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# WESTCHESTER CSA 2009

*Week Twenty-Three*

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Dear CSA Member,

We are nearly at the end of the 2009 CSA season. Next week will be our last delivery for the season. It is cold and windy as we work to gather every last vegetable from the fields.

Members always ask what we do all winter. Things do slow down and we have more flexibility in our time but the farm work really does not end. We have trellis' to take down, green houses that need repair, machinery that needs maintenance, a roof that needs to be replaced...the list goes on and on. The seed catalogs are arriving and all of our orders for seed and fertilizer need to be placed during December. By February we will be getting the greenhouses ready to start transplants again. The vegetable and fruit schools for farmers are held during the cold months and we also try to attend at least one educational meeting during the winter. We do take a break and Pete and I are getting better at really taking a vacation. The farm and the work at the farm move with the seasons just like the CSA harvest.

For members with a Coffee Share, this will be the last delivery. If you would like to order extra bags of coffee to hold you over during the winter, you can fill in the form at the farm website and send it to the farm. Please, also send me an e-mail with your order so I can make sure it is delivered with the last vegetables and fruit shares. As far as the Maple and Honey, there are no more 5 pound jars of Honey and no more Grade B Maple. Next spring! If you would like to still order maple and honey, please send an e-mail as well with your order.

Enjoy the Vegetables –

Deborah for everyone at Stoneledge Farm

## 🌿 VEGETABLES 🌿

**Keuka Gold Potatoes - 4 pounds**

**Red Ace Beets - 2 pounds**

**Bolero Carrots - 1 pound**

**Top Crop Collards - 1 bunch**

**Garlic - 2 bulbs**

**Sage - 1 bunch**

**Celariac - 2 roots**

**Romanesco - 1 head**



## FRUIT SHARE

**1 bag of Golden Delicious and Fuji Apples, Bosc Pears**

## THE RECIPES

### Maple Pear Upside-Down Cake New York Times (Mark Bittman)

11 tablespoons butter	2 large eggs
3/4 cup maple syrup	1 1/2 cups flour
1/4 cup packed brown sugar	1 1/2 teaspoons baking powder
3 to 4 pears, peeled, cored and thinly sliced	1/4 teaspoon salt
3/4 cup granulated sugar	1/2 cup milk
1 teaspoon vanilla	

1. Heat oven to 350 degrees. Melt 3 tablespoons butter in a small pan over medium heat; add maple syrup and brown sugar and cook, stirring, until sugar dissolves. Bring to a boil and cook for another 2 minutes; remove from heat and set aside. When mixture has cooled a bit, pour it into a 9-inch baking pan and arrange pear slices in an overlapping circle on top.
2. With a handheld or standing mixer, beat remaining 8 tablespoons butter and the sugar until light and fluffy. Add vanilla and eggs, one egg at a time, continuing to mix until smooth. In a separate bowl, combine flour, baking powder and salt.
3. Add flour mixture to butter mixture in three batches, alternating with milk; do not over mix. Carefully spread batter over pears, using a spatula to make sure it is evenly distributed. Bake until top of cake is golden brown and edges begin to pull away from sides of pan, about 45 to 50 minutes; a toothpick inserted into center should come out clean. Let cake cool for 5 minutes.
4. Run a knife around edge of pan; put a plate on top of cake and carefully flip it so plate is on bottom and pan is on top. Serve warm or at room temperature.

Yield: 8 to 10 servings.

### Pear and Gorgonzola Green Salad with Walnuts By Mark Bittman

Be sure to use top-quality ingredients: pears that are tender and very juicy and real Italian Gorgonzola. Dress with bottled dressing if you must, but I prefer extra virgin olive oil and sherry or balsamic vinegar, or homemade vinaigrette.

#### Ingredients

2 large pears (about 1 pound)	6 cups mixed greens, torn into bite-sized pieces
1 tablespoon fresh lemon juice	About 1/2 cup any vinaigrette
1 cup walnuts	
1/4 pound Gorgonzola	

1. Peel and core the pears; cut them into 1/2-inch chunks and toss with the lemon juice. Cover and refrigerate for up to 2 hours until needed.

2. Put the walnuts in a dry skillet over medium heat and toast them, shaking the pan frequently, until they are aromatic and beginning to darken in color, 3 to 5 minutes. Set aside to cool.
3. Crumble the Gorgonzola into small bits; cover and refrigerate until needed.
4. When you're ready to serve, toss the pears, cheese and greens together with as much of the dressing as you like. Crumble the toasted walnuts over the salad and serve immediately.

## Autumn Potato Salad Recipe

101cookbooks.com

1 1/2 pounds small, waxy potatoes, well scrubbed and halved or quartered  
 1/2 pound baby carrots, well scrubbed and halved or quartered  
 1/2 pound parsnips, well scrubbed, and halved

6 medium shallots, peeled  
 1/4 cup extra virgin olive oil  
 2 big pinches of sea salt  
 2 bunches of scallions (green onions), greens topped off, and halved lengthwise

### Vinaigrette:

2 tablespoons red wine vinegar  
 1 small shallot, minced  
 2 teaspoons whole grain mustard  
 1/4 teaspoon fine grain sea salt

1/3 cup of olive oil  
 1 tablespoon heavy cream or crème fraiche (optional)  
 2 cups cooked wild rice (opt)

Preheat oven to 375F degrees.

In a large bowl toss the potatoes, carrots, parsnips, and shallots with 1/4 cup of olive oil and 2 big pinches of salt. When the ingredients are well coated, turn them out onto a large baking sheet in a single layer. There will be a bit of residual oil in the bottom of the bowl, gently add the green onions to the mixing bowl and push them around a bit until they are coated as well. If there is room on your baking sheet add the onions in their own corner (they take less time to roast and you will need to remove them), or place them on their own baking sheet. Place in the oven.

The scallions will likely finish baking first; remove them when they are well-browned, roughly 20 minutes. The rest of the vegetables usually take somewhere between 40 and 60 minutes. Let them go until they are deeply golden and tender throughout. Check them regularly, flip them with a metal spatula once or twice along the way, and if any of the smaller pieces are getting too dark pull them off the pan.

While the vegetables are roasting, start the dressing by pouring the red wine vinegar into a small bowl along with the chopped shallot. If you have the time, let it sit there for twenty minutes or so. Then whisk in the mustard and salt, before slowly drizzling in the olive oil, whisking all the while. Whisk in the cream, taste and adjust with more mustard, vinegar, salt, etc to taste.

When they are done roasting, remove the vegetables from the oven. In a large bowl toss the wild rice (if you're going that route) with a splash of the vinaigrette. You can now either transfer the rice to a serving platter, as a bed for the vegetables, or you can add the roasted vegetables to the bowl and toss them with the rice, the rest of the dressing, and half of the scallions. Turn everything out onto the platter and serve topped with the remaining roasted scallions.

## Roasted Cauliflower with Onions and Fennel

### Bon Appétit | March 2007

Serve as a side dish for roast chicken. Yield: Makes 6 servings

1 medium head of cauliflower (about 1 1/4 pounds), cored, cut into 1-inch florets  
6 tablespoons olive oil, divided  
2 medium onions (about 1/2 pound each), halved lengthwise, cut into 3/4-inch-wide wedges with some core still attached, peeled

2 fresh fennel bulbs (about 1 pound total), halved lengthwise, cut lengthwise into 1/2-inch-wide wedges with some core still attached  
8 small garlic cloves, unpeeled  
15 fresh marjoram sprigs

Position rack in center of oven; preheat to 425°F. Toss cauliflower and 2 tablespoons oil in large bowl. Heat heavy large skillet over medium-high heat. Add cauliflower and sauté until beginning to brown, about 5 minutes. Transfer cauliflower to rimmed baking sheet.

Add 2 tablespoons oil to same skillet. Add onion wedges. Cook until browned on 1 side, about 3 minutes. Using spatula, carefully transfer onions to baking sheet with cauliflower, arranging wedges browned side up. Add remaining 2 tablespoons oil to same skillet. Add fennel; sauté until fennel softens slightly and starts to brown, about 5 minutes. Transfer to same baking sheet. Scatter garlic and marjoram over vegetables. Sprinkle with salt and pepper. Roast until vegetables are caramelized, about 25 minutes. Serve hot or at room temperature.



#### 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.