

Carnegie Hill CSA

Week Thirteen - August 31, 2010

What's In the Bag, from Stoneledge

Farm (A message from our farmer)

Dear CSA Member,

At this is the time of year we harvest every last summer vegetable from the field. The weather is still warm, but most of the summer crops have been producing for so long that there will be bits of this and that as we clean the fields of remainders of a wonderful summer harvest. We don't waste a thing.

You will see that some of the tomatoes are getting really ripe and will not hold as long as they have been thus far. You can easily freeze them for use this winter by washing, slicing, and storing them in Ziploc freezer bags. It's that simple. They will taste like summer when you take them out of your freezer to cook with them. If you go to the farm website and look at the photos section, you will see that we are very proud of our great tomato harvest. It makes us so happy; I think we each took a turn posing with a tomato.

The Farm Festival is fast approaching, September 11 from 11:00 a.m. to 3:00 p.m. Jen has done a fabulous job on the Farm Festival newsletter, and you can find it on the farm website www.stoneledgefarmny.org under newsletter. If you are planning to attend, please bring a dish to share and your own place setting, and get ready for a great day at the farm. Local farmers and producers who are involved with the farm with also be there. The complete listing of the visiting farmers and their products for the Farm Festival can be found in the newsletter. There is also a downloadable PDF form for members who are attending the Farm Festival and want to order in person; you can order pastured meat and eggs from Heather Ridge Farm, our neighbors. Please contact Heather Ridge directly, if you would like to pre-order.

Enjoy the vegetables,

Deb, for everyone at Stoneledge Farm

Tips for This Week's Feast



Opal Basil: Deb shares these insights about this week's herb. Opal basil can be used like green basil but it also makes a beautifully flavored vinegar. Put a bunch in a bottle with a mild, clear vinegar. Let steep for a couple of days, and then remove the leaves. The vinegar will turn a bright purple color and will be deliciously flavored with basil.

Note: A friendly reminder about the hot Serrano peppers, which are less hot than the jalapenos we've had this year, but still hot just the same. Please be careful when handling them, they are hot enough to 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

Week 13 Veggie List

Eggplant (1)
Summer Spinach (1 bunch)
Summer Squash (1 lb)
Peppers (3)
Cherry Tomatoes (1 basket)
Tomatoes (3 lbs)
Onions (2)
Opal Basil (1 bunch)
Summer Savory (1 bunch)
Hot Serrano Peppers (up to 2)

Fruit Share

1 bag of Peaches, Donut Peaches, & Bartlett Pears

Tomatoes: Deb's tip of the week about the tomatoes is perfect for the easy tomato sauce recipe you'll find below. Deb says, this time of year the tomatoes are really ripe, so we are sending extra to replace any that are bruised before distribution. Although they don't look as good, the really ripe tomatoes make the best tasting sauce. Follow her guidance and use those fresh tomatoes to make your favorite pasta and vegetables taste delicious tonight.

Featured Recipe from longtime CSA member **Freda Green**. Her fine recipes are highlighted in the new *92 Y Cook*, a book created by the 60+ program members that includes this delicious eggplant appetizer and others by members of the 92nd Street Y program.

Eggplant Appetizer (serves 8)

Ingredients: 1 large eggplant; 2 Tbsp. olive oil; 2 Tbsp lemon juice; 2 medium cucumbers, seeded and diced; 2 medium tomatoes, seeded and diced; 1 Tbsp. parsley, minced; salt and pepper to taste; pita bread, toasted

Note: Add 3 cloves minced garlic and substitute cilantro for parsley, if desired.

Broil whole eggplant in pan lined with foil, as close to flame as possible, turning until all sides are soft and charred. When it's cooled, cut it in half and scoop the contents into a shallow bowl. Mash it with fork. Add all remaining ingredients and mix well. Serve with toasted pitas.

Fresh Tomato Sauce, adapted from *NYTimes.com* (makes about 2.5 cups of sauce)



Ingredients: 1 Tbsp extra virgin olive oil; 2 to 3 cloves of garlic, minced or thinly sliced to taste; 3 lbs ripe tomatoes, quartered in a food mill or peeled, seeded and diced; 1/8 tsp sugar; 2 sprigs fresh basil or 2 tsp fresh thyme; salt and freshly ground pepper; 1 Tbsp fresh basil, chopped

In a nonstick frying pan or a 3-quart sauce pan, heat the oil over medium and add the garlic to cook until fragrant (~1 minute). Add the tomatoes, sugar, basil or thyme, and salt (start with 1/2 tsp), and simmer. Reduce heat to medium low and stir until it thickens (20 to 40 minutes, according to the juiciness of the tomatoes). The sauce will sweeten as you cook it. Stir in the extra Tbsp of basil and salt and pepper to taste at the end.

Tahini and Honey over Fresh Fruit, adapted from *Lucid Food* by Brooklyn chef Louisa Shafia
This may be the easiest breakfast you could serve (other than cold cereal!) for your family or when you host a weekend brunch. As an alternative, this is a fun and healthy dessert.

Ingredients: 1 cup tahini (local and organic are usually the sweetest or make your own); 1/2 cup honey; 4 cups sliced fruit, like your CSA peaches, and you can add berries, bananas, or apricots.

In a small bowl, whisk together the honey and tahini. Divide the fruit among four bowls and top with a heaping 1/4 cup of the tahini mixture. Stir gently, and enjoy!

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

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