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# WESTCHESTER CSA 2009

*Week Eighteen*

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Dear CSA Member,

Most of the summer crops are now tilled under and the winter rye that was planted as a winter cover crop has sprouted. The trees are beginning to reach their fall color peak and it is getting cold working in the field. Only the hearty fall crops remain and they are beautiful as they respond to the heavy dew every morning and the cold temperatures.

Finally the first garlic will be in your share this week. We have finished breaking the heads into individual cloves and now can start to distribute the remaining harvest to the CSA shares. The cloves will be planted in a couple of weeks and will wait underground until next spring.

This time of year the weeks just slip by so quickly. If you would like to order honey or maple syrup, please make a note to download the form on line from the farm website, [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org) and mail it to the farm. We will be coming to the end of the CSA season the 3rd week in November and honey and maple syrup make great holiday gifts. Quite a few members have mentioned to me that they like to stock up for the winter months. We may have some extra coffee if you would also like to order more for gifts or for yourself. I will let you know how to order extra coffee next week after we distribute October Coffee Shares.

Deborah for everyone at Stoneledge Farm

## THE RECIPES

Today, Conde Nast Publications announced that they will cease publication of Gourmet Magazine, one of my favorite publications and one that will be sorely missed by many loyal readers. Luckily, the brand will exist both online and through it's very successful

## VEGETABLES

Potatoes-2 pounds

Carrots-1 pound

Sweet Potatoes-1 1/2 pounds-these have been a real chore to grow this cold, wet summer. For a plant that likes the heat, this was not the year to flourish.

Spinach-1 bunch

Dry Savory-1 bunch-this is the first time we have tried a dried herb. Just hang the bunches to finish drying. Use a pinch during cooking like you would thyme.

Garlic-2 bulbs

Broccoli-1 head

Hot Peppers-take them if you like

## FRUIT

1 bag of Bosc Pears, Mc Coun and Empire Apples

cookbook franchise, so hopefully their recipes will still inspire me (and you) to keep cooking. This week's newsletter is inspired by Gourmet.

## **Roasted Garlic Bread with Gorgonzola**

Gourmet | December 1998

For garlic oil

1 large head garlic

1/2 cup extra-virgin olive oil

1 cup heavy cream

1 cup crumbled Gorgonzola cheese (about 4 1/2 ounces)

1 baguette

Make garlic oil:

Preheat oven to 450°F. Wrap garlic head in foil and roast in middle of oven until tender, about 45 minutes. Carefully unwrap garlic and cool. Horizontally halve garlic head and arrange, cut sides down, in a small bowl with oil. Let mixture stand, covered and chilled, 2 to 3 days to infuse oil with garlic flavor.

Preheat broiler.

In a saucepan boil cream, stirring occasionally, until reduced to about 1/2 cup. Add Gorgonzola and cook over low heat, stirring constantly, until cheese melts and sauce is smooth. Remove pan from heat and keep sauce warm, covered.

Horizontally halve baguette and arrange, cut sides up, on a baking sheet. Broil bread 2 to 3 inches from heat until golden. (If crust is soft, you may broil crust side of baguette as well.) Brush cut sides of baguette with garlic oil and season with salt. Cut baguette crosswise into 1-inch-thick slices.

Pour warm Gorgonzola sauce onto center of a large plate and arrange roasted garlic bread slices around sauce

## **Beef Stew with Potatoes and Carrots**

Gourmet | December 2008

For braised beef:

5 pounds boneless beef chuck (not lean), cut into 2-inch pieces

3 tablespoons olive oil

3 carrots, quartered

3 celery ribs, quartered

2 medium onions, quartered

1 head garlic, halved crosswise

3 tablespoons tomato paste

1/3 cup balsamic vinegar

1 (750-ml) bottle dry red wine (about 3 3/4 cups)

2 Turkish bay leaves or 1 California

2 thyme sprigs

3 cups reduced-sodium beef broth

3 cups water

For potatoes and carrots:

2 1/2 pounds small white boiling potatoes

1 1/2 pounds carrots

Equipment: a wide 6-to 8-quart heavy pot with a tight-fitting lid

Accompaniment: crusty bread

Braise beef:

1. Preheat oven to 350°F with rack in middle.
2. Pat beef dry and season with 2 1/2 teaspoons salt and 1 teaspoon pepper.
3. Heat oil in pot over medium-high heat until it shimmers, then brown meat, without crowding, in 3 batches, turning, about 8 minutes per batch. Transfer to a platter.
4. Reduce heat to medium, then add carrots, celery, onions, and garlic and cook, stirring occasionally, until well browned, about 12 minutes.
5. Push vegetables to one side of pot. Add tomato paste to cleared area and cook paste, stirring, 2 minutes, then stir into vegetables.
6. Add vinegar and cook, stirring, 2 minutes.
7. Stir in wine, bay leaves, and thyme and boil until wine is reduced by about two thirds, 10 to 12 minutes.
8. Add broth to pot along with water, beef, and any juices from platter and bring to a simmer. Cover and braise in oven until meat is very tender, about 2 1/2 hours.
9. Set a large colander in a large bowl. Pour stew into colander. Return pieces of meat to pot, then discard remaining solids. Let cooking liquid stand 10 minutes.

Cook potatoes and carrots:

While beef braises, peel potatoes and cut into 1/2-inch-wide wedges. Slice carrots diagonally (1-inch).

Add potatoes and carrots to stew (make sure they are submerged) and simmer, uncovered, stirring occasionally, until potatoes and carrots are tender, about 40 minutes.

## **Grilled Sweet Potatoes with Lime Cilantro Vinaigrette**

Gourmet | July 2002

Yield: Makes 16 servings

Active Time: 20 minutes

Total Time: 1 hour

4 lb sweet potatoes (8; preferably long)

1/4 cup fresh lime juice

1 1/2 teaspoons kosher salt

1/4 teaspoon black pepper

1/2 cup olive oil

1/4 cup chopped fresh cilantro

Cover potatoes with cold salted water in a large pot, then bring to a boil. Simmer until slightly resistant in center when pierced with a sharp small knife, 25 to 30 minutes, then transfer to a large bowl of cold water to stop cooking. Drain well. When cool enough to handle, peel potatoes with a sharp small knife and quarter lengthwise.

Prepare grill for cooking.

Whisk together lime juice, salt, and pepper and add oil in a slow stream, whisking. Whisk in cilantro.

When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill potatoes in 2 or 3 batches on lightly oiled grill rack (over coals if using a charcoal grill), uncovered, turning, until grill marks appear and potatoes are just tender, 3 to 6 minutes total.

Serve potatoes warm or at room temperature, drizzled with vinaigrette about 40 minutes.

## **Steamed Broccoli with Caper Brown Butter**

The Gourmet Cookbook

1 ½ pounds broccoli  
¾ stick butter (6 tablespoons)  
3 tablespoons drained capers, chopped  
3 tablespoons chopped fresh flat leaf parsley  
¼ tsp salt  
1/8 tsp freshly ground black pepper

Cut stalks from broccoli and peel with a paring knife, trimming any fibrous parts, then cut into ¼ quarter inch-thick slices. Cut heads of broccoli into 1 ½ inch-wide florets. Steam the broccoli stalks and florets in a steamer rack set over boiling water, covered, until tender, about 6 minutes.

Meanwhile, melt butter in a small saucepan over moderate heat. Stir in capers and cook, stirring occasionally, until butter is golden brown, about 4 minutes. Stir in parsley, salt and pepper.

Toss broccoli with caper butter in a bowl.

### **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](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)