
CARNEGIE HILL CSA

THIS WEEK AT STONELEDGE – A NOTE FROM DEB

Dear CSA Member

Finally our fall transplanting is finished. This marks a great milestone. We have been seeding, tending to and planting seedlings since March and when the last of the transplants are in the ground, we all feel a sense of accomplishment and relief.

CSA farming is constant timing of planting, harvesting, and more planting for the harvest that is to come. I read an article the other day about the positive aspects of being a farm with a specialty. Pieces of equipment are specialized, your knowledge is specialized, and your production is timed. The list goes on. CSA farming seems to be just the opposite. We need to plant and harvest over 50 different vegetables with many having three or more varieties. It is a juggling act of sorts with clipboards and charts galore. Each week eight or so vegetables need to be mature and ready to be harvested. Each job that we can put in the finished pile is anticipated and appreciated.

The Member Farm Work Visit is July 22 from 10-2. If you can attend or plan on attending, please email us at info@stoneledgefarmny.org just so we have an idea of how many members to plan on. . We will be harvesting garlic and also take some time to walk around the fields. If it is really hot you will be welcome to jump in the creek at the end of the day. Please bring your lunch, water and a hat and sunscreen. If you have any questions, please send an email and we will get back in touch. Please email so that if there is a delay due to weather, I will be able to send you an email directly. I would also post any delay on the farm website, Farm Blog.

Enjoy the Vegetables

Deborah for everyone at Stoneledge Farm

GET COOKING WITH HERBS – PART 1

South Beach Diet online, June 20, 2011

For those of us who don't use herbs or are not sure how to use them, here are some hints for using some of the wonderful herbs we receive each week.

- **Basil:** Use fresh basil whole, torn, or chopped in salads, egg dishes, and pastas. Dried basil is perfect for baked chicken or fish and in soups.

- **Cilantro:** This lively tasting herb is popular in Asia, the Caribbean, and Latin America. Use it to make salsas, toss it into salads, or sprinkle it over baked chicken or fish. Fresh is preferable to dried.
- **Dill:** Available both fresh and dried, dill is a great addition to salads and sauces, as well as to fish, chicken, meat, and vegetable dishes.
- **Oregano:** A relative of mint, oregano is an aromatic herb commonly used in tomato-based soups and sauces, and for seasoning poultry, lamb, shrimp, or vegetable dishes. It's available both fresh and dried.
- **Parsley:** Fresh parsley makes a great garnish for cooked meats, chicken, and fish and is tasty in bean, pasta, and rice dishes. You'll find it dried in Italian seasoning and other packaged herb mixes.
- **Sage:** This Mediterranean herb has a strong earthy flavor that is perfect for chicken, pork, ham, bean, and vegetable dishes. It's available both fresh and dried.
- **Thyme:** Popular in French-inspired dishes, thyme has an assertive flavor that goes well with many foods, including tomato dishes and vegetable soups. It's also an excellent seasoning for meats, poultry, and fish. It's available both fresh and dried.

JULY 12, 2011 WEEK



IN THE BAG

Summer Squash – 3 pounds
Cucumbers – 1 green
Boothby Blond Cucumbers – 1 pound
Scallions – 1 bunch
Solix Lettuce – 1 head
Encino Lettuce – 1 head
Cilantro – 1 bunch
Thai Basil – 1 bunch
Eggplant – 1
Okra - optional

OPTIONAL FRUIT SHARE

Red Currants – organic – 1 basket
Blueberries – local – 1 basket
Apricots - local – 1 basket

CONTACT INFORMATION

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"WHAT I DID WITH MY VEGGIES"

Recipes sent to us this week by our fellow CSA members!!!!

Thanks to you all

Keep the recipes and helpful hints coming.....

info90@chycsa.org using the word RECIPE in the subject line.

And for more recipes and tips on handling, preparing and storing all our veggies, don't forget to look in our CSA cookbook, *Recipes from America's Small Farms*

PATRICIA'S ROASTED VEGGIES

Core member Patricia Janof contributes a recipe for roasted veggies – she microwaves them first so as not to heat up the kitchen unnecessarily. By precooking the vegetables in the microwave, they brown in about 10 minutes, versus only the oven, which would take 30 – 40 minutes. Patricia tosses the roasted veggies with whole wheat pasta and adds grated cheese at the table.

Onions

Summer squash

Eggplant

Red bell peppers

Tomatoes (optional)

Olive oil

Salt

Pepper

Fresh herbs

1. Preheat the oven to 400 degrees.
2. Whisk together olive oil, salt, pepper and fresh herbs in a bowl. For additional flavor, add sliced garlic, balsamic vinegar or lemon juice
3. Slice the onion into wedges and place in a microwave safe ceramic or glass bowl with a lid. Cook for 3 minutes. Cut up the next vegetable to be cooked.
4. Add the cooked onion to the dressing and place the summer squash in the microwave. Cook for 3 minutes. Repeat with the eggplant. Cook the red pepper for 2 minutes. If using the fresh tomatoes, cut into wedges, but do not microwave.
5. Spread the cooked vegetables on a jellyroll pan(s) and roast in the oven for 5 minutes. Flip the vegetables and roast for 5 more minutes.

ZUCCHINI CORNBREAD

Recipe by Sara Dickerman; *Bon Appetit* July 2011

The bread can be made 1 day ahead and stored at room temperature in an airtight container.

Organic corn meal can be ordered from Farmer Ground Flour, a Lewis Waite Farm producer. Described as "Medium grind; store in fridge or cool area. Use within 3 -4 weeks for best flavor. Although we use a standard dent corn for our corn meal, we also mix in a bit of flint corn occasionally for a deeper color." They also sell a cornbread mix.

Adelaide shares a helpful hint for making your own buttermilk: simply measure out the required amount of whole milk and add a teaspoon of lemon juice. Let the milk sit for 15 minutes at room temperature. It will begin to thicken and turn tangy and will resemble buttermilk.

1/2 cup (1 stick) unsalted butter plus more for pan

2 large eggs, lightly beaten

1/2 cup buttermilk

1 large zucchini (about 10 ounces)

1 cup all-purpose flour

1/2 cup whole wheat flour

1/2 cup sugar

1 teaspoon baking powder

3/4 teaspoon fine sea salt

1/2 teaspoon baking soda

3/4 cup medium-grind cornmeal

1. Position a rack in the middle of oven and preheat to 350°. Butter a 9 x 5 x 3" loaf pan.
2. Melt 1/2 cup butter in a small saucepan over medium-high heat. Continue cooking until butter solids at bottom of pan turn golden brown, about 3 minutes. Scrape butter into a medium bowl. Set aside and let cool. Whisk in eggs and buttermilk.
3. Trim zucchini ends. Thinly slice five 1/8" rounds from 1 end of zucchini and reserve for garnish. Coarsely grate remaining zucchini. Add to bowl with butter mixture and stir until well blended.
4. Sift all-purpose and whole wheat flours, sugar, baking powder, salt, and baking soda into a large bowl. Whisk in cornmeal. Add zucchini mixture; fold just to blend (mixture will be very thick). Transfer batter to prepared pan and smooth top. Place reserved zucchini slices atop batter down center in a single layer.
5. Bake bread until golden and a tester inserted into center comes out clean, 55-65 minutes. Let cool in pan 10 minutes. Remove from pan; let cool completely on a wire rack.

Newsletter edited by Adelaide Mueller, Barbara Thalendorf