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# WESTCHESTER CSA 2009

WEEK SEVENTEEN

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Dear CSA Member,

I'm not sure how much positive energy a potato can carry, but this year, the potatoes that we have pulled from the ground have raised our spirits and brought a bit of joy to the years' harvest. They are just beautiful to look at and delicious to eat. I don't think we have ever had such a fine potato crop. If no unforeseen natural disaster is lurking, you should have a good share of potatoes throughout the fall.

The fields are being readied for winter as spent crops are tilled under and a cover crop of winter rye is broadcast. The winter rye will sprout and grow even in the cold fall conditions and will blanket the fields through the winter months. Next spring it will start to grow again and will be tilled under when we plow. It acts as a cover crop for the winter and organic matter in the spring.

Enjoy the vegetables-

Deborah for everyone at Stoneledge Farm

## THE RECIPES

I was in the book store in Grand Central on Monday morning, and I saw a book I just couldn't resist. It's called Love Soup (by Anna Thomas, Norton 2009, \$22.95 in paperback). I really do love soup, particularly as the weather turns colder and I can make and freeze for easy weeknight dinners or warm, cozy lunches on chilly fall days. The book has summer recipes too - like the one below for eggplant soup, but I was particularly inspired by the fall soups.

The author, Anna Thomas (who also wrote the Vegetarian Epicure) captured one of the best qualities of soup in this quote about her series of 'green soup' recipes, "vitamins, minerals and phytochemicals, those mysterious things we don't

### ~VEGETABLES~

Carrots - 1 pound

Potatoes - 2 pounds

Peppers - 4 Sweet

Hot Peppers-take them if you like.  
*Both sweet and hot peppers are very easy to freeze for this winter if you cannot use them during the week. Take out the seeds, slice and put in freezer bags.*

Ancho Peppers - 4 each

*These are a mildly hot pepper used for Chiles Rellenos.*

Small Pumpkin-2

Butternut Winter Squash-2

Broccoli-2 heads

Thai Basil-1 bunch

Black Bell Eggplant - 2 each

*These are small, but it is the last picking before the frost.*

Fruit Share-

Long John Prune Plums-1 basket  
*a cooking plum*

Gold and Cortland Apples-1 bag

fully understand yet but we know they're good for us—I could feel them racing through my system.” That’s a feeling I get from eating all the food we get in the share each week—but eating soup remains one of my favorite ways to feel really good about how I am taking care of myself and my family. So, enjoy the soups!

## *Smoky eggplant soup with mint and pine nuts*

Love Soup by Anna Thomas

Serves 6

2 medium globe eggplants	½ tsp smoked paprika
2 medium yellow onions	5 cups vegetable broth
3 tbs olive oil	½ cup chopped fresh mint
Sea salt	Freshly ground black pepper
½ tsp coriander seeds	1-2 tbs lemon juice
1 tbs cumin seeds	1 cup drained greek yogurt (preferable goat yogurt)
2 cloves garlic, thinly sliced or chopped	

Garnishes: fruity green olive oil, drained greek style yogurt, ½ cup toasted pine nuts

Preheat the oven to 450 degrees.

Prick the eggplants in several places with a fork and roast them in the oven on a baking sheet until they are completely soft and their skin is blistered and blackened in places.

While the eggplants are cooking, quarter and thinly slice the onions. Heat 2 tablespoons olive oil in a large non-stick pan and cook the onions slowly with a pinch of sea salt over medium low heat, stirring often until the onions are very soft and golden brown, about ½ hour.

When the eggplants are well charred and soft to the point of collapse, remove them from the oven and allow them to cool until you can handle them. Split them open and scrape out all the flesh including the seeds. Remove and discard any seeds that look very dark, as they might be bitter. Chop the eggplant by hand until there are no large pieces left.

In a small skillet, dry roast the coriander and cumin seeds, stirring them over medium-low heat for a few minutes, just until they release a toasty fragrance. Grind the spices in a mortar or a spice grinder and set aside. Heat the remaining tablespoon of oil in the same small skillet and cook the garlic in it over a very low flame for about 2 minutes.

In an ample soup pot, combine the eggplant pulp, the caramelized onions, the freshly ground spice mixture, the fried garlic, and the smoked paprika along with the vegetable broth and simmer, covered, for about 10 minutes to marry the flavors. Add the fresh mint, some pepper, a little lemon juice, and more salt if needed.

Turn off the heat and stir in the yogurt, using a large whisk. Taste and add more lemon juice if needed. Chill the soup well and serve it with a little extra olive oil and a spoonful of plain yogurt and a scattering of pine nuts. Or serve hot, but reheat carefully to avoid curdling the yogurt.

## *Green soup with broccoli, fennel and sorrel*

Love Soup  
Serves 8

2 medium yellow onions	8 oz. sorrel
3 tbs olive oil	1 medium yam
1 ½ tsp sea salt, plus more to taste	3 cups vegetable broth
12 oz. broccoli florets	Freshly ground black pepper
1 large fennel bulb	Cayenne
8 oz. spinach	1-2 tbs fresh lemon juice

Coarsely chop the onions and sauté them gently in two tablespoons olive oil with ½ teaspoon salt, stirring occasionally over medium heat until they are soft and golden brown. Do not hurry this process, it will take at least ½ hour, and when you think the onions are done cook them a little longer—you'll see how the flavor develops.



While the onions cook, thoroughly wash the broccoli, fennel, spinach and sorrel. Coarsely chop the greens and fennel bulb. Peel and dice the yam. Combine these vegetables in an ample soup pot with 5 cups of water, the broth and 1 tsp salt. This will look like way too much, but it's not; the greens will reduce dramatically the moment you start. Bring the liquid to a boil, then reduce the heat and simmer the soup, covered, for about 10 minutes.

Add the caramelized onions to the soup and simmer, covered, another 15 minutes. Grind in some black pepper, add a pinch of cayenne and stir in the remaining tablespoon of olive oil. Allow the soup to cool slightly, and then puree it until it is smooth either in a blender, in batches or with an immersion blender. Taste and correct the seasoning with more salt if needed.

Drizzle with olive oil and garnish with crumbled cheese or herbed croutons if you like.

## *Arugula and apple soup with toasted walnuts*

Love Soup  
Serves 6-8.

1 large yellow onion, chopped	2 cups vegetable broth
1 ½ tbs olive oil	2 tbs fresh lemon juice plus more to taste
1 ½ tsp sea salt, plus more to taste	Freshly ground black pepper
12 oz. Yukon gold potatoes	Cayenne
2 medium apples	Ground nutmeg
1 lb arugula	2-3 tsp agave nectar or honey as needed
2 cups sliced green onions	½ cup chopped walnuts
½ cup coarsely chopped flat leaf parsley	

Sauté the chopped onion in the olive oil with a pinch of salt, stirring often over a medium flame for 25 to 30 minutes or until the onion is soft and golden brown.

Scrub the potatoes, peel and core the apples, and coarsely chop both. Wash the arugula, and remove any tough-looking stems. Coarsely chop the leaves.

Combine the potatoes and apples in an ample soup pot with 4 cups of water and a teaspoon of sea salt. Bring the water to a boil, then cover the pot and lower the heat to a simmer. After 10 minutes, add the sliced green onions. After 5 more minutes, add the arugula and the parsley. Simmer for another 6-8 minutes.

By now your caramelized onions might be ready. If so, add them to the soup, along with two cups of broth and a couple of tablespoons of lemon juice. Grind in plenty of black pepper and add a modest pinch of cayenne and the same amount of nutmeg.

Puree the soup in a blender, in batches, or with an immersion blender, but be sure to stop as soon as you have the consistency you like in a soup; cooked potatoes can become viscous if over processed.

Taste the soup and correct with a bit more lemon juice or salt as you'd like, and if the soup is overly tart (it depends on the apples) then add some of the agave or honey and taste again.

Toast your chopped walnuts: spread them on a baking sheet and put them in a 300 degree oven for no more than 10 minutes. As soon as you smell them, they are ready. They will crisp up as they cool. Drizzle a little olive oil on each serving of soup and sprinkle with a few toasted walnuts.

## 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)