

# Carnegie Hill CSA

Week Eighteen – October 5, 2010

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

Dear CSA Member,

This week, our member news is about the coffee that we have available for members to purchase through our **Farmer to Farmer Coffee Share Project**. We just received an update from the UPC Coffee Cooperative and watched a very nice presentation that they put together for CSA members. Each year, our coffee sale profits are donated to the UPC Cooperative in Guatemala. The cooperative is a group of farmers from the Western Highlands of Guatemala, which has a sub group of female coffee-growers. We purchased the **Women's Cooperative** coffee for this year's share. It's grown by women, harvested by women, and it's organic.

Last year, the donation from coffee-share sales was used by the **UPC Cooperative** to fund agricultural education and

certificates for female growers. The donation was also used to establish a vivero, or shade tree nursery, for the cooperative. Just think, your choice of a delicious cup of coffee can be this far-reaching and positive.

Pete and I are planning to travel to Honduras with Farmer to Farmer this winter to visit coffee-growers there before we head to Guatemala to visit the members of the UPC Cooperative. In Honduras, the farmers that work with Farmer to Farmer are growing cloud forest coffee. Next season, we hope to be able to import Honduran and Guatemalan coffee. Our coffee roasters, Jimmy and Diamond, are already planning a blend of the two coffees.

If you are a coffee share member this season, thanks. We will let you know how your donation will be utilized by the cooperative after we visit in January. In order to increase our donation to the cooperative, we would like to sell more coffee. If you're not a member and would like to help out, plus get the best tasting coffee, please go to the farm website, [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org); click on the coffee share listing on the left side to get information about the coffee as well as donate or order from their form.

At the farm, we are now sloshing through all of the rain that we waited for all summer. It fell over a two-day time period. I think the kale and collards are just drinking it up. In addition to the great fall crops, there will be one more week of tomatoes. Who would've thought after such a disastrous season in 2009 that they'd still be coming this year. The tomatoes you receive will be green. I just went online to see what kind of recipes are out there and found many recipes for fried green tomato, relish, and even pies. I'm sure you'll be able to find a

### Week 18 Veggie List

Beets (1 lb)  
Acorn Winter Squash (2)  
Delicata Winter Squash (2)  
Carrots (1 lb)  
Shallots (4)  
Peppers (3)  
Red Russian Kale (1)  
Green Tomatoes (1 lb)  
Sage (1 bunch)  
Hot Peppers (up to 2)

### Fruit Share

**1 bag of Bosc Pears,**



**Mutsu and McCoun Apples**

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

Contact Stoneledge Farm: [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org); [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org)

recipe to suit your taste. The green tomatoes will also ripen if you leave them out—yet another option—but do not put them in the refrigerator. So, something like the slogan says, eat locally and drink globally.

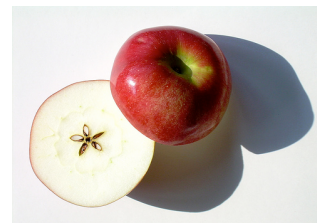
Enjoy the vegetables, -Deb, for everyone at Stoneledge Farm

## Tips for This Week's Feast

**Sage:** Deb's favorite way to cook winter squash is with sage. Skin and then halve the winter squash. Delicata has a tender skin and does not have to be peeled. Cut in half and then slice each half into one-quarter inch moons. Sauté the sliced winter squash in olive oil just until it starts to soften. Add a sliced onion and sage leaves to the squash. Continue to cook until everything is soft. The winter squash will get slightly brown, and you can salt and pepper to taste.

### **Note about this week's fruit:**

Mutsu are large, green-hued apples that are good fresh and cooked. McCoun are red apples that are also delicious when eaten fresh.



## Recipes

**Winter Stir Fry** adapted from [vegbox.co.uk](http://vegbox.co.uk)

**makes 4 servings**



**Ingredients:** 1 Tbsp sesame oil (or olive oil); 1 pak choi/bok choi or 1/2 cabbage, leaves shredded and stems finely chopped; 1 grated carrot; 1 finely sliced onion; 1/2 cup kale, leaves shredded; 1/2 cauliflower, cut into bite-size pieces; 1/2 kohlrabi (Eastern European cabbage plant in the mustard family, referred to as a turnip cabbage, cut into thin sticks; if you can't find it, substitute another favorite vegetable)  
**Sauce:** 1 Tbsp sweet chili sauce; 1 Tbsp peanut butter; 1 Tbsp soy sauce or tamari

Heat the sesame oil in a wok or pan. Cook the onion, pak choi stems, cauliflower and kohlrabi sticks with the cover on for a few minutes. Add the pak choi leaves, the kale, and the carrot, stirring regularly, for three more minutes. Mix together all sauce ingredients with a little water if the peanut butter is thick. Once the cauliflower is cooked, add the sauce, and cook for two more minutes. Eat with brown rice or noodles for a winning combination!

**Green-Tomato Pickles**, adapted from [foodandwine.com](http://foodandwine.com)

**makes 4 servings**

**Ingredients:** 3 small green tomatoes, cored; 1 medium white onion; 1 cup water; 1 cup white wine vinegar; 3 cloves garlic, mashed to a paste, 1 tsp whole black peppercorns; 2 tsp kosher salt, 1 tsp sugar.

Use a mandoline, if you have one, to very thinly slice the green tomatoes and white onion. Layer them in a heatproof measuring cup. In a small saucepan, combine water, vinegar, garlic, peppercorns, salt, and sugar and bring to a boil. Pour the hot brine over the tomatoes and onion, and let cool at room temperature approximately one hour. Cover and refrigerate for one hour, and then drain and serve. Pickles will last in the fridge for up to two weeks.

**Don't forget to check out the CSA cookbook, *Recipes from America's Small Farms*, for advice on storing, cooking, and eating your CSA goodies.**

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

Contact Stoneledge Farm: [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org); [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org)