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# CARNEGIE HILL CSA

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JUNE 21, 2011 WEEK



## IN THE BAG

Butter Crunch Lettuce – 1 head  
Green Towers Romaine Lettuce – 1 head  
Red Sail Lettuce – 1 head  
Escarole – 1 head  
Garlic Scapes - 6  
Radishes – 1 bunch  
Summer Squash – 4  
Summer Spinach – 1 bunch  
Oregano – 1 bunch

## THIS WEEK AT STONELEDGE – A NOTE FROM DEB

This time of year is one of the busiest for us. We are still planting transplants for the fall harvest, weeds are growing like crazy, and the harvest has begun in earnest.

The lettuces are coming on just beautifully and will fill your share this week. The lettuces we grow are high in flavor but more tender than what you might find at your local grocery so you do need to handle them with care. We have had a lot of very heavy rain and so all of the greens are more soiled than we like to send. The soil splashes up and gets lodged between the leaves at the base of the plant. We do a quick dip and rinse of the greens to get the field heat off and some of the soil, but you need to wash them well at home. If you don't have a salad spinner I would suggest investing or borrowing one. I never had a salad spinner until last season and what a difference.

We have found that the best way to wash the greens is to cut the leaves off at the base. Soak in a sink or bowl of water. Drain and re-wash. The salad spinner will get the excess water from lettuces and the other greens. Give the greens a spin and then store in the vegetable drawer in your refrigerator. Some members have e-mailed that they like to wrap the greens in paper towels, others like to store in plastic or vegetable bags. They will also store in the salad spinner if you have the room in the refrigerator. A very ingenious member also e-mailed that she saves the rinse water and uses it to water her plants. All that good organic soil shouldn't go to waste.

Enjoy the Vegetables, Deborah for everyone at Stoneledge Farm

## AN ABUNDANCE OF GREENS!

Whether you're a seasoned member or this is your first year (WELCOME) the quantity of greens we receive in the first few weeks of the season can

seem overwhelming... Chapter Three of our CSA cookbook, *Recipes from America's Small Farms* (starting on page 39) has lots of information on cleaning, storing and preparing greens. You can also find plenty of salad and other recipe ideas. A few important tips:

- Our farm does not pre-wash the greens, so be sure to clean all greens before preparing,
- Store greens in an open plastic bag or container or in a crisping bag (available in most housewares stores or make your own – see page 44 of the CSA cookbook for a how-to).
- Make sure that greens are drained of moisture before storing.
- To perk up weary looking greens – soak in cold water for a few minutes.
- A note from the farm about the greens: You will notice small holes in some of the leaves – notably arugula, mustard, mizuna and bok choy. They are all part of the same vegetable family and the insect called the Flea Beetle loves these greens. We do our best to keep them off with floating row cover, but they are very small and tenacious. This is only cosmetic damage and the vegetables are the best of the early season.

## TIPS FOR FINDING RECIPES ONLINE:

It's not easy to find reputable recipes online. Typing an ingredient or title into a search engine will turn up a multitude of options, most of which are not vetted or even written correctly. See below for some of Adelaide's favorite (and reliable) sources. More will be included in future issues.

- **Mark Bittman's Minimalist column** in *The New York Times* (check out his current *New York Times Magazine* article on greens, published June 16, 2011!)
- **Gourmet** may be no longer, but you can still access the website's recipe archives. [www.gourmet.com/recipes](http://www.gourmet.com/recipes)
- If you're willing to pay for an online subscription, **Cook's Illustrated** features videos, recipes, equipment review and helpful tips, all of which have been obsessively researched and tested.

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## CONTACT INFORMATION

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- **Food Network** is a great place to find recipes by some of your favorite television chefs and hosts. The reader reviews are numerous and helpful if you have the time to weed through the many comments. [www.foodnetwork.com/](http://www.foodnetwork.com/)
- **NPR** has a substantial and thought-provoking food section online. Currently featured on *Kitchen Window* are CSA share-inspired recipes and an interview with organic farmers, published June 14, 2011.

## "WHAT I DID WITH MY VEGGIES"

Do you have a special recipe? Send it to us at [info90@chycsa.org](mailto:info90@chycsa.org) using the word **RECIPE** in the subject line and we will pass it on!

### BARBARA'S FAVORITE SALAD DRESSING FOR THOSE WONDERFUL GREENS

- 1 clove garlic, crushed
- 1/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar (can substitute honey)
- Freshly ground pepper to taste

Combine all ingredients. Shake and use on salad as needed.

### SAUTÉED GREENS – Serves 2

This recipe is rustic and simple – and most importantly, a terrific way to use up any sturdy greens that may be wilting in the fridge! If you want to make a larger batch, use both the escarole and summer spinach. Seasoning is essential so make sure to taste the greens as you cook.

- 1 teaspoon olive oil
- 1 red onion, thinly sliced
- 1 garlic scape, thinly sliced
- 1 head **escarole** or 1 bunch **summer spinach**, roughly chopped
- Juice of 1 lemon
- ¼ - ½ teaspoon crushed red pepper flakes
- Kosher salt, to taste

1. In a large sauté pan over medium – high heat, warm the oil. Sauté the sliced onion and garlic scape until tender, about 3 – 5 minutes.
2. While the onion and garlic are cooking, thoroughly rinse the chopped escarole or spinach. Fill a clean and sanitized sink with cold water and swish around the greens with your hands. The dirt will fall to the bottom of the sink. Use your fingers to lift out the greens, giving them time to drain any excess water.

Alternatively, use a large bowl filled with water. Repeat until the greens are clean and no dirt remains.

3. Add the greens to the sauté pan and toss with tongs so they are coated with the oil. You may need to add the chopped greens in batches.
4. Allow the spinach or escarole to wilt and become tender. Squeeze the lemon juice over the greens and add the red pepper flakes and salt. Taste and add more seasoning, if needed. Cook for another minute or two.
5. Serve hot.

**Suggestions:** Rinse and drain a 15 oz. can of cannellini beans. Add to the onions and garlic with the greens and warm through.

**Substitutions:** for an Asian flair, use sesame oil in place of the olive oil and add soy sauce instead of kosher salt.

**WHITE BEAN AND GARLIC SCAPE DIP** –: Yield 1 ½ cups

- 1/3 cup sliced **garlic scapes** (3 to 4)
- 1 tablespoon freshly squeezed lemon juice, more to taste
- 1/2 teaspoon coarse sea salt, more to taste
- Ground black pepper to taste
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1/4 cup extra virgin olive oil, more for drizzling

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough puree.
2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and lemon juice, if desired
3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Recipe by Melissa Clark “**A GOOD APPETITE; A Garlic Festival Without a Single Clove,**” *The New York Times*, published June 18, 2008

## DON'T FORGET

Look in our CSA cookbook, *Recipes from America's Small Farms*, for more recipes and tips on handling, preparing and storing all our veggies.