

Carnegie Hill CSA

Week Two - June 15, 2010

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

Dear CSA Member,

Pete and I have been full-time farmers for about 20 years now. When we started, our kids were so young and we really didn't have much. We rented land, borrowed machinery, worked and worked, and as each year passed, we moved closer to owning a farm of our own. About 10 years ago, we were able to purchase farmland with two barns. The land that we could buy was a smaller acreage than what we really needed, but we were so happy to own it. Throughout the years, we have purchased machinery, equipment, and greenhouses.

Over the last four years, the CSA has been growing, and we've felt the urgent need to be able to expand our land base and have ownership of the land. Our son now works on the farm full-time, along with two other young farmers, Jen and Arliss. We have the help and the energy, the knowledge and the ability, but we were in need of more land to farm. Finally, after years of negotiation, many sleepless nights and much persistence, Pete and I closed on the farm that borders our current land. We now own an additional 100 acres of beautiful agricultural soils that have been beckoning us for years. This new venture includes two barns, a house, and three cats. We are grateful to the Suttmeier family for allowing us to purchase the farm that has been in their family for five generations.

We can't wait for the farm visit this year to be able to show everyone around. I am also working on a schedule for farm-work visits and will try to get that on the calendar next week. You can check out the dates for work visits and also the farm visit on the Stoneledge Farm web site under the upcoming events and calendar links.

So, thanks to everyone who has been with us over these last 15 years, thanks to new members, thanks to the organizations, churches, and community centers that have opened their doors to CSA members for distribution. Your membership in our CSA has an immediate benefit in the bag—the organic, fresh vegetables that we grow for you each week. It also has a long-term and much longer-lasting benefit—allowing our family to farm.

Enjoy the vegetables. –Deb, for everyone at Stoneledge Farm

Tips & Recipes

We're all inspired by the bountiful supply of lettuce we're receiving from Stoneledge right now—make it count while it lasts. Here's a great salad from page 50 of *Recipes from America's Small Farms*, our CSA cookbook.

Week Two Veggie List

Button Radishes (1 bunch)
Chinese Cabbage (1 head)
Red Sails Lettuce (1 head)
Red Tide Lettuce (1 head)
Buttercrunch Lettuce (1 head)
Solix Lettuce (1 head)
Rhubarb (1 bunch)
Sage (1 bunch)
Garlic Scapes (4 pieces)

*This is the first week for coffee delivery, if you're participating in the coffee share.

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

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

Lettuce and Orange Salad

Ingredients:

3 oranges, peeled with the white membrane removed
8 radishes (they're in our bag this week!)
2 green onions, sliced thinly (or perhaps you want to try our scapes)
6 cups (~6 oz) heirloom lettuce leaves (we're so lucky to have so many varieties to choose from!)
1/2 cup crumbled goat or feta cheese
1/4 cup sunflower seeds or toasted, chopped walnuts
2 Tbsp balsamic vinegar
3 Tbsp olive oil
salt and pepper

Quarter and slice the oranges over a bowl, allowing the slices and the juice to fall into the bowl. Remove the outer white membrane and add the green onions and radishes to the bowl, stir. Wash whichever variety of lettuce you're craving, and arrange it on a platter. Top the lettuce with the orange and vegetable mixture, using a slotted spoon to reserve the juice. Add the sunflower seeds or toasted walnuts and the crumbled cheese to the salad. Whisk together 1/2 cup of the leftover orange juice, balsamic vinegar, and olive oil. Add salt and pepper to taste, and drizzle the salad with your homemade fresh dressing.

Roots and Tubers: We are lucky to receive a wonderful selection of roots and tubers throughout our CSA season, including beets, carrots, potatoes, celeriac, and radishes. This week, the button radishes are delicious raw or cooked.

Red Lettuce: Look closely at the red lettuce this week and you'll be able to tell the difference between them. The Solix is a dark red, oak-type leaf. Make sure you ask questions at pickup, so you know what you're using and eating when you get your vegetables home and begin to put your meals together.

Garlic Scapes: Deb tells us that these are the "seed head that the garlic plant produces. We remove it, so the bulbs grow larger. Use it just like you would garlic." These are a favorite for many people, including the authors of two fun articles you can read online about scapes—if you don't feel like typing in the addresses, just Google garlic scapes, and these will pop up on the first page of results.

* <http://nyti.ms/agi2du>

* <http://bit.ly/CCGoZ>

We had to share this quick and easy recipe for another kind of pesto. Discover your favorite—last week's arugula version, this week's with scapes, the basil variety—and mix it up with different nuts.

Garlic Scape Pesto

Ingredients: 1 cup garlic scapes (about 8 or 9 scapes) cut into 1/4-inch slices

1/3 cup walnuts

3/4 cup olive oil

1/4 to 1/2 cup grated parmigiano cheese

1/2 tsp salt plus black pepper to taste

Combine scapes and walnuts in a food processor until they're somewhat smooth. Slowly drizzle oil and process again. Scoop the mixture into another bowl to add parmigiano, salt, and pepper. This recipe yields ~6 oz of pesto and lasts for up to one week in an airtight container in the refrigerator.

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