

Carnegie Hill CSA

Week Sixteen –September 21, 2010

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

Dear CSA Member,

It really feels like fall with the temperatures dropping. We still have not had any rain to speak of and even so late in the season continue to irrigate the fall crops. Cooler, but no frost yet so we are going to try to harvest another week of tomatoes and peppers.

This week our greens will shift to our fall crops and there will be Siberian Kale in your share. We planted a lot of kale this year: Siberian (lighter green, lacy edges), Lacinato (long, thin leaves, blueish green), Red Russian (purple tinted) and

Winterbor (very lacy edges, green). All kale varieties but slightly different. Kale is one of the most nutritious vegetables but not always the most beloved. During the Farm Festival members that were walking the fields with me were talking about Kale Chips. Following their directions, I gave them a try and they are surprisingly addictive. To make Kale Chips wash the kale leaves, lay out on a cookie sheet and brush with olive oil, sprinkle with sea salt and if you like, parmesan cheese. Bake in a low oven, no higher than 325 degrees, until the kale leaves are dry. This week the Kale variety is Siberian and I have not tried this variety as chips yet, but they all seem to be quite delicious.

We are busy seeding winter rye seed on all of the patches of the fields that have been harvested for the season. The rye germinates quickly and covers the fields for the winter. A nice green blanket to protect the soil from wind, rain and snow.

Enjoy the vegetables!
Deb, for everyone at Stoneledge Farm

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 **Beets**: the Chiogga Beets have red and white rings.

Kale is one of nature's healthiest foods. It is very high in Vitamins K, A and C, has lots of antioxidants and is helpful for digestion. Be sure to read Deb's method for making Kale chips (above). Instead of cheese, you can also sprinkle nutritional yeast on top for flavor.

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

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Week Sixteen Veggie List

Siberian Kale-1 bunch
Thyme-1 bunch
Acorn Winter Squash-1
Carrots-1 bunch
Chiogga Beets-1 pound
Shallots-4
Peppers-3
Hot Peppers-if you like
Tomatoes-1 pound
Sun Gold Cherry Tomatoes-1 basket



Are you already feeling the **Carrot** crunch? Fall brings an abundance of carrots. Slice and freeze carrots for use throughout the winter for soups and stews. You can also pickle carrots for tasty snacks. This recipe for **Carrot Muffins** is a favorite in my house.

Week Sixteen Fruit List

Mac Coun Apples- a crispy eating apple

Gold Supreme Apples- good to eat

Bosc Pears (the winter pear)-brownish, hard and very sweet

1 1/2 cups all purpose flour
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon

1/2 teaspoon nutmeg
1 cup sugar
3 eggs
2/3 cup vegetable oil
1 1/2 cups shredded carrots

Sift dry ingredients together. In a separate bowl, combine the carrots, egg, and oil and mix. Add carrot mixture to the dry ingredients and mix well. Scoop mixture into greased mini-muffin tins. Bake for approx 25 minutes in a pre-heated 350 degree oven.

Pickled Beets (you can also use the pickling method for the carrots)

3 roasted beets, recipe follows
1/2 large red onion, frenched
1/2 cup tarragon wine vinegar

3/4 teaspoons Kosher salt
1/4 cup sugar
1/3 cup water

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**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.**
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Remove the skin from the Roasted Beets and slice thinly. Arrange in 1-quart jars alternating layers with the onion. In a small pot boil the rest of the ingredients and pour over the beets. Tightly lid the jars and place in the refrigerator for 3 to 7 days before serving.

Roasted Beets

3 medium beets, cleaned with 1-inch stem remaining
1 large shallot, peeled
1 sprig rosemary
1 teaspoon olive oil

Preheat oven to 400 degrees F.

In a large bowl toss all of the ingredients. Place into a foil pouch and roast in the oven for 40 minutes.

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