

Carnegie Hill CSA

Week Twelve - August 24, 2010

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

Dear CSA Member,

This is the time of year when we start to look forward to the change in seasons. The insects have a continual chirp song in the evening and we know that summer is coming to an end.

Summer vegetables will continue to fill your share for the next couple of weeks and the tomatoes are brilliant. We are starting to make our way through the summer crops and pick some of the last harvests of some of them. Please enjoy the full flavor of the endless sunshine. I am writing this on Sunday and we are finally getting a good drenching rain. Things are very parched but with the irrigation that we have and finally some rain, things continue to grow.

We are also getting ready for our annual Farm Festival Visit. It is scheduled for September 11 from

11-3. I will be sending more information next week. It is such a great chance to see the farm, meet all of us and also other CSA members. Hope you can make it. Enjoy the Vegetables.

Deb, for everyone at Stoneledge Farm

Tips & Recipes

Week Ten Veggie List

- Cucumbers-1
- Summer Squash-1 pound
- Eggplant-1
- Peppers-2
- Red Ace Beets-1 bunch
- Tomatoes-4 pounds
- Bright Lights Swiss Chard-1 bunch
- Flat Leaf Italian Parsley-1 bunch
- Hot Peppers-Serranos-2 (if you like)
- Walla Walla Onions-2

Week Ten Fruit List

- Peaches
- Nectarine
- Bartlett Pears

A friendly reminder about the **Hot Peppers**: This week's hot peppers are serranos. **Please be careful, they are really hot and can burn your eyes or other sensitive areas.**

Deb tells us that we're nearing the end of our summer veggies. This recipe for a **Vegetarian Pot Pie** will let you use any or all of this week's bounty. (Recipe adapted from <http://www.eatingisart.com/>)

6 cups assorted vegetables (*below are suggested vegetables, but you can get creative*)

1-2 tablespoons olive oil

1 small eggplant – evenly chopped

2 potatoes

3 carrots - sliced

1 onion - diced

1 zucchini

2 tablespoons parsley - minced

1 scallion - chopped

1 clove of garlic - chopped

1 1/2 cups milk

1 1/2 cups vegetable stock (you can use all

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vegetable stock or all milk as a variation)
1/4 cup flour

sea salt and cracked pepper to taste
2 deep dish pie crusts

Preheat oven to 400 degrees.

Chop scallion, garlic, and potato and put in a pan on medium heat with olive oil. Stir occasionally, not letting the potatoes get too brown, if brown at all. While they are cooking, chop up carrots, onion, eggplant and zucchini.. Add rest of vegetables to the pan of potatoes and sauté until tender but still keeping a little crunch.

Lightly add the flour while stirring until all is incorporated. Add the milk and vegetable stock, stirring constantly until it thickens.

Place the vegetables into one a pie crust lined baking dish. Use the second crust as the top. Pinch around the edges to seal and cut an X in the top for ventilation. Bake for 20-30 minutes until filling is bubbling and crust is golden brown.

This recipe for **Zucchini and Sweet Pepper Pancakes** is also a great (and healthy) way to use your share this week.

(Makes about 8 pancakes)

1 large zucchini, grated or finely chopped
1 sweet bell pepper (2, if the peppers are small), grated or finely chopped
1 Tablespoon parsley, finely chopped
1/2 yellow onion, grated or finely chopped
1/2 cup amaranth flour*
1/2 cup garbanzo (chickpea) flour*
1 teaspoon baking powder
Sea salt and black pepper to taste

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.

***Note:** *amaranth and garbanzo flour were chosen for the extra protein and iron content. You can use any kind of flour that you like.*



1. Finely chop and combine the zucchini, pepper(s), parsley, and onion (a food processor makes this really).
2. In another bowl, combine the flours, baking powder, and salt and pepper. Then add the flour mixture to the veggies.
3. Lightly coat a pan with olive oil or cooking spray and heat over medium heat. When hot, shape the pancake mixture into patties and cook until brown on both sides.

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