPES

Before I start with this week's selection, I thought I would mention that I made the tomatillo salsa a few weeks ago and used the extra for some spicy

~VEGETABLES~

Potatoes-2 pounds

Carrots-1 bunch

Spinach-1 bunch

Parsley-1 bunch

Winter Squash-Carnival-1

Onions-2

Peppers-5

~FRUIT~

1 bag of Apples-Gala, Golden Supreme, Macs

1 box of Plums-Fortune



chicken soup. I poached some skinless, boneless chicken breasts and set them aside. Then I cooked some leeks in a deep saucepan with olive oil and some chopped garlic. I tossed in about a cup of the salsa, added 4 cups of chicken broth and then shredded the poached chicken (about a pound) and added that as well. I served it over some Spanish rice like a stew the first night. After that, I added some blanched, chopped escarole and reheated – tossing in chopped avocado just before serving. I like the idea because it's such a simple soup after the more complicated salsa, and adding the greens and avocado made it seem like a new dish rather than leftovers. If you have similar ideas, please share and I'll pass along to the group.

Chickpea Stew with Spinach and Potatoes

Food & Wine | January 2003

INGREDIENTS

3/4 pound dried chickpeas (2 1/4 cups)--rinsed, soaked overnight and drained
4 garlic cloves, 1 minced
2 large thyme sprigs
1 bay leaf
Kosher salt
2 tablespoons extra-virgin olive oil
1 medium onion, coarsely chopped
2 ounces lean bacon, finely diced
2 medium Yukon Gold potatoes (3/4 pound), peeled and cut into 1/2-inch dice
2 cups chicken stock
Pinch of crushed red pepper
Pinch of saffron, crumbled
Freshly ground black pepper
1 pound spinach, stemmed, leaves coarsely chopped

DIRECTIONS

In a large saucepan, combine the chickpeas with the 3 whole garlic cloves, the thyme and bay leaf. Cover with 4 inches of water and bring to a boil. Simmer over moderate heat until just tender, 1 3/4 to 2 hours; add more water as needed to keep the chickpeas submerged. Season with salt and simmer 10 minutes longer. Drain the chickpeas, reserving 1 cup of the cooking liquid. Discard the garlic, thyme and bay leaf.

Heat the oil in a large heavy casserole. Add the onion, bacon and minced garlic; cook over moderate heat, stirring occasionally, until the onion is softened, 5 minutes. Add the potatoes and cook, stirring occasionally, until crisp-tender, about 8 minutes. Add the reserved chickpeas, stock, reserved cooking liquid, crushed red pepper, saffron and black pepper and bring to a boil. Simmer over moderate heat until the potatoes are tender, 10 to 15 minutes. Add the spinach and cook for 5 minutes. Season with salt and pepper. Ladle the soup into bowls and serve.

Whole Grain Salad with "Pesto" and Vegetables

I made this for lunch a few weeks ago, and it was a big hit. At the time, I made a pesto-style puree with walnuts, kale, olive oil, garlic and parmesan cheese, but I've done this with spinach as well, or of course – basil!

For salad

4 cups cooked whole grains (I used farro, but brown rice or quinoa could work as well)
2 cups roasted vegetables* (carrots, potatoes, fennel, onion, garlic, beets etc.)

For “Pesto”

This is not a true pesto, but I find this general technique really easy and flavorful to add to just about anything

1 bunch of spinach, kale or basil
½ cup extra virgin olive oil
½ cup nuts (I used walnuts with the Kale, you could use blanched almonds or pine nuts of course)
1-2 cloves garlic
¼ cup parmesan cheese

If you are using spinach or kale, blanch the greens in a big pot of salted water until just bright green, then transfer to the food processor and add all the other ingredients (you can change the quantities if the consistency isn't to your liking).

*for the roasted vegetables, I really use what I've got on hand, cut into similar sized pieces of about ½” and tossed with olive oil, salt & pepper and roasted in a single layer on a jelly roll pan for about 30 minutes. If you are using peppers or summer squash (things that cook a bit faster) you might have to adjust and cook separately from longer cooking veggies like potatoes and carrots. If you are using beets, you may want to roast them separately, chop and add at the last minute to avoid the mess of peeling them raw...

Toss grains with the roasted vegetables, and as much of the pesto as you like (just keep tasting until you get it the way you like it – that's the fun part anyway). Enjoy!

Fried Peppers, Onions and Sausages

Bon Appétit | July 1990

1/4 cup olive oil
6 large green or red bell peppers, cut into strips
2 medium onions, sliced
3 garlic cloves, minced
2 tablespoons red wine vinegar
Salt and pepper

2 pounds hot Italian sausage

Heat oil in heavy large skillet over medium heat. Add peppers, onions, garlic and vinegar and sauté 10 minutes. Cover and cook until tender, about 5 minutes. Season to taste with salt and pepper.

Meanwhile, cook sausages in another heavy large skillet over medium-high heat until brown and cooked through, turning occasionally, about 15 minutes. Transfer to platter. Surround with peppers.

Sweet and Chunky Apple Butter

Epicurious | © 2001

This recipe is excerpted from *The Complete Book of Year-Round Small-Batch Preserving*, by Ellie Topp and Margaret Howard. I have omitted the preserving instructions, since I usually just keep for a few weeks in a tightly sealed jar in the fridge. But if you want longer term storage, you can always reference the book or look online.

This fruit butter makes a quick dessert. It's also a great snack on bread or toast.
Makes 7 cups.

2 pounds McIntosh apples, peeled and cored (6 large apples)
2 pounds Granny Smith apples, peeled and cored (4 large apples)
1 cup apple cider
2 cups granulated sugar
2 tablespoons lemon juice

1. Cut McIntosh apples into 1-inch pieces. Cut Granny Smith apples into smaller dice.
2. Combine apples and cider in a very large stainless steel or enamel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently for 20 minutes or until mixture is reduced by half.
3. Stir in sugar and lemon juice. Return to a boil, reduce heat, and boil gently for about 25 minutes or until mixture is very thick. There should still be some tender apple chunks remaining. Remove from heat.
4. Ladle into sterilized jars and process or let cool and then store in the refrigerator.

Variation: Spiced Apple Butter - Add 2 tsp ground cinnamon and 1/2 tsp each ground cloves and allspice with the sugar

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