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# CARNEGIE HILL CSA

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**AUGUST 16, 2011 WEEK**

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**IN THE BAG**

Tomatoes – slicing 3 pounds  
Tomatoes – Sun Gold Cherry – 1 basket  
Eggplant – Mini Black Bell - 2  
Edamame – Soy Beans – 1 bunch  
Walla Walla Onions – 2  
Tomatillos – 1 pound  
Peppers – Round of Hungary – 3  
Basil – Lime – 1 bunch

**OPTIONAL FRUIT SHARE**

Red Nectarines and White Peaches – 1 bag  
Donut Peaches – 1 bag

**THIS WEEK AT STONELEDGE – A NOTE FROM DEB**

Dear CSA Member,

The middle of summer and the tomatoes are starting to ripen. There are different varieties that will be coming your way as we go through the season. The first ones are the small salad type that ripens first. They are solid and firm. We are trying a new variety this season that was developed by Johnnys' Select Seeds to be Late Blight resistant. In 2009 most of NY state farms, organic and conventional, lost their tomato crops to Late Blight. Since that devastating year, we are on guard and willing to give a new variety a try if it proclaims that it is resistant to the Blight. Hopefully we will not be put in the position to see it in action. Not this season with the ample sunshine and dry weather. Better safe than sorry, though.

Sun Gold Cherry Tomatoes, small orange deliciously sweet, are a favorite, and they also are some of the first tomatoes to ripen. We will try to keep up with them as they fill the vines each week. Just like a bite of summer. They probably don't make it home from the CSA pickup.

There will be orange tomatoes that are an heirloom variety, large round red tomatoes, plum tomatoes. Each week we harvest the tomato patch and fill the crates for the CSA sites from the baskets as they come into the packing barn. There is no telling which varieties will be delivered to which CSA site. All delicious and the season comes and goes so quickly. Enjoy them while the sun shines.

Upcoming Events:

**Farm Festival** Saturday September 10, from 11-3. Many CSA sites coordinate rides to the farm. Check with your CSA coordinators. The day is a big celebration. Members are asked to bring a side dish to share and their own place settings. The farm will have local pork on the grill, sweet corn, fresh fruit. There will be water and also coffee. We have tractor rides around the fields, walks around the fields to see what is growing, plenty of time to take a walk to the creek and see if the Bald Eagles will swoop by. Mark the day on your calendar.

Enjoy the Vegetables

Deborah, for everyone at Stoneledge Farm

**ROUND OF HUNGARY PEPPERS**

The Round of Hungary Pimento is a very unusual heirloom specialty pepper. The ribbed flattened fruit has very thick, sweet flesh and intense red color and is often used as a substitute for pimento. The pepper can be sautéed in olive oil, stuffed or baked; it is used to color and mildly flavor meat dishes or eaten fresh in a salad.

**STEAMED EGGPLANT WITH SPICY PEANUT SAUCE** – Yields 6 servings as an appetizer or 3-4 as a side dish.

Melissa Clark yet again provides another incredible recipe. Be sure to check out her article on eggplants in the *New York Times* published August 5, 2011. Substitute the **mini Black Bell eggplants** for the baby eggplants.

1/2 cup natural chunky peanut butter  
1 tablespoon soy sauce  
1 tablespoon dark brown sugar  
1 teaspoon finely grated lime zest  
1 tablespoon lime juice

2 teaspoons chili paste  
1 garlic clove, finely chopped  
6 Asian or baby eggplants  
1/4 cup chopped, roasted peanuts  
1/4 cup sliced scallions

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**CONTACT INFORMATION**

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Stoneledge Farm: [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org); [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org)

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- 1 In a bowl, whisk together peanut butter, 1/3 cup water, soy sauce, sugar, lime zest, lime juice, chili paste and garlic.
- 2 Trim the ends of the eggplant. If using baby eggplant, peel them. Place in a steamer basket set over a pan of simmering water. Cover and cook until tender, about 10 minutes. (Alternatively, you can wrap the eggplants individually in parchment and microwave until tender, 3 to 4 minutes.) Halve eggplants lengthwise.
- 3 Transfer eggplants to a platter, cut side up. Spoon peanut sauce over eggplant. Garnish with peanuts and scallions.

## **TORTELLINI SOUP** - Serves 4 – 6

Adelaide provides a recipe for tortellini soup for those occasionally rainy summer evenings. She suggests serving the soup alongside garlic bread or freshly sliced baguette to sop up any remaining broth.

1 tablespoon olive oil  
1 **Walla Walla onion**, diced  
2 cloves garlic, minced  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1 pinch red pepper flakes  
1/2 cup red wine (optional)  
3 **whole tomatoes** (plus juices), diced  
8 oz pureed tomatoes  
4 cups vegetable stock  
1 1/2 cups water  
3 tablespoons parsley, chopped  
3 tablespoons fresh **basil**, chopped  
1 **Hungary pepper**, chopped  
3 medium carrots, chopped  
1 zucchini, thinly sliced  
8 oz cheese tortellini (frozen is fine)  
Kosher salt  
Freshly cracked black pepper  
Shredded Parmesan cheese, to serve (optional)

1. Sauté the onion and garlic in olive oil until tender - about 5 minutes. Don't be afraid to let the onion get some color. Stir in the spices and sauté for 1 minute.
2. Deglaze the bottom of the pot with the red wine, using a wooden spoon to scrape up the brown bits. Add the diced tomatoes, tomato sauce, stock and water. Simmer uncovered for 30 minutes on low heat.
3. Add the parsley, fresh basil, pepper, carrots, zucchini and tortellini to the pot. Continue to simmer, covered, for 30 minutes.

4. Season with salt and pepper. Serve warm with shredded Parmesan cheese sprinkled on top (optional).

**Substitutions:** Sauté 1 lb of Italian sweet and spicy sausage (no casings) in 1 tablespoon of olive oil to start. For a healthy substitution, Italian sweet and spicy turkey sausage is available from **Lewis Waite Farm**. Remove from the pot and reserve – then add another tablespoon of olive oil and the onion and garlic. Instead of vegetable stock, use chicken or beef.

## **HEIRLOOM TOMATO AND LEMON MASCARPONE TART**- Serves 6-8

2 1/4 cups all purpose flour  
1 teaspoon salt  
1/4 cup water  
3/4 cup organic shortening  
1 cup fresh **basil** leaves  
1/4 cup olive oil, give or take  
1 garlic clove  
Salt  
8 ounces mascarpone cheese  
2 teaspoons lemon juice  
3 medium **heirloom tomatoes**, different colors, sliced thin  
Freshly ground black pepper

1. Preheat the oven to 400 degrees.
2. In a large bowl sift together flour and salt. Remove 1/4 cup flour to a small bowl and add the water, making a paste.
3. With a pastry cutter, cut the shortening into the flour in the large bowl. Add the paste and mix well.
4. On a floured surface, roll out the piecrust to fit an 11-inch tart pan with a removable bottom.
5. Prick the piecrust all over with a fork or use pie weights so that the crust doesn't bubble up while cooking.
6. Bake for about 15 minutes, until lightly golden, removing the pie weights after 13 minutes. Remove from the oven and cool on a wire rack.
7. In a food processor, puree the basil, olive oil, garlic and a pinch of salt. Set aside.
8. In a small bowl, mix the mascarpone cheese with the lemon juice. Once the piecrust has cooled, spread the cheese on the bottom.
9. Arrange the tomatoes on top of the cheese, sprinkle with salt and pepper and drizzle the basil oil on top. Cut into wedges and serve.