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# WESTCHESTER CSA 2009

*Week Nineteen*

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As difficult as the summer season was, it seems that fall is shaping up to be wonderful. Our mantra for this summer was "persevere". We have been harvesting the fruits of our determination this fall and are so happy to be able to send such beautiful vegetables for your share.

I mentioned last week that you may be able to order one pound bags of coffee if you have not signed up for a Coffee Share. The Honey and Maple order form will have coffee to order as well. If the online form is not ready this week, I will send paper copies to the site. The coffee will be delivered with the vegetable shares just like the honey and maple.

I have received many e-mails from members wondering about a Winter Share. As suggested by a member, we will be offering Coffee Shares for the months of December, January, February and March that will be delivered with the Winter Share. Sign up for the coffee share only will be on the Stoneledge Farm website, [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org), click on Coffee.

The following is a note from Jim about the Winter Shares:

Winter Sun Farms and the Winter Share Don't miss your CSA the winter, join us for a Winter Share of local vegetables. The share includes: Frozen: tomatoes, blueberries, peppers, summer squash, raspberries, broccoli, green beans, butternut squash, edamame, fall greens, blackberries, and Root Crops: potatoes and carrots, and Fresh pea shoots. The quality is great; because we only use the best organic and sustainable Hudson Valley farms...like Stoneledge Farm!

Winter Sun Farms is now on the Upper East Side at the 88th St. CSA! Please check the website for a complete list of locations. Winter Sun Farms has

## VEGETABLES

**Potatoes - 2 pounds**

**Carrots - 1 pound**

**Shallots - 2**

**Carnival Winter Squash - 1**

**Purple Globe Turnips with Greens - 1 bunch**

**Like getting two vegetables in one. The greens should be removed and used as you would mustard greens. The turnip should be used separately.**

**Red Russian Kale - 1 bunch**

**Oregano - 1 bunch**

**Brussel Sprouts**

## FRUIT

**1 Bag of Seckle Pears(a small brownish pear), Bosc Pears, Jona Gold Apples**

room to add one or two new locations this winter. We don't have a Connecticut CSA yet. A new site requires 25 members and help at the distribution. If none of our current locations work for you please contact me about having a distribution at your CSA. Please visit the website to see our locations [www.WinterSunFarms.com](http://www.WinterSunFarms.com) (under Become a Member) or contact me at [jim@wintersunfarms.com](mailto:jim@wintersunfarms.com)  
Thanks, Jim Hyland Winter Sun Farms 845-255-1699

It is wonderful that the CSA movement continues to grow.

Enjoy your vegetables-Deborah, for everyone at Stoneledge Farm

## THE RECIPES

### **Lori's Skillet Smashed Potato Recipe (from 101cookbooks.com)**

The great thing about these potatoes is that you can boil them off (pre-cook) the night before. they come together in just a few minutes just as you are ready to serve the rest of your breakfast or brunch.

One small bag of small potatoes (yukon golds, fingerlings, or something similar)  
Salt & pepper  
1 - 2 tablespoons olive oil

Start by placing the potatoes in a large saucepan. Add a teaspoon of salt and cover with water. Don't peel the potatoes, because the skin helps keep the potatoes together. Bring the water to a boil over medium-high heat. Reduce the heat and cook at a low boil until they are tender enough to slide a knife in easily. It is important not to over-boil them, for golf ball size potatoes about 10 minutes or a little less. Drain the potatoes and refrigerate until you are ready to brown them in a large skillet.

Heat the olive in a large skillet over medium-high heat. Keep in mind it needs to be big enough to hold the potatoes, which double in size when they are smashed. Smash each potato with a masher or the bottom of a heavy glass. Season with salt and pepper and cook until crisp, and then turn and cook the other side. Sprinkle with chives, fresh herbs, whatever and serve.

### **Kale and Olive Oil Mashed Potato Recipe (from 101cookbooks.com)**

For this recipe, be sure to wash the kale well (or spinach, or chard) - dirt and grit hides in the leaves. I don't like floppy leafiness in my potatoes, so I chop the kale quite finely. If you stir the kale in too much it can lend a slight green cast to your potatoes, so i just barely stir it in right before serving. Also, on the potato front - feel free to use unpeeled potatoes if you like something a bit more rustic (and nutritious). I picked up some yellow-fleshed German Butterball potatoes at the market last week and they added the visual illusion that the mashed potatoes were packed with butter. Didn't miss the real thing a bit.

3 pounds potatoes, peeled and cut into large chunks  
sea salt  
4 tablespoons extra virgin olive oil  
4 cloves garlic, minced

1 bunch kale, large stems stripped and discarded, leaves chopped  
1/2+ cup warm milk or cream  
Freshly ground black pepper  
5 scallions, white and tender green parts, chopped  
1/4 cup freshly grated Parmesan, for garnish (opt)  
Fried shallots, for garnish (optional)

Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes or until the potatoes are tender.

Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale, a big pinch of salt, and saute just until tender - about a minute. Set aside.

Mash the potatoes with a potato masher or fork. Slowly stir in the milk a few big splashes at a time. You are after a thick, creamy texture, so if your potatoes are on the dry side keep adding milk until the texture is right. Season with salt and pepper.

Dump the kale on top of the potatoes and give a quick stir. Transfer to a serving bowl, make a well in the center of the potatoes and pour the remaining olive oil. Sprinkle with the scallions, Parmesan cheese, and shallots. Serves 6.

### **Caramelized Turnips and Shallots (from marthastewart.com)**

*\*note: this recipe serves 12; you could cut it in half for more reasonable quantities!*

1 3/4 pounds white turnips, peeled and cut into pieces 2 1/2 inches by 1 1/2 inches in size  
1 3/4 pounds golden turnips or rutabagas, peeled, cut into pieces 2 1/2 inches by 1 1/2 inches in size  
10 shallots (about 10 ounces), peeled, root end intact  
2 tablespoons plus 2 teaspoons extra-virgin olive oil  
Coarse salt and freshly ground pepper  
3/4 cup red-wine vinegar  
2 bay leaves  
6 sprigs fresh thyme  
1/4 cup packed light-brown sugar  
3 tablespoons unsalted butter

#### **Directions**

Preheat oven to 400 degrees. Put turnips, shallots, and oil on a rimmed baking sheet. Season with salt and pepper; toss. Spread in a single layer. Roast until tender and golden brown, about 35 minutes.

Put vinegar, bay leaves, and thyme in a small saucepan. Bring to a simmer; cook until reduced by about half, about 10 minutes. Add sugar and 1/2 teaspoon salt; stir to dissolve. Add butter, and cook over medium heat until reduced to a syrupy glaze, about 10 minutes. Discard thyme. Pour over roasted vegetables; toss to coat. Serve immediately.

## **A bit about Carnival Squash**

Cream colored with orange spots or pale green with dark green spots in vertical stripes - coloration sometimes divided part and part - golden flesh. Carnival Squash have hard, thick skins and only the flesh is eaten. It is sometimes labeled as a type of acorn squash.

The delicious yellow meat is reminiscent of sweet potatoes and butternut squash and can be baked or steamed then combined with butter and fresh herbs.

*Available year-round - is best late summer through early fall.*

### **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)