
WESTCHESTER CSA 2009

Week Twenty

Dear CSA Member,

A bit of snow fell last night and the mountains are white. I guess as this summer has gone, so will the fall.

Beautiful Kale in your share this week along with the sturdy root vegetables: potatoes, beets, carrots. This will be the last of the winter squash. We quickly harvested the last of the hot peppers before the frost. If you would like to freeze any, this will be the last week that there are optional hot peppers. Some are very hot, so be forewarned.

The forms on line have been updated so you can order coffee along with the honey and maple syrup all on one form. I know I write this every week, but please don't wait until the last couple of weeks to order honey, maple and coffee. Sometimes the mail can be a bit sluggish and we need to receive your order and send it with the vegetable deliveries. The Winter Share Coffee Order form to accompany a Winter Sun Share is also on line at the farm website under the Coffee Share link.

Members have been inquiring about registration for 2010. We are working on updating the web site registration and should be ready to start on line registration before the end of the 2009 season. I will send the information to your site coordinators so they can pass the information on once we are ready to open registration. We are so happy that there are so many members that are eager to register for the next season.

Bundle up and enjoy the vegetables-

Deborah for everyone at Stoneledge Farm

🌿 VEGETABLES 🌿

Beets - 1 bunch

Carrots - 1 pound

Potatoes - 2 pounds

Garlic - 2

Winter Squash - 2

Kale - 1 bunch

Sage - 1 bunch

Sweet Potatoes - 1.5 pounds

**Hot Peppers –
take them if you like**



FRUIT SHARE

**1 bag of Golden Delicious
Apples, Empire Apples, Bosc
Pears**

THE RECIPES

Roasted Sweet Potatoes, Potatoes, and Sage

Bon Appétit | November 2009

This recipe calls for both red- and tan-skinned sweet potatoes, but I'm sure you can use whatever combination of potatoes you wish. Yield: Makes 6 servings

1 pound red, white, or Yukon Gold potatoes, peeled, cut into 3/4-inch cubes	1 12-ounce tan-skinned sweet potato, peeled, cut into 3/4-inch cubes
1 12-ounce red-skinned sweet potato (yam), peeled, cut into 3/4-inch cubes	1/4 cup olive oil
	1 tablespoon coarse kosher salt
	30 medium fresh sage leaves

Position rack in center of oven; preheat to 425°F. Combine all ingredients in large bowl; toss to coat. Spread mixture in single layer on large rimmed baking sheet. Roast until potatoes are tender and browned around edges, stirring occasionally, about 40 minutes. Serve roasted potatoes warm or at room temperature

Roasted Sweet Potatoes, Potatoes, and Sage Savory Squash Gratin

from www.marthastewart.com

Use any winter squash you have on hand to substitute for the acorn squash specified in the recipe. This can be made early in the day and reheated just before serving. Serves 8 to 10.

7 cloves garlic, unpeeled	1 teaspoon unsalted butter	1 1/2 cups heavy cream
1/2 teaspoon olive oil	Salt and freshly ground black pepper	3 tablespoons breadcrumbs
2 medium acorn squash, (about 1 1/2 pounds each), halved crosswise and seeded	1/2 teaspoon freshly ground nutmeg	2/3 cup freshly grated Parmesan cheese
1/2 pound kale, stems trimmed, large ribs removed	2 1/2 teaspoons chopped fresh thyme	

Heat oven to 450 degrees. Place garlic in an ovenproof ramekin, and drizzle with olive oil. Roast until light brown and very soft, about 20 minutes. Let stand until cool enough to handle; peel garlic and cut into slivers; set aside. Reduce oven temperature to 400 degrees.

Peel squash, halve lengthwise, and seed. Cut crosswise into 1/4-inch-thick slices; set aside. Place kale in a steamer basket over boiling water, cover, and steam until bright green and wilted, 2 to 3 minutes. Remove from heat, and chop roughly. Squeeze out as much water as possible; set kale aside.

Butter a 2 1/2-quart gratin dish. Distribute half the sliced squash in the dish, reserving the prettiest slices for the top layer. In a small bowl, combine nutmeg, salt, and pepper. Distribute half the sliced garlic over squash, and sprinkle with one-third of seasoning mixture and 1 teaspoon thyme.

Arrange kale over squash, and sprinkle with one-third of the seasoning. Arrange remaining squash over kale, and sprinkle with remaining seasoning and 1 teaspoon thyme. Distribute remaining garlic over squash, tucking it between slices.

Pour cream over assembled gratin, and cover with a piece of parchment. Bake until squash is soft when pierced with the tip of a knife, 40 to 45 minutes; halfway through the baking time, remove parchment, press down on squash with a spatula to compress and distribute the liquid; cover and continue baking. Meanwhile, combine breadcrumbs, Parmesan cheese, 1/2 teaspoon salt, 1/4 teaspoon pepper.

After 35 to 45 minutes, reduce oven temperature to 375 degrees. and remove the parchment paper. Sprinkle breadcrumb mixture over squash; return to oven, and continue to bake, uncovered, until golden brown, 10 to 15 minutes. Transfer to a wire rack to cool for 15 minutes. Garnish with remaining thyme.

To reheat: Do not add final layer of breadcrumb mixture. Remove from the refrigerator, and let come to room temperature, 15 to 20 minutes. Cover with parchment paper, and reheat in a 400 degree oven for 20 minutes. Top with breadcrumb mixture, and bake until golden brown, 10 to 15 minutes. Garnish with thyme.

Roasted Autumn Harvest Salad

from www.marthastewart.com

Make this roasted autumn harvest salad for a delicious and healthy side dish. The recipe is featured in "Martha Stewart's Cooking School: Lessons and Recipes for the Home Cook." Serves 4 to 6.

FOR ROASTED VEGETABLES

1/4 cup extra-virgin olive oil	6 long carrots, scrubbed well or peeled, halved lengthwise
8 baby red or golden beets or 4 medium beets, scrubbed and trimmed	Coarse salt and freshly ground pepper
8 shallots, peeled and cut in half if large	2 tablespoons fresh rosemary leaves (from 2 sprigs)
4 medium parsnips (about 1 pound), peeled and cut into 3-inch lengths (halve the thicker end pieces lengthwise)	

FOR SALAD

2 bunches arugula, trimmed and washed well (6 cups)
Shallot Vinaigrette

Roast beets: Heat oven to 450 degrees. Place beets on a parchment-lined piece of aluminum foil and drizzle with 1 tablespoon olive oil. Wrap in foil and bake until beets are tender when pierced with the tip of a knife, 30 to 45 minutes for baby beets and up to 1 1/4 hours for larger beets. Let stand until cool enough to handle, then rub off skins with paper towels. Cut beets in half (or into quarters or sixths if large).

Meanwhile, roast shallots, parsnips, and carrots: Toss shallots, parsnips, and carrots in a large bowl with remaining 3 tablespoons oil, then season with salt and pepper. Spread in a single layer on a

parchment-lined rimmed baking sheet and sprinkle with rosemary, tossing to coat. Roast until tender and golden, turning vegetables over once, about 30 minutes. Transfer to a bowl.

Prepare greens: Wash arugula and dry thoroughly, then place in a bowl and cover with a damp kitchen towel (or damp paper towels). Refrigerate until needed (this will help crisp the leaves). Toss vegetables and greens with vinaigrette: Toss parsnips, carrots, and shallots with 2 tablespoons vinaigrette. Toss beets separately with 1 tablespoon vinaigrette (to prevent their color from bleeding). Toss arugula with 2 tablespoons vinaigrette and season lightly with salt and a pinch of pepper. Compose salad and serve: Line a serving platter with arugula and arrange vegetables on top. Serve salad immediately.

Cele's Old-Fashioned Pear Cake Recipe

From 101cookbooks.com

1/2 cup unsalted butter, at room temperature, plus 2 tablespoons melted	1/4 teaspoon sea salt
All-purpose flour for dusting	1 cup sugar
1 cup whole-wheat pastry flour	2 eggs
1 teaspoon ground cinnamon	6 firm but ripe small pears such as Seckel, cored and cut lengthwise into quarters
1 teaspoon baking powder	

Preheat the oven to 350 F. Brush a 9-inch round spring form pan with the 2 tablespoons melted butter, and dust the pan with a thin, even layer of flour, tapping out the excess. Set aside. Whisk together the whole-wheat pastry flour, cinnamon, baking powder, and salt in a bowl. Set aside.

Using an electric mixer, beat together the 1/2 cup butter and the sugar on high speed until pale, light, and fluffy. Scrape down the sides of the bowl, add the eggs, and beat again until well combined. Using a rubber spatula, fold in the dry ingredients just until combined. Transfer the batter to the prepared pan and neatly arrange the pear quarters on top, skin side up. Bake for about 1 hour, or until the top is nicely browned and a toothpick inserted into the middle comes out clean. Let the cake cool for 10 to 15 minutes before removing it from the pan.

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 Appétit

www.herbivoracious.com

www.marthastewart.com (recipes from Martha Stewart as well and Everyday Food and Body & Soul Magazines.