

WEEK

20

DEAR CSA MEMBER,

Earlier this summer I was selected as the farmer delegate by the Catskill Watershed Agricultural Council to attend the Slow Food International Terra Madre held in Turin, Italy. The Terra Madre gathering reflects the belief that the future of agriculture and food itself is in the hands of many people with different but interlinking skills: seed savers, chefs, farmers, fishermen, wild product gatherers, breeders, researchers. "Terra Madre is a forum for all who believe that good, clean and fair food should be available at every table," said Slow Food USA Executive Director Erika Lesser. 5,000 small-scale farmers, breeders, fishermen, herders, traditional food producers and chefs from five continents and 150 countries will be there. I will be away for the week of October 24-31. I will catch up on correspondence, honey and maple orders when I return. Enjoy the vegetables—Pete and Deb

Garlic
Carrots
Acorn Winter
Squash
Collards

Austrian Crescent
Fingerling
Potatoes
Winterbor Kale
Daikon Radish

Gold Turnips
Mint

OPTIONAL
FRUIT SHARE:
Golden Delicious
Apples
JonaGold Apples

Bosc Pears
Anjou Pears

Breakfast Greens // //

Why not start the day with these ultra-nutritious greens? This recipe is great with a side of whole grain toast! Amounts are left up to you.

- kale, collards or other dark leafy greens, de-stemmed
- eggs
- fish sauce (Nam Pla)
- scallions, chopped, including greens
- some oil for cooking

garlic, you could add a crushed clove when you sizzle the scallions)
Cook greens in boiling salted water until tender, drain and cool (or run under cold water). In a bowl, whisk a few eggs with fish sauce (roughly 1/4 tsp. per egg). Squeeze as much water from the greens as you can, then place on a cutting board and chop up. Heat oil in a skillet until hot, sizzle scallions 30 seconds, add eggs and scramble. When eggs are nearly done, mix in the greens and cook together until done.

Kale and Mushroom Penne // // // // Serves 2 to 4

- 3-4 cloves garlic, minced or crushed
- Olive oil and butter
- 12 or so mushrooms, cleaned and sliced
- 1 bunch kale, cleaned and chopped
- juice of half a lemon
- 1-2 tsp. capers
- penne pasta
- salt and pepper
- grated parmesan (optional)

Saute garlic in butter & olive oil a few min., then add mushrooms, cover and cook at medium heat, stirring occasionally, until soft and have generated their own juice. Add kale and steam about 5 minutes until kale is wilted. Add lemon juice, capers, salt and pepper to taste. Boil penne separately, drain and stir into kale mushroom mixture. Top with parmesan. Serve.

Sauteed Kale with Parmesan and Lemon // // Serves 2

- 1 bunch kale, washed and trimmed, cut into 2-inch pieces
 - 1 tsp. salt
 - 2 T. olive oil
 - 1 T. fresh lemon juice
 - 1/4 tsp. red pepper flakes
 - 1/4 c. grated Parmesan cheese
- Heat 1 inch of water in a large pot to a boil. Add kale and salt. Cover. Cook, stirring once, until crisp-tender, about 5 minutes. Drain. Return kale to pot. Drizzle with olive oil. Reheat. Add lemon juice, red pepper and Parmesan and toss.

Cornbread stuffing with Greens // // // // Makes 4 cups

This recipe is from Chez Panisse; it makes enough to stuff two chickens; it's also a great stuffing for the Thanksgiving bird.

- 1 recipe corn bread (see below)
- 1 bunch greens (chard, kale, collards etc.), about 1/2-3/4 lb.
- olive oil
- 1 small onion
- 2 cloves garlic
- 1/2 lb. bacon or smoked sausage (vegetarians can substitute celery)
- 1 sprig thyme
- a few sage leaves
- a few sprigs parsley
- 1 egg
- 1/4 c. milk
- salt and pepper

Crumble the cornbread into a large mixing bowl. Wash and trim the greens, chop roughly, and cook until tender in a little olive oil. Peel and dice the onion. Peel and chop the garlic. Dice the bacon (if using sausage or celery, cut it into chunks) and saute it in a tablespoon of olive oil. When it has begun to render its fat, add the onion and cook until softened, but not too brown, about 2 to 3 minutes. Add the garlic, stirring quickly to prevent it from burning. Remove from the heat and add to the corn bread. Finely chop the leaves of the thyme

and sage; there should be about 1/2 teaspoon each. Finely chop enough parsley to make about 2 teaspoons. Add the herbs; the cooked greens; the egg, lightly beaten; and the milk to the bowl with the corn bread. Mix well. Add more milk if the mixture looks too dry. Season to taste with salt and pepper.

Alice's Cornbread // Serves 4

- 3/4 cup flour
- 1 1/2 tsp. baking powder
- 1 1/2 T. sugar
- 1 tsp. salt
- 1 1/4 c. cornmeal
- 1/4 lb. butter (1 stick) plus more, for greasing the pan
- 1 c. milk
- 1 egg

Preheat the oven to 400 degrees. Place a 9 inch cast iron skillet in the oven from the start of preheating. In a large bowl, thoroughly combine the flour, baking powder, sugar, salt and cornmeal. Put the butter and milk in a small saucepan and heat until the butter is melted. Break the egg into another bowl, beat lightly, and whisk in the milk and butter. Make a well in the flour mixture, pour in the liquid ingredients and stir until just smooth. Take the skillet out of the oven, put in a lump of butter, and swirl it around to coat the pan. Pour in the batter. Bake for 25 minutes, or until a toothpick or skewer inserted in center comes out clean.

Spicy Rice and Kale // // Serves 4

- 2 1/4 c. canned low-salt chicken broth or vegetable broth
- 1 1/2 tsp. Creole or Cajun seasoning
- 1 c. converted white rice
- 4 oz. kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

Daikon Indian Flatbread // // Serves 4

- 2 c. wheat flour
- salt
- 1/2 tsp. chili powder
- 1/2 teaspoon ground cumin
- 2 T. oil
- water, from the grated radish, for the dough (see below)
- Filling**
- 1 medium daikon radish, grated (after grating, squeeze out the water/juice, use it for kneading dough)
- 1/4 turmeric powder
- 1/2 tsp. jeera powder
- 1/2 onion, grated, juice squeezed out and discarded
- salt

- chili powder
- 2 T. cilantro leaves, finely chopped
- whole wheat flour
- oil (for frying)

Make the dough by adding the radish water to flour until desired consistency. Leave the dough, covered, in a warm place to rest for half an hour. Add salt to the grated radish. After 15 minutes, squeeze out more water and discard. In a small bowl, add rest of ingredients (except flour and oil) to daikon. Form dough into small balls a little bigger than an egg. Flatten them out, dip in dry flour and roll them out using a rolling pin to a teacup-saucer size. Make smaller balls of the filling (about the size of an egg yolk) and place in the center of the dough saucers. Gather the rest of the dough around filling so that the dough completely covers the filling. Dip it in dry flour and roll it out again this time bigger than a saucer. Heat a teaspoon of oil in a frying pan. Add the bread and shallow fry on each side until brown spots appear. Serve.

Potato Turnip Gratin // // Serves 6 to 8

- 2 lb. Yukon Gold potatoes (about 5 medium)
- 1 3/4 pounds turnips (about 5 medium)
- 1/4 c. (1/2 stick) butter
- 1/2 c. grated pecorino Romano cheese, divided
- Pinch of ground nutmeg

Preheat oven to 425°F. Butter a 11x7x2-inch glass or ceramic baking dish. Cook potatoes and turnips in heavy large pot of boiling salted water until tender, about 35 minutes. Drain. Cool slightly and peel. Cut into large chunks; place in food processor. Add butter; process until smooth. Add 1/4 cup cheese and nutmeg; blend briefly. Season with salt and pepper. Spoon into prepared dish. Sprinkle with remaining cheese. Bake gratin uncovered until vegetables are hot and top is golden, about 25 minutes.

Kale-Cranberry Saute // // // // Serves 4

- 1 lb. Red Russian kale, de-stemmed
 - 1 1/2 quarts water
 - 1 T. sea salt
 - 1/2 c. dried cranberries
 - 2 T. olive oil
 - 2 medium red onions, diced
 - 3 T. red wine vinegar
- Bring water to a boil in wide saute pan. Add salt, then kale. Cover and boil for 5 minutes. Add cranberries, uncover, and simmer until kale is tender. Drain. Dry pan and heat 1 T. oil over moderately high heat. Saute onions until lightly browned, 4-5 minutes. Add vinegar and toss to evaporate completely. Transfer to dish. Return pan to burner and add remaining oil. Add kale and cranberries and heat through. Add onions and toss. Serve at once.

CSA NEWS, VIEWS & Q'S

Q: How did Electronics Recycling Day go?

A: E-waste recycling official results: 139 people participated in the e-waste event at Church of the Heavenly Rest and we collected 10,360 pounds (5.2 tons) of unwanted computers, 50 pounds of cell phones and 80 pounds of batteries!!

Thanks to members and the Church of the Heavenly Rest for posting flyers and publicizing the event. Future e-waste events: •Sunday, November 12 from 8 am- 12:30 pm at Lincoln Center Service Road, (drop off area just west of Columbus Avenue and south of 65th Street.) •The 4th annual "After the Holiday" collection event at Union Square Park, North Plaza on January 7th, 2007 from 8 am-4 pm.

Q: Planning to rejoin the CSA for 2007? Let us know! The deadline for reserving your share in advance is the end of the CSA season, Nov. 21st. It's not necessary to pay for your share yet, but we do want to know how many shares we need to reserve for current members, before we open them up to people on our waiting list and the general public. There is a discount, however, for paying ahead of time--before the end of December.