

Carnegie Hill CSA

Week Seventeen -September 28, 2010

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

Dear CSA Member,

The temperatures remain unusually high and we have still not had a good rain or even a shower this month. Reservoirs are going dry in the area but our irrigation pond and also our well have been holding. We continue to irrigate the fall crops. This is very unusual for us so late in the season. By now the irrigation supplies are generally cleaned and stored in the barns waiting for next season. The only thing that has been consistently falling from the sky are acorns. We are surrounded by oak forests and the acorns are falling by the buckets. The sound they make as they hit the metal roof of the barn is alarming.

Week Seventeen Veggie List

- Carnival Winter Squash-2
- Baby Bear Pumpkin-1
- Carrots-1 bunch
- Potatoes-2 pounds
- Collards-1 bunch
- Peppers-3
- Hot Peppers-if you like
- Tomatoes-2 pounds
- Parsley-1 bunch
- Broccoli-3 heads

The warm weather has made tomato harvest last and last. This week will bring another 2 pounds per share. We picked green tomatoes as well this week and have tried to mix ripe and green tomatoes equally in the crates. In years past members have requested green tomatoes and finally with the second planting of tomatoes doing so well, we are able to send them this year.

This is the first Collard harvest for the season. Just my favorite fall green. This is also the first of the Carnival Winter Squash. If you would like to read more about the Winter Squash varieties that will come your way, information about garlic and other interesting fall vegetable information, go to the farm website www.stoneledgefarmny.org and click on "Newsletter". Download the Fall Newsletter PDF at that link. I have also updated the reading section of the website with cookbooks that feature apples.

Enjoy the vegetables!
Deb, for everyone at Stoneledge Farm

Week Seventeen Fruit List

- 1 bag of Spartan, Gold Delicious and Bartlett Pears

we've put it below for your baking pleasure

Tips & Recipes

A number of our CSA members are vegetarians or vegan. Our core group was wow-ed by Chloe Coscarelli's vegetarian (easily adapted for vegan) cupcake recipe that won the Foodnetwork show *Cupcake Wars*. They tracked down the recipe and

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Raspberry Tiramisu Cupcakes

1 ½ cup flour
1 cup sugar
1 teaspoon baking soda
½ teaspoon salt
1 cup coconut milk, non-dairy milk, or water
½ cup canola oil
2 teaspoons pure vanilla extract
2 tablespoons apple cider vinegar

Soaking Liquid

1/3 cup amaretto
1 tablespoon instant espresso powder

Raspberry Sauce

1 cup raspberries (fresh or frozen)
½ cup agave or sugar
1 teaspoon pure vanilla extract
1 teaspoon lemon juice
1/8 teaspoon cinnamon
dash of salt

Procedure:

Cupcakes

Preheat oven to 350. Sift or whisk together flour, sugar, baking soda, and salt into a bowl. In a separate bowl, mix the coconut milk, oil, vanilla, and vinegar. Combine the wet and dry mixtures and whisk until thoroughly mixed. Distribute batter into lined cupcake baking pan, and bake for 15-20 minutes.

Soaking Liquid

Combine amaretto and espresso powder and set aside.

Raspberry Sauce

In small saucepan, cook raspberries and agave on medium heat until raspberries wilt down. Let simmer on low for 5 minutes until the mixture becomes a pourable consistency. Remove pot from heat and mix in vanilla, lemon juice, cinnamon, and salt. Taste and adjust sweetness by adding more agave if necessary. Let cool in refrigerator.

Frosting

Combine espresso powder, amaretto, and vanilla in small bowl and mix or swirl bowl until espresso powder has dissolved (about 1 minute). Beat coconut oil in large bowl with an electric mixer for about 1 minute, then add confectioner's sugar and espresso mixture. Add 1 tablespoon of water at a time until desired buttercream consistency is achieved. I usually beat on high for about 5 minutes, scraping down the sides with a spatula often. Pipe or frost with a knife.

Assembly

Using a spoon, cut out a small hole from the top of each cupcake (scoop out about 1 tablespoon of cake) and discard. In the hole of the cupcake, layer approximately 1 teaspoon of soaking liquid, 1 tablespoon of raspberry sauce, 2 teaspoons of cacao, and piped frosting on top. Garnish with a raspberry and mint leaf. Enjoy.

Frosting

1 tablespoon instant espresso powder (I use Medaglia D' Oro brand. If you can't find espresso powder, you can use finely ground instant coffee.)
2 tablespoons amaretto liquor
1 tablespoon pure vanilla extract
1/4 cup refined coconut oil (I use Spectrum Organics brand, but feel free to use any brand that you find at your local natural foods market. If you cannot find refined coconut oil, use non-hydrogenated margarine or shortening.)
4 cups organic confectioners sugar
2 tablespoons water
Garnish (optional)
12 fresh raspberries
12 small mint leaves
½ cup raw cacao nibs or ground bittersweet chocolate

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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