

Westchester CSA Newsletter

September 1 (Week 13)

News from the Farm

This is the time of year when we are harvesting every last summer vegetable from the field. The weather is still warm, but most of the summer crops have been producing for so long. There will be bits of this and that as we clean the fields of the remainders of a wonderful summer harvest. We don't waste a thing.

You will see that some of the tomatoes are getting really ripe and will not hold as long as they had been. You can easily freeze them for use in cooking this winter by washing; slicing and putting them in zip lock freezer bags. That is it. So easy and they will taste like summer when you take them from your freezer to use. If you go to the farm website and look at the Photos section you will see that we are very proud and so happy to have such a great tomato harvest. I think we each took a turn posing with a tomato.

The Farm Festival is fast approaching, September 11 from 11-3. Jen has done a fabulous job on the Farm Festival Newsletter and you can find it on the farm website www.stoneledgefarmny.org under the Newsletter listing. If you are planning on attending please bring a dish to share, your own place setting and be ready for a great day at the farm. There will be other local farmers and producers that are involved with the farm there as well. The complete listing of those that will also have their products at the Farm Festival can be found in the Newsletter. There is also a downloadable PDF order form for members that will be attending to order pastured meat and eggs from Heather Ridge Farm, our neighbors. Please contact Heather Ridge directly if you would like to pre-order.

Enjoy the Vegetables-

Deborah for everyone at Stoneledge Farm

NOTES: The opal basil can be used like green basil but it also makes beautiful flavored vinegar. Put a bunch in a bottle with mild, clear vinegar. Let steep a couple of days and then remove the leaves. The vinegar will turn a bright purple color and the vinegar will be flavored with basil.

Take the Serrano peppers if you wish, they are not quite as hot as the jalapeno peppers. They are also easy to freeze to use this winter. Cut, put in zip lock freezer bags and pop in the freezer. When you are making that big pot of chili this winter, they will be welcome.

Beets - 1 bunch

Eggplant - 2

Pequino Dolce Cabbage - 2

Broccoli - 2 heads

Peppers - 3

Serrano Peppers - 2

Tomatoes - 3 pounds

Cherry Tomatoes - 1 basket

Opal Basil - 1 bunch

Summer Savory - 1 bunch

Onions - 4 each

*Fruit Share- 1 bag with
Nectarines, Donut Peaches,
Bartlett Pears*

Recipes

Eggplant Bruschette

Gourmet | March 2006

1 baguette	1/4 teaspoon finely chopped fresh oregano
4 tablespoons extra-virgin olive oil	1/4 teaspoon coarse gray sea salt
1 1/2 garlic cloves, whole clove left unpeeled	1/8 teaspoon coarsely ground black pepper
1 small eggplant (1/2 lb)	1 tablespoon chopped fresh flat-leaf parsley
1/2 teaspoon finely chopped fresh thyme	2 tablespoons finely grated Parmigiano-Reggiano
1/4 teaspoon finely chopped fresh rosemary	

Put oven rack in middle position and preheat oven to 375°F.

Cut off and discard 1 end of baguette, then cut 12 (1/4-inch-thick) crosswise slices from baguette. Lightly brush 1 side of each slice with some oil (about 1 tablespoon total) and arrange, oiled sides up, on a baking sheet. Toast until golden, 8 to 10 minutes. While toasts are still warm, rub oiled sides with cut side of garlic clove half, then transfer to a rack to cool. Reduce oven temperature to 350°F.

Halve eggplant lengthwise and make shallow 1/2-inch-long incisions all over cut sides with tip of a paring knife. Arrange eggplant, cut sides up, in a shallow baking dish and add unpeeled garlic clove. Sprinkle thyme, rosemary, oregano, sea salt, and pepper over eggplant, then drizzle eggplant and garlic with 2 tablespoons oil.

Bake until garlic is very tender, 30 to 35 minutes, then transfer garlic to a cutting board and continue to bake eggplant until very tender, 20 to 25 minutes more. When garlic is cool enough to handle, squeeze flesh from peel onto cutting board.

Transfer eggplant to cutting board and let stand until cool enough to handle, about 15 minutes. Scrape out flesh with a spoon onto cutting board.. Finely chop eggplant and garlic together and transfer to a bowl. Add parsley and remaining tablespoon oil, stir until combined well. Add salt and pepper to taste.

Top toasts with eggplant mixture and sprinkle with cheese.

Nectarine Golden Cake

Gourmet | September 2009

The nectarine, a subspecies of peach, generally has a sharper, more intense taste. The homey yellow cake here is studded with wedges of them, their summery, sunshiny essence set off by a trace of nutmeg. It's buttery and flavorful yet not too rich; a sprinkle of sugar on top gives it just

enough crustiness to hold up a dollop of softly whipped cream, but it's delicious stark naked as well.

1 cup all-purpose flour
2 teaspoons baking powder
Rounded 1/4 teaspoon salt
1 stick unsalted butter, softened
3/4 cup plus 1/2 tablespoon sugar, divided
2 large eggs
1 teaspoon pure vanilla extract
1/8 teaspoon pure almond extract
2 nectarines, pitted and cut into 1/2-inch-thick wedges
1/2 teaspoon grated nutmeg

Preheat oven to 350°F with rack in middle. Lightly butter a 9 “ springform pan.

Whisk together flour, baking powder, and salt.

Beat butter and 3/4 cup sugar with an electric mixer until pale and fluffy. Add eggs 1 at a time, beating well after each addition, then beat in extracts. At low speed, mix in flour mixture until just combined.

Spread batter evenly in pan, then scatter nectarines over top. Stir together nutmeg and remaining 1/2 tablespoon sugar and sprinkle over top. Bake until cake is golden-brown and top is firm but tender when lightly touched (cake will rise over fruit), 45 to 50 minutes. Cool in pan 10 minutes. Remove side of pan and cool to warm.

Chopped Beet Salad with Feta and Pecans *From Martha Stewart Living*

1/2 cup pecans
4 bunches small beets (16 to 20 beets)
3 tablespoons cider vinegar
3 tablespoons olive oil
4 ounces feta cheese, crumbled
2 tablespoons freshly chopped flat-leaf parsley, plus sprigs for garnish
Coarse salt and freshly ground pepper

DIRECTIONS

Preheat oven to 350 degrees. Place pecans on a baking sheet, and toast until fragrant, about 10 minutes. Transfer to a bowl to cool. Coarsely chop, and set aside. Raise oven temperature to 450 degrees.

Trim greens and long roots from beets. Wrap in 2 to 3 aluminum-foil packets, dividing beets according to size. Place in oven, and roast until tender, 45 to 60 minutes, depending on size of beets. Using paper towels to protect your hands, wipe the skins from the beets. Cut into wedges, and transfer to a serving bowl.

Drizzle vinegar and olive oil over beets; toss to coat (beets can be made ahead). When ready to serve, add feta, parsley, pecans, and salt and pepper to taste; toss to combine. Garnish with parsley sprigs.

Oven Dried Tomatoes

Balsamic vinegar

Tomatoes

Coarse sea salt

1. Pour the vinegar into a mister or spray bottle.
2. Cover the bottom oven rack with aluminum foil or put a large rimmed baking sheet on it. Position as low as possible in the oven. Position the second rack in the center of the oven. Preheat the oven to the lowest setting, either 150° or 200°F depending on your oven.
3. Core the tomatoes. If using plum tomatoes, cut each one in half lengthwise. Slice round tomatoes in half through the equator.
4. Mist the tomatoes lightly with vinegar and sprinkle the cut sides evenly with salt.
5. Arrange the tomatoes, cut side up and side by side on wire cooling racks. Do not let them touch. Put the cooling racks directly on the upper oven rack for maximum heat and air circulation. Let the tomatoes dry for 6-8 hours for semi dry tomatoes, 10-12 hours for fully dry tomatoes. Check tomatoes continually, some will dry more quickly than others depending on the moisture content and the size of the tomato. Remove them when they reach the desired dryness.
6. TO STORE: refrigerate the semidry tomatoes in olive oil to cover for up to one month. Put the dry tomatoes in oil to cover, or without oil, in a zippered plastic bag or in a jar with a tight fitting lid for up to one month.

“September tries its best to have us forget summer.” Bern Williams

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