

# Carnegie Hill CSA

[Week Eleven – August 17, 2010](#)

## [What's In the Bag From Stoneledge Farm](#) (A message from our farmer):

Dear CSA Member,

It seems that a farmer is never satisfied. It's too rainy, it's too dry, it's too cloudy, it's too sunny, it's too hot, it's too cold. Mother Nature is always in charge, and all of our complaints make no difference. In the big picture, things balance out. Last summer, we had nothing but rain and cold weather. This summer, there has been endless sunshine and no rain. Put the two together, and you have a perfect summer.

The heat and the lack of rain each bring their own challenges, but no mosquitoes. We're moving irrigation pipes every day and irrigating the fall greens to keep them growing. The summer crops are at their peak, full of flavor, but their growth has stopped and therefore, they're not on the irrigation priority list. The vegetables that you receive in your share do not change much during the summer because we need to pick the summer crops on a very regular schedule. Summer squash is picked every other day; miss a picking and the zucchini is the size of a baseball bat. Some members are asking about carrots, winter squash, potatoes, and beets. They'll come in their time. Please try to savor the summer crops--as quickly as they came, they will stop.

Our second **farm-work visit** is scheduled for **this Saturday from 11:00 a.m. to 3:00 p.m.** If you can make the trip, please bring your own lunch, plenty to drink, a hat, and sunscreen. Wear clothes that you don't mind getting dirty. If the weather holds up, we'll also open the raspberry patch (at the end of the visit) for members to pick their own raspberries. The cost will be \$4 per lb, and you'll need your own container. We just can't transport the raspberries to the CSA because they are so perishable; this will be an opportunity for members to pick and enjoy some of the berries. I would also suggest stopping at the Malden rest stop on the NYS Thruway to use the restrooms before you exit the Thruway. That's the last stop before you get to Exit 21, Catskill. We have a port-o-let, but the restrooms at Malden are much more spacious and are also indoors! If you have questions, you can give us a call at 518.291.2467. Directions to the farm are on the farm website: [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org); use the e-mail and directions link. The 145 Garcia Lane, Leeds address will get you to the farm.

Enjoy the vegetables,

-Deb, for everyone at Stoneledge Farm Farm

## [Week Eleven Veggie List](#)

- Slicing Tomato (3 lbs)
- Cherry Tomato (1 basket)
- Tomatillo (1.5 lbs)
- Slicing Cucumber (1 each)
- Boothby Blonde/Poohna  
Keerna Cucumber (1 lb)
- Summer Squash (1 lb)
- Sweet Peppers (3)
- Thai/Cinnamon Basil (1  
bunch)
- Walla Walla Onion (2)
- Bright Lights Swiss Chard  
(1 bunch)
- Hot Jalapeño Pepper (2)

Contact the Carnegie Hill CSA: [info90@chycsa.org](mailto:info90@chycsa.org); 212-502-8562; [www.chycsa.org](http://www.chycsa.org)

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## **Brew fresh herb teas (a tip from one of our members):**

Simmer 8 to 10 Tpsp (or more) of fresh herbs, such as peppermint, chamomile, lemon balm, or lemongrass in 4 cups water for 15 minutes. Strain and refrigerate for iced tea or serve it hot. You can enhance herb teas by adding citrus peel or fennel seeds to the simmering water. Use a large pitcher of water and herbs to make sun tea—great iced!

### **Fruit Share:**

**Clapp Pears/Peaches (1 bag)**

**Apricots (1 basket)**

## **Tips for This Week's Feast**

**A full meal: appetizer, dinner, and a refreshing drink!**

**Appetizer: Healthy Tapenade, adapted from page 61 of our CSA cookbook, *Recipes from America's Small Farms, Fresh Ideas for the Season's Bounty***

**Ingredients:** 4 slices of bread or sliced French bread; 8 ounces mesclun, washed and dried on towels; 1 to 2 cloves garlic; 1 hot pepper (optional); 3 Tbsp olive oil; 1 Tpsn balsamic vinegar; pitted olives (optional); 4 ounces of cheese (cheddar, mozzarella); salt and fresh pepper to taste

Chop garlic and pepper finely in food processor. Add the greens, olive oil, vinegar, olives (if using them), salt (less if you include olives), and pepper. Pulse until leaves are chopped, but not liquefied. Toast the bread in the oven to your taste. Spread tapenade on toasted bread and top with any cheese you like.

**Dinner: Shrimp, Cucumber, and Mango Escabeche, adapted from *Martha Stewart Living***

**Ingredients:** 1 lb shrimp with shells; 1/2 cup plus 3 Tbsp fresh lime juice (~12 limes); 2 CSA cucumbers (size depending), halved and sliced; 2/3 cup chopped mango; 1/2 finely chopped onion; 1 jalapeño, without the stems or seeds; 1/4 cup plus 3 Tbsp cilantro; salt and fresh pepper

Prepare an ice-water bath. Bring a large pot of water to boil. Reduce heat to medium and poach the shrimp until just cooked (1.5 to 2 min.) Transfer shrimp to ice-water bath and let cool. Then, drain shrimp, peel, and de-vein. Slice each shrimp in half. Toss with 1/2 cup lime juice in a non-reactive dish. Cover and refrigerate for 2 hours, stirring after one hour. Once shrimp is marinated, toss with cucumber, mango, onion, jalapeño, cilantro, 2 Tbsp lime juice, 1/4 tsp salt, and a pinch of pepper. Refrigerate for 30 minutes. Add remaining limes juice (1 Tbsp) when ready to serve.

**Drink: Non-Alcoholic Basil Lemonade Iced Tea, our CSA Thai Basil is perfect for this recipe**

Brew 3/4 pitcher of sun tea, as described above in a pitcher outside (on your deck, porch, or fire escape). Brew for ~2 hours, sun depending. Add the juice of four lemons, a handful of basil, and sugar or simple syrup (see recipe below) to taste. Pour over a glass of ice, and enjoy!

If you want the Basil Lemonade without the tea, use a 1:4 ratio of lemon juice to water to get your lemonade just right. Add sliced lemons for a great look and taste.

An alternative method of flavoring your drink is by making **basil syrup**. Combine 1 cup sugar and 1.5 cups water and boil until it reduces to a simple syrup. Then add 2 cups basil leaves. Let steep and cool (strain it, if you want) before adding to any drink of your choice to give it some basil flavor. Don't forget the ice.

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