

**WEEK 23: CARNEGIE HILL/YORKVILLE CSA November 15, 2005**

**What's in the bag**

Dear CSA Member,

The CSA season is coming to a close and we are busily trying to harvest everything that is remaining in the fields for your share over the next two weeks. As soon as a patch of earth is completely harvested Pete is right behind us with the tractor to work up the soil one more time and spread winter rye over the exposed ground.

Soil without cover is in danger of all the wrath of nature over winter. Just a few warm days like we have been enjoying and the rye seed germinates and grows. Most of the garden is now a beautiful green. Next spring, the winter coat of rye will be worked into the earth to add nutrients and organic matter.

Enjoy the vegetables-Pete and Deb

Potatoes	Brussels Sprouts	Orange Carrots	Champion Collards
Delicata Winter Squash	Carnival Winter Squash	Garlic	Beets
Winterbor Kale	Parsley		

**OPTIONAL FRUIT SHARE**

Bosc Pears      Fuji Apples      Golden Delicious Apples

<b>WHAT TO DO WITH WHAT YOU GOT THIS WEEK</b>
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**BRUSSELS SPROUTS** Deb says: "We weren't sure if the Brussels Sprouts would last, but the rains stopped and the sprouts are a bit larger than the last ones we had for you. These are a hard vegetable for us to grow but the tiny sprouts are delicious

**APPLES** Both types (Fuji apples are the pinker ones) will keep well in your refrigerator  
**COLLARDS/KALE** come from the same family—they are leafy, non-heading cabbages and have been grown for at least two thousand years. The best way to store them is to wrap them in paper towels and place in an open plastic bag in the vegetable drawer of the refrigerator.

<b>HOW TO CONTACT US:</b>
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## RECIPES AND ANNOUNCEMENTS

### Balsamic-Glazed Beets

**Serves 2**

*6 beets*

*2 T. olive oil*

*2 T. salt*

*½ c. balsamic vinegar*

*3 T. brown sugar, firmly packed*

Preheat oven to 400 degrees F. Peel beets, coat with oil, sprinkle with salt. Wrap individually in foil and bake 1 hour. Heat vinegar in small saucepan. Add sugar and stir to dissolve. Simmer 15 minutes, set aside. Unwrap beets and cool slightly. Slice into ¼-inch thick slices. Place in roasting pan in single layer. Pour vinegar mixture on top and return to oven for 5 minutes. Serve.

### Beet Chili

A good way to sneak some beets into your everyday menu.

*1 T. canola oil*

*1 medium onion, diced*

*1 stalk celery, chopped*

*2 cloves garlic, minced*

*3 c. water*

*2 c. diced beets*

*1 c. potato, diced*

*1 15-oz. can stewed tomatoes*

*2-3 ts.p chili powder*

*2 tsp. dried oregano*

*1 tsp. dried basil*

*½ tsp. salt*

*½ tsp. black pepper*

*1 15-oz. can kidney beans, drained*

*2 T. tomato paste*

Heat oil in large saucepan. Add onion, celery and garlic; sauté until tender but no brown. Stir in next nine ingredients; bring to a simmer. Cook uncovered over medium-low heat, stirring occasionally, until beets and potatoes are tender, about 30 minutes. Stir in beans and tomato paste. Cool 10-15 minutes more; let stand for 5-10 minutes before serving.

### Carnival Squash Soup with Fried Sage

**Serves 8**

The shell “bowls” make a nice presentation.

*8 carnival squashes (4-6 inches across)*

*3 T. vegetable oil*

*1 c. onion, thinly sliced*

*3 T. unsalted butter*

*6 c. chicken stock (or more)*

*1 c. fresh sage leaves*

*vegetable oil, for deep frying*

*salt and pepper*

*shaved Parmigiano-Reggiano, for garnish*

Preheat oven to 250 degrees F.. Cut the top quarter off squashes, reserving lids. See, clean rinse and pat dry. Toss seeds with 3 T. oil and salt and arrange on single layer on baking sheet. Bake on middle rack for 1-1 ¼ hours, stirring occasionally, until seeds are crisp and golden. Bake squashes and lids cut side down on oil baking sheet for 40 minutes or until tender (lids may be done sooner). Cool and scrape out pulp leaving just enough so shell retains its shape. Reserve pulp. Cook onion in butter in a skillet until softened. Add pulp and stock and simmer for 20 minutes. Puree in batches and transfer to a saucepan. Heat 2 inches of oil to 350 degrees in deep saucepan. Add sage in small batches and fry for 20 seconds until translucent. Drain on paper towels; sprinkle with salt. Warm squash sheets and lids in 350 degree oven for 15 minutes. Heat soup until hot, adding water or stock to keep consistency. Season to taste. Place each shell in shallow soup bowl and ladle soup into shell. Top with sage and cheese shavings. Place lid on top, off to one side.

### NEWLETTER FEEDBACK

What would you like to see in your weekly CSA newsletter next year? More recipes? More background information about the produce? More news from our suppliers? Send your comments to our email address.