

Carnegie Hill CSA

Week Fourteen -September 7, 2010

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

Dear CSA Member,

This week starts our fall season. The weather has been brutally hot again and so we don't feel very fall like, but the garden moves at its' own pace. Most of the summer crops are now finished or will be finished in the next couple of weeks. There will be a few more tomatoes and peppers, but they will have lost some of their peak glory.

We are starting to pick the root crops and there will be freshly dug carrots for you this week. For anyone that has been a member in the past you will remember my fondness and awe of the carrot. The carrot seed is small,

very light and slow to germinate. When they do finally grow, the fronds are very light and airy. Hardly competition for the weeds that want to take over. We need to weed constantly and most of the carrot weeding is done by hand. Carrots are probably the most time consuming crop that we grow. Not easy organically. When we do start to dig them, the beautiful orange color and hearty roots are a prize. I think there is nothing like the flavor of a fresh carrot.

We have also started harvesting winter squash. It is a wonderful harvest this season. The hot dry weather has been kind to the plants and the winter squash is beautiful. To give everyone a taste of fall we are sending Baby Bear Pie Pumpkins this week. This is a small pie pumpkin that will look great as a decoration until you are tired of looking at it. Then cook it up and make pumpkin bread or a pie. What could be better.

Week Fourteen Fruit List

1 bag of Macintosh Apples, Gala Apples, Bartlett Pears
1 basket of Pluett Plums (These are a cross between an apricot and a plum. Sweet but with the texture of an apricot.)

the newsletter listing as well. Please contact Carol directly if you would like to pre-order.

So, welcome fall. Deb, for everyone at Stoneledge Farm

Week Fourteen Veggie List

Summer Spinach -1 bunch
Basil -1 bunch
Carrots -1 bunch
Ancho Peppers -4 each
Hot Peppers -2 if you like
Mini Purplette Onions -1/2 pound
Tomatoes-1 pound
Baby Bear Pumpkin-1 each
Winter Squash-Acorn-1 each
Broccoli – 2 heads

This coming Saturday is the Farm Festival. Jen has put together a great newsletter that you can download from the farm website. If you are coming please make sure you bring your own place setting and a dish to share if you like. There are other farms that will also be attending with their products. You will find the full listing in the newsletter. Heather Ridge Farm has great pastured meats and fresh eggs along with other products. You can pre-order from Heather Ridge Farm if you would like by downloading the order form from our farm website on

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

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

Tips & Recipes

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

A note from the farm about the **Ancho Peppers**: these are a mildly hot pepper traditionally used for *Chile Relleno*

The **Acorn Squash** and **Baby Bear Pumpkin** mark the beginning of fall veggies. Winter squash are excellent roasted and make delicious soups. You can also save and roast the seeds of any of the winter squash for a tasty snack.

Spinach Stuffed Acorn Squash

1 acorn squash
1/3 cup chopped celery
1 small onion – diced
1 teaspoon vegetable oil
5 ounces fresh spinach – chopped
½ teaspoon salt
3 tablespoons bread crumbs
½ tablespoon butter



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.

- Cut squash in half; discard seeds. Place squash, cut side down, in an ungreased 15-in. x 10-in. x 1-in. baking pan. Fill pan with hot water to a depth of 1/2 in. Bake, uncovered, at 350° for 40 minutes.
- Meanwhile, in a skillet, saute celery and onions in oil until tender. Add the spinach and salt; cook and stir until spinach is wilted.
- Drain water from baking pan. Turn squash cut side up. Stuff with spinach mixture; sprinkle crumbs. Dot with butter. Bake 15 minutes longer or until the squash is tender.



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