

# Carnegie Hill CSA

Week Four - June 29, 2010

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

Dear CSA Member,

With summer also arrives one of the vegetables that you have been waiting for: Sugar Snap Peas. A member favorite, the Sugar Snap Peas make a one week appearance.

Sugar Snap peas are an edible pod pea. Snap the string that starts at the stem and lines one side of the pod and eat the whole thing. They are great raw and also wonderful cooked quickly so they are still bright green and crunchy. We love them sauteed quickly in olive oil with a few chopped garlic scapes, mixed with pasta and topped with Parmesan cheese. So good! Enjoy them because they are here for such a very short time.

Many members over the years have expressed interest in the honey bee population at the farm. Our honey bees and also natural pollinators have been doing very well. I think it is probably our diverse cropping, no chemicals and natural habitat that surrounds the farm. A member sent an e-mail with an article that you may be interested in reading about honey bees. Go to <http://www.heifer.org/site/c.edJRKQNiFiG/b.6079379/> to read about "Beauty and the Bees".

Enjoy the Vegetables and Happy Summer.

Deb, for everyone at Stoneledge Farm

## Tips & Recipes

**Escarole**, a somewhat bitter green, is a variety of endive whose leaves are broader, paler and less bitter than other members of the endive family. A note from the farm about the **escarole**: *Don't confuse this with the lettuces. The escarole leaves are all attached firmly at the base and the head is flatter and leaves heavier. Great sauteed with garlic scapes and white beans.*

A common way to use escarole is to put it in a bean soup. Many recipes (such as the one below) also add sausage to the soup, but its just as good vegetarian.

### **Escarole & Bean Soup**

1 – 2 heads escarole, washed carefully and chopped coarsely  
1 – 2 cloves garlic, crushed  
1 can white, cannelli, kidney, or other beans  
salt and pepper

pepperoni or Italian sausage, sliced (optional)  
pasta (any type – optional)  
parmesan cheese (optional)  
3-4 cups broth (chicken or veggie)

Sauté the garlic (and optional sausage or pepperoni slices) in olive oil. Add escarole, cook until

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### Week Four Veggie List

Sugar Snap Peas-1 1/2 pounds  
Bright Lights Swiss Chard-1 bunch  
Summer Spinach-1 bunch  
Escarole-1 head  
Red Leaf Lettuce-1 head  
Green Solix Lettuce-1 head.  
Red Vein Sorrel-1 bunch  
Garlic Scapes-8

tender (if the greens are dry, add a splash of water). Add beans and broth and heat through. Add salt and pepper to taste. If you'd like it with pasta, boil pasta separately then stir in with rest of ingredients. Top with grated fresh parmesan if you like!



1/3 cup minced sorrel leaves

A note from the farm about **sorrel**: *This tends to be a bit bitter with a lemon flavor. Use sparingly to add a lemon flavor to soups or with chicken. Sorrel can be added raw as a topping to salads or can be used to make pesto (and then use it as you would with any other pesto). Or you can use sorrel in a pasta dish like the one below:*

### **Penne with Mushrooms and Fresh Sorrel**

from *The Good Herb* by J. Benn Hurley

- 1 Tablespoon olive oil
- 12 ounces mushrooms, sliced
- 2 cloves garlic, mashed through a press
- 1 medium onion, sliced
- 1 small chile pepper
- 1 cup chopped tomatoes
- 6 cups hot cooked penne or other pasta, about 3/4 pound dried

Heat a large sauté pan over medium high heat, then pour in the oil. Add the mushrooms, garlic, onion and hot pepper and sauté for about 5 minutes. Stir in the tomatoes and cook until saucy and fragrant, about 7 minutes more. In a large bowl, toss the penne with the sauce and sorrel. Serve warm.

A note from the farm about **garlic scapes**: *This will be the last week for garlic scapes. They keep for a really long time in your refrigerator so don't feel that there is a hurry to use them all up. The fresh garlic bulbs won't be ready until September.*

\*\*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.\*\*

