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# WESTCHESTER CSA

## 2009

*Week Twenty-Four*

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Dear CSA Member,

Our last message this year is one of thanks. Thank you to all of the Core Group members, others who help with the weekly delivery, and each CSA member.

Our farm family continues to grow and we are thankful for everyone that has worked with us this past season. The men that work on the farm, Julian, Juan, Geo, Arturo will be leaving on Wednesday to return to their families in Mexico and we thank them for their hard work and dedication to the farm. We look forward to their return next spring.

Enjoy the holidays ahead. We are reminded daily of the wonders that the earth has to offer and we thank you for being part of Stoneledge Farm.

Deborah, Pete, Peter, Jen, Arliss, Juan, Julian, Arturo & Geo

### **IMPORTANT REMINDERS**

There are several important notes at the end of the newsletter regarding next year's registration etc. Beyond that, it seemed that as we close out another year, it's good to remember why belonging to a CSA is such a valuable and rewarding experience!

Here are just a few reasons why:

1. Better flavor: Organic vegetables have a rich and full flavor. Since organic farming nourishes the soil, the food nourishes our palates.
2. More Nutritious: Freshly picked organic

### **🌱 VEGETABLES 🌱**

**Keuka Gold Potatoes - 4 pounds**

**Bolero Carrots - 1 pound**

**Red Ace Beets - 2 pounds**

**Brussels Sprouts - 3 stalks**

**Winterbor Kale - 1 bunch**

**Celeriac - 2 roots**

**Garlic - 2 heads**

**Broccoli - 2 heads**

**Romanesco Cauliflower - 1 head**



### **FRUIT SHARE**

**Mutsu, Fuji Apples, Bosc Pears**

produce grown without pesticides and are more nutritious than conventionally grown vegetables.

3. Safer Food: Our produce comes directly from the farm. No risk of your food getting damaged or spoiled due to long-distance shipping. Organic produce is grown without pesticides or sprays.
4. Save Money: our CSA offers high quality produce at below comparable retail cost. The money goes directly to the farmer instead of paying distributors and trucking companies, and it stays our local economy.
5. Protect Your Children: Children are exposed to four times as many cancer-causing pesticides in their food as adults.

## THE RECIPES

### Golden-Crusted Brussels Sprouts Recipe [101cookbooks.com](http://101cookbooks.com)

This seemed perfect for the smallish sprouts we get in the share.

24 small brussels sprouts  
1 tablespoon extra-virgin olive oil, plus more for rubbing  
fine-grain sea salt and freshly ground black pepper  
1/4 cup grated cheese of your choice

Wash the brussels sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top and gently rub each half with olive oil, keeping it intact (or if you are lazy just toss them in a bowl with a glug of olive oil).

Heat 1 tablespoon of olive oil in your largest skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the brussels sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes.

Once just tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Use a metal spatula to toss them once or twice to get some browning on the rounded side. Season with more salt, a few grinds of pepper, and a dusting of grated cheese. While you might be able to get away with keeping a platter of these warm in the oven for a few minutes, they are exponentially tastier if popped in your mouth immediately.

### Simple Cauliflower Recipe [101cookbooks.com](http://101cookbooks.com)

To make this recipe vegan, just omit the Parmesan cheese finish - still delicious.

2 - 3 heads of small cauliflower (or 1/2 head large)

2 tablespoons of olive oil

a couple pinches of sea salt

1 clove garlic, minced

1 small bunch of chives, chopped

zest of one lemon

freshly grated Parmesan

a bit of flaky sea salt

To prep the cauliflower, remove any leaves at the base and trim the stem. Now cut it into tiny trees - and by tiny, I mean most florets aren't much larger than a table grape. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Rinse under running water, and set aside.

Heat the olive oil and fine grain salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the bottom, then toss the cauliflower with a spatula. Brown a bit more and continue to saute until the pieces are deeply golden - all told about six minutes. In the last 30 seconds stir in the garlic.

Remove from heat and stir in the chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of flaky sea salt (if you have it on hand). Serve immediately.

## Roasted Potatoes with Bacon, Cheese, and Parsley Gourmet | November 2007

Yield: Makes 8 (side dish) servings

Active Time: 30 min

Total Time: 1 1/2 hr

3 pounds medium Yukon Gold potatoes (about 3 inches in diameter)

6 ounces bacon (about 6 slices), halved lengthwise, then cut crosswise into 1/2-inch pieces

2 tablespoons olive oil

1/2 cup grated Parmigiano-Reggiano

2 garlic cloves, finely chopped

1/4 cup chopped flat-leaf parsley

Preheat oven to 425°F with rack in lowest position.

Generously cover potatoes with cold water in a 4-quart pot and add 1 tablespoon salt. Bring to a boil, then simmer, partially covered, until potatoes are just tender when pierced with a small sharp knife, about 12 minutes. Drain. Cool potatoes to warm, then peel and cut in half crosswise.

Cook bacon in a 12-inch heavy skillet over medium heat, stirring, until cooked through but still flexible. Drain on paper towels, reserving fat in skillet.

Brush bottom of a 15- by 10-inch shallow baking pan with oil and half of reserved bacon fat. Sprinkle potatoes with 1/2 teaspoon salt and 1/4 teaspoon pepper and arrange, cut sides down, in baking pan. Bake until undersides are golden brown, 30 to 35 minutes.

Reduce oven temperature to 375°F. Turn potatoes over, then sprinkle with cheese, bacon, and garlic and drizzle with remaining bacon fat (if fat congeals, reheat briefly over medium heat). Bake until cheese is melted, about 15 minutes. Sprinkle with parsley.

## Roasted Beets and Carrots Gourmet | February 2002

Yield: Makes 6 servings

Active Time: 35 min

Total Time: 2 1/2 hr

6 medium beets (2 1/2 lb with greens), trimmed, leaving 1 inch of stems attached  
2 1/2 lb carrots, cut diagonally into 3/4-inch-thick slices  
2 tablespoons olive oil

Preheat oven to 425°F. Wrap beets tightly in foil, making 2 packages, and roast in middle of oven until tender, about 1 1/4 hours.

Toss carrots with oil and salt and pepper to taste in a shallow baking pan.

Remove beets from oven and roast carrots in middle of oven until tender, about 20 minutes.

While carrots are roasting, unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut each beet into 6 wedges.

Add beets to carrots, tossing to combine, and roast until beets are hot and carrots are very tender, about 15 minutes more.

### THE EXCHANGE

- Turkey and LWF pickups will be Tuesday Nov. 24th from 5-6pm at our Buchanan site. This will be our last distribution at this site for the season. There will however be another member volunteering their home for the winter months (that info will be available soon).
- Also online registration is almost ready, we'll send that information via email when it's up and running...register early we fill up fast!

**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)