

Carnegie Hill CSA

Week Ten – August 10, 2010

What's In the Bag, from Stoneledge Farm (A message from our farmer)

Dear CSA Member,

Summer vegetables are at their best flavor and fill your share. The tomatoes continue to ripen, the peppers are sweet and the basil makes the perfect addition. Jen has just finished the Stoneledge Farm Summer Newsletter that highlights all of the different tomatoes that we grew this year. To view the newsletter just go to the farm website, click on the Newsletter link and then on the PDF. It's a beauty.

There are a couple of different varieties of sweet peppers that will be coming your way over the season.

Two are heirloom varieties: Lipstick (small, pointed, sweet) and the Hungary Round (short, flat and shamrock shaped when cut cross wise). There are also the long time favorites: Liliac (purple), Biscayne (long yellow), Diablo (long, green).

The Edamame is also finally filled out and that will be in your share. Just pluck the soy beans from the stem, rinse, steam for 3-5 minutes, salt if you like. Pop the seeds from the pod and enjoy.

We have a farm work visit planned for August 21. Please mark your calendar if you plan on attending.

Week Ten Veggie List

Summer Squash-3 pounds
Boothby Blonde & Poona Kheera Cucumbers-1 pound
Cherry Tomatoes-1 basket
Edamame Soy Beans-1 bunch
Basil-1 bunch
Peppers-3 each
Summer Spinach-1 bunch
Hot Peppers-take 2 if you like.
Tomatoes-2 pounds

Week Ten Fruit List

**Red Clapp Pears, Donut Peaches,
Yellow Peaches-1 bag**

This week is also Coffee Share delivery week. I just got word that work on the vivero at the women's coffee cooperative in Guatemala has begun. Proceeds from coffee sales last season funded the vivero or tree nursery that the women's cooperative badly needed.

What a beautiful summer share. Enjoy the Vegetables.

Deb, for everyone at Stoneledge Farm

Tips & Recipes

A note from the farm about the **Hot Peppers**: This week's hot peppers are jalapenos. **Please be careful, they are really hot and can burn your eyes or other sensitive areas.**

Contact the Carnegie Hill CSA: info90@chycsa.org; 212-502-8562; www.chycsa.org

Contact Stoneledge Farm: info@stoneledgefarmny.org; www.stoneledgefarmny.org

A **Poona Kheera Cucumber** is of Indian origin and is a crisp and juicy cucumber. Enjoy it as you would any variety of cucumber.

One great way to use cucumbers is in a simple Tzatziki sauce.

- 8 ounces plain greek yogurt
- 1 cucumber, peeled and diced
- 1 tablespoon olive oil
- ½ lemon – juiced
- 1 teaspoon fresh dill – chopped
- 1-2 cloves garlic – minced



Combine above ingredients. Use as a dip or to marinate meat, tofu or veggies before grilling.

This Tzatziki would also compliment a **Stuffed Summer Squash** dish:

- 1 cup canned garbanzo beans, drained or ½ cup dry garbanzo beans, soaked overnight
- 1 cup rice, soaked and rinsed
- 2 bunches parsley, finely chopped
- 1 bunch mint
- 1 bunch green onions, finely chopped
- 2 stalks celery with tops, diced

- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 can whole tomatoes, chopped, with liquid or 1 pound fresh tomatoes, finely chopped
- 1/3 cup lemon juice
- ¼ cup olive oil, divided

Directions

1. If using dry garbanzo beans, soak overnight in a pot.
2. Drain water and add fresh water to cover. Cover pot, bring to a boil, then simmer for about 20 minutes.
3. Add olive oil and spearmint; toss.
4. Cool, drain, and remove skins from beans, by rolling beans gently with a rolling pin on a towel.
5. In a bowl, mix together rice, beans, seasonings, chopped greens, and one half of the olive oil.
6. Core squash and fill with rice mixture to ½” from top and arrange stuffed squash upright in a pot, propped up next to one another.
7. Cover with tomatoes with their liquid, lemon juice, remaining olive oil, and one cup water. Cover pot, and bring to boil over high heat on the stovetop, then lower heat and simmer approximately 45 minutes, until rice is done, squash is tender, and sauce is thick.
8. Split each squash in half on individual plates and pour on a little sauce. Serve hot with pita and tzatziki sauce.

Don't forget to look in our CSA cookbook, *Recipes from America's Small Farms*, for more tips on handling, preparing and storing all our veggies.