
WESTCHESTER CSA 2009

Week Twenty-Two

Dear CSA Member,

CSA is at its heart a farm and community of members in a mutual partnership of harvest. We are filling your share with the bounty of the fall garden.

This summer's cold and wet weather was perfect for potatoes. They have never been so beautiful. We are bulking up the share of potatoes for the last couple of weeks so you will have a good supply going into the wonderful Thanksgiving holiday. Keep them refrigerated and they should keep into the cold months.

New this week is the Celeriac or Celery Root. It is a root vegetable that is great sliced and diced in soup or used in a slaw. You will need to peel the rough outside off to get to the center. For many members it is a favorite fall vegetable.

Members have been contacting me with questions about registration for 2010. We are working on updating the programming for the online registration and should have everything in place very soon. You will receive an e-mail from your site coordinators once we are ready to start 2010.

Enjoy the vegetables-Deborah for everyone at Stoneledge Farm

THE RECIPES

Thanksgiving is just around the corner, and side dishes are on everyone's mind – including all the websites and magazines I routinely reference when pulling together recipes for this newsletter each week. I'll include some of these recipes in the next few weeks, as well as some ideas for vegetarian main courses for those of you who – like me – need to accommodate a vegetarian or two at our tables in the coming holiday season.

🌿 VEGETABLES 🌿

Potatoes - 4 pounds

Beets - 2 pounds

Celeriac - 1 root

Garlic - 2 bulbs

Kale - 1 bunch

Turnips - 1 bunch

Oregano - 1 bunch



FRUIT SHARE

1 bag of Golden Delicious and Stamen Winesap Apples, Bosc Pears

Autumn Farmer's Market Salad

Bon Appétit | October 2008

This recipe calls for butternut squash, but I often make salads with roasted vegetables mixed together. Use the beets, potatoes and celeriac – roast as directed and proceed with the rest of the recipe.

Yield: Makes 6 servings

4 1/2 to 5 cups 1/2-inch cubes peeled seeded butternut squash or other root vegetables (from about 2 pounds of vegetables)	1 1/2 tablespoons walnut oil or other nut oil
2 tablespoons extra-virgin olive oil	1 1/2 teaspoons fresh lemon juice
Pinch of dried crushed red pepper	4 ounces arugula (about 8 cups lightly packed)
Coarse kosher salt	1/2 cup walnuts, toasted, coarsely chopped
2 tablespoons orange juice	1/2 cup pomegranate seeds
	2 teaspoons pomegranate molasses*

Preheat oven to 450°F. Toss squash, olive oil, and crushed red pepper on large rimmed baking sheet. Sprinkle with coarse salt. Roast 15 minutes. Using spatula, turn squash over. Roast until edges are browned and squash is tender, about 15 minutes longer. Sprinkle with coarse salt. DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature.

Whisk orange juice, walnut oil, and lemon juice in large shallow bowl. Season to taste with salt and pepper. Add arugula, walnuts, and pomegranate seeds; toss to coat. Season to taste with coarse salt and pepper. Spoon warm or room temperature squash over salad. Drizzle with pomegranate molasses and serve.

* A thick pomegranate syrup; available at some supermarkets and at Middle Eastern markets, and from adrianascaravan.com.

Mashed Turnips and Potatoes with Horseradish Bread Crumbs

Gourmet | April 2007

Yield: Makes 10 servings

2 pounds yellow-fleshed potatoes such as Yukon Gold	Unsalted butter for buttering pan
1 1/4 lb turnips	1 teaspoon finely grated fresh orange zest
2 1/4 teaspoons salt	1 1/4 cups fresh orange juice
7 tablespoons unsalted butter, cut into tablespoons	2 tablespoons molasses (not robust or blackstrap)
1 cup coarse fresh bread crumbs (from 2 slices firm white sandwich bread)	1/2 teaspoon salt
2 tablespoons drained bottled horseradish, patted very dry between paper towels	1/4 teaspoon black pepper
3/4 cup whole milk	4 large sweet potatoes (2 3/4 lb), peeled and cut lengthwise into 1-inch-wide wedges
1/2 cup thinly sliced scallion greens	

Peel potatoes and turnips, then cut into 2-inch pieces. Cover potatoes, turnips, and 2 teaspoons salt by 2 inches cold water in a 6-quart pot. Bring to a boil, then reduce heat and simmer, uncovered, until potatoes are tender, 15 to 18 minutes.

While vegetables cook, melt 3 tablespoons butter in a 10-inch heavy skillet (preferably cast-iron), then toast bread crumbs with remaining 1/4 teaspoon salt, stirring frequently, until golden brown, 3 to 5 minutes. Add horseradish and toss until combined well, then transfer to a small bowl.

Drain vegetables in a colander, then return to pot and mash. Stir in milk, remaining 4 tablespoons butter, and scallion greens over low heat until combined well and heated through. Season with salt and pepper, then serve topped with bread crumbs.

Cooks' notes:

·Bread crumbs, without horseradish, can be made 1 day ahead and cooled, then kept in a sealed plastic bag. Reheat in a skillet, then toss with horseradish.

·Mashed potatoes and turnips, without scallions and bread crumbs, can be made 1 day ahead and chilled, uncovered, until completely cooled, then covered. Reheat in a large metal bowl set over a pot of simmering water, stirring occasionally.

Chive and Parsley Mashed Potatoes **Gourmet | November 2002**

Yield: Makes 8 to 10 servings

For chive and parsley oil

1 cup chopped fresh chives

1/2 cup plus 3 tablespoons olive oil

3/4 cup chopped fresh flat-leaf parsley

1/4 teaspoon salt

For mashed potatoes

5 lb yellow-fleshed potatoes such as Yukon

1 1/4 teaspoons salt

Gold

3/4 teaspoon black pepper

1 1/2 cups milk

1 stick (1/2 cup) unsalted butter, cut into
tablespoon pieces

Make oil: Purée chives and parsley with oil and salt in a blender until smooth. Pour herb oil through a fine-mesh sieve into a glass measure, pressing on and discarding solids.

Prepare potatoes: Peel and quarter potatoes. Cover potatoes with salted cold water by 1 inch in a 5-quart heavy pot, then simmer, uncovered, until very tender, about 25 minutes. While potatoes are simmering, bring milk, butter, salt, and pepper just to a simmer, stirring until butter is melted. Drain potatoes in a colander and return to pot. Add hot milk mixture and mash with a potato masher until almost smooth, then stir in 4 tablespoons herb oil.

Cooks' notes: Oil can be made 4 days ahead and chilled, covered. Bring to room temperature before using. Potatoes can be made 1 day ahead and chilled, covered. Bring to room temperature before reheating in a microwave or double boiler, stirring occasionally.

Unfussy Apple Cake Recipe

101cookbooks.com

If you don't have whole wheat pastry flour, unbleached all-purpose flour will work as a more conventional substitute.

2 cups sweet, crisp red apples, cut into 1/4 cubes (peel on)	1/2 teaspoon fine grain sea salt
2 1/2 cups whole wheat pastry flour	2 eggs
1 tablespoon aluminum-free baking powder	1 cup buttermilk
2 teaspoons cinnamon	1/4 cup butter, melted and cooled a bit
1/2 cup dark Muscavado sugar (or other fine-grain natural cane or brown sugar), lump-free	3 tablespoons large grain sugar

Preheat the oven to 400F degrees, racks in the middle. Butter and flour (or line bottom with parchment paper) one 9-inch square baking dish or tart pan, you can also bake it in a 9x13 pan but really keep a close eye on it after 20 minutes - it will be quite thin.

Place the chopped apples in a bowl of water along with the juice of one lemon. Set aside. Combine the flour, baking powder, cinnamon, sugar and salt in a large bowl. And in a separate smaller bowl whisk together the eggs and the buttermilk. Whisk in the melted butter. Pour the buttermilk mixture over the flour mixture and stir until barely combined - try not to over mix. Now drain the apple, shake off any excess water, and fold the apples into the cake batter.

Spoon the batter into the prepared pan, pushing it out toward the edges. Sprinkle with most of the large grain sugar. Bake for about 20-25 minutes or until cake is just set and a touch golden on top. I like this cake every-so-slightly under-baked, just barely, remember it will cook for a little while after you remove it from the oven.

Serves about 12

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.