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# WESTCHESTER CSA 2009

WEEK SIXTEEN

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Dear CSA Member,

It is a balance for me each week writing what is going on with the farm and not feeling like I am putting too much emphasis on the problems that we face. I have heard from a number of members that they would like to know more about this past wet and cold summer season and how it has impacted the farm and the vegetables we produce.

To say the least, it has been the most difficult year we have ever farmed. The cold and wet weather for June, July and the beginning of August were overwhelming and brought a series of events that we as farmers, could not hope to work through.

The endless cold and rain were the perfect combination to promote and sustain plant diseases. Some areas of our fields had standing water for weeks on end. Overall, we estimate that at least 35% of our entire production was lost this year due to the weather conditions.

Summer was an exhausting time for us all. I can't begin to explain the amount of mosquitoes and mud we have lived with throughout the summer. We will take all of the experiences from this summer and plan again for next season. We never know what will be in store. It could be as dry next season as it was wet this and that is the challenge of farming in the Northeast.

We have now turned the corner and fall is our focus. So far, it seems that the crops that we have planted for the fall will be wonderful. The Potatoes are just beautiful, Collards and Kale are lush, Carrots sweet and interesting, Beets so delicious and even the Celeriac looks to be the largest we have ever grown. Enjoy the vegetables.

Deborah for everyone at Stoneledge Farm

## ~VEGETABLES~

Lacinato Kale-1 bunch  
Sometimes called Dinosaur Kale

Potatoes-2 pounds

Beets-1 bunch

Carrots- 1pound

Garlic Chives-1 bunch

Butternut Squash-1

Thyme-1 bunch

Spinach - 1 bunch

Peppers-4

## ~FRUIT~

1 basket certified organic berries from  
the farm

1 Bag of apples & pears

## THE RECIPES

This week I am looking outside my usual suspects for sources, adding a few new books and websites for inspiration. Vegetarian Times is always one of my favorites, and I find that even though I am not a vegetarian, the fact that the vegetables get to play a starring role makes for a better meal overall. You can always add meat, fish or chicken as you see fit!

The first recipe here is a great example, I added mild Italian sausage to this mixture, it was perfect!

### *Artichoke-Potato Medley*

Vegetarian Times Issue: September 1, 2009

Serves 6

1 lb. small red potatoes, quartered  
2 10-oz. boxes frozen artichoke hearts, thawed  
1 1/2 Tbs. olive oil  
1/2 cup pitted kalamata olives, chopped  
3 cloves garlic, minced (4 tsp.)  
3 Tbs. chopped parsley  
2 Tbs. lemon juice  
2 tsp. grated lemon zest  
3/4 tsp. sweet or smoked paprika  
3 hard-boiled eggs, chopped, optional

#### Directions

1. Bring potatoes to a boil in large pot of salted water. Reduce heat to medium-low, and simmer 5 minutes, or until potatoes are just tender. Drain.
2. Return potatoes to saucepan; heat over high heat with artichokes and oil. Cook 5 minutes, or until vegetables start to brown, stirring occasionally. Add olives, garlic, parsley, lemon juice, lemon zest, and paprika. Season with salt and pepper, if desired. Cook 5 minutes more, or until fragrant and heated through. Serve garnished with chopped eggs, if using.

### *Butternut Squash Enchiladas*

Vegetarian Times Issue: March 1, 2009

Keith Medelis, a theater student in Michigan, loosely based this recipe on the flavors of a dish at Seva, his favorite vegetarian restaurant in Ann Arbor. Serves 8

1 Tbs. olive oil  
1 butternut squash (1 1/2 lb.), halved and seeded  
1 medium onion, diced (1 cup)  
1-2 chipotle chiles in adobo sauce, drained and diced, plus 1 Tbs. sauce  
1 clove garlic, minced (1 tsp.)  
3 oz. reduced-fat cream cheese  
1 tsp. ground cumin  
1/2 tsp. ground nutmeg  
3 green onions, chopped (1/3 cup)

1 16-oz. cans enchilada sauce  
8 whole-wheat or corn tortillas  
1 cup shredded reduced-fat Cheddar cheese

1. Preheat oven to 350°F. Place squash cut-side down on baking sheet. Roast 45 minutes, or until soft. Cool until easy to handle. Scoop squash into bowl, and mash.
2. Heat oil in saucepan over medium-high heat. Add onion and sauté 5 to 7 minutes, or until soft. Add chipotle, adobo sauce, and garlic. Cook 1 minute, stirring often.
3. Stir in mashed squash, cream cheese, cumin, and nutmeg. Cook 3 minutes more, or until heated through. Remove from heat, and fold in green onions.
4. Preheat oven to 350°F. Spread 1 cup enchilada sauce over bottom of 13- x 9-inch baking dish. Lay tortillas on baking sheet, and warm 3 minutes in oven to soften. Divide filling among tortillas, and roll loosely. Place filled, rolled tortillas in baking dish. Top with remaining enchilada sauce and Cheddar cheese. Bake 30 minutes, or until top begins to brown and sauce is bubbly.

### *Kale & Ricotta Salata Salad*

From [newyorktimes.com](http://newyorktimes.com) (MARK BITTMAN)

Kim Severson has sent along the recipe for her kale salad, one of the many great recipes from the farewell potluck for Frank Bruni that I wrote about here.

#### Ingredients

1 bunch of Tuscan (lacinato) kale  
1 big shallot, chopped fine  
The juice of a lemon (preferably Meyer), about 2 two tablespoons  
Salt and pepper  
1/4 cup of olive oil, or more  
1 cup ricotta salata, coarsely shredded

#### Method

1. Trim the leaves of the kale above where the stems become thick. (You're going to eat this raw; steam the stems for another use if you like.) Stack the leaves in a pile, roll them like a cigar, and slice it thin crosswise.
2. Mix together the shallot, lemon juice, salt (go easy on this at first since the cheese is salty), and oil; taste and add more oil if you like.
3. Toss the dressing with the kale and ricotta salata, taste and adjust seasoning, and serve.

### *Double Broccoli Quinoa*

I've just now found out we won't get the broccoli until next week, but I'll leave this recipe. You can save it, or get creative using other vegetables...

3 cups cooked quinoa\*  
5 cups raw broccoli, cut into small florets and stems

3 medium garlic cloves  
2/3 cup sliced or slivered almonds, toasted  
1/3 cup freshly grated Parmesan

2 big pinches salt  
2 tablespoons fresh lemon juice  
1/4 cup olive oil  
1/4 cup heavy cream

Optional toppings: slivered basil, sliced avocado, crumbled feta or goat cheese

Now barely cook the broccoli by pouring 3/4 cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

To make the broccoli pesto puree two cups of the cooked broccoli, the garlic, 1/2 cup of the almonds, Parmesan, salt, and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.

Just before serving, warm the quinoa and toss with the remaining broccoli florets with about 1/2 of the broccoli pesto. Taste and adjust if needed, you might want to add more of the pesto a bit at a time, or you might want a bit more salt or an added squeeze of lemon juice. Turn out onto a serving platter and top with the remaining almonds, and some sliced avocado or any of the other optional toppings.

Serves 4 - 6.

\*To cook quinoa: rinse one cup of quinoa in a fine-meshed strainer. In a medium saucepan heat the quinoa, two cups of water (or broth if you like), and a few big pinches of salt 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 curlicue in each grain, and it is tender with a bit of pop to each bite. Drain any extra water and set aside.

## THE EXCHANGE

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- 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](http://www.cookusinterruptus.com)

[www.101cookbooks.com](http://www.101cookbooks.com) (this site is from Heidi Swanson, also author of some wonderful cookbooks as well

[www.epicurious.com](http://www.epicurious.com) the online home for Gourmet and Bon Appétit

[www.herbivoracious.com](http://www.herbivoracious.com)

[www.marthastewart.com](http://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](mailto:skmurphy56@gmail.com)