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# CARNEGIE HILL CSA

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

Dear CSA Member,

A member's email has prompted me to include a link to information about the film, VANISHING OF THE BEES. Honeybees have been mysteriously disappearing from the planet, literally vanishing from their hives. The film is available on Netflix, Amazon, and iTunes, as well as on the website [www.vanishingbees.com](http://www.vanishingbees.com). For the time being, our bees have been holding steady. Don't know if it is the expert care that the apiarist gives them, their organic surroundings, or something else

This upcoming Friday, July 22 is the Work Farm Visit from 10-2. If you are planning on attending, please send the farm an email so we have you on a list of contacts. If there are any last minute changes, we will send you an e-mail. We will also post any new information on the farm website, Farm Blog. You can find directions on the farm website, Contact Information link. Use the 145 Garcia Lane, Leeds, NY 12451 address. My cell phone is 518-291-2467 in case you need to get in touch. Please bring a hat, sunscreen, water and your own lunch. We will be harvesting garlic; it is bending and pulling and you will get dirty. We will take some time to show you around the fields as well. The creek is just beautiful; if you would like, take a dip at the end of you visit.. Harvest one bulb or one hundred, everyone is welcome. We plan one more visit for members, our annual Farm Festival, Saturday, September 10. More info on that to come.

Enjoy the Vegetables

Deborah for everyone at Stoneledge Farm

The following post was sent to Deb by Lexy Zissu from the West Village CSA, "I was out of town on Tuesday and gave my share to my assistant. She made cocktails and vinegar and more with the Thai basil. Fun!

<http://www.alexandrazissu.com/az-blog/2011/07/16/csa-overload-morsel/>"

## **GET COOKING WITH HERBS – PART II SOME HELPFUL HINTS ON STORING HERBS**

Some members have indicated that they are having problems storing herbs. One member was concerned that last week's basil turned black. Another member wrote that her basil is "flourishing in the fridge in a glass of water, covered by a plastic bag. I make sure herbs are reasonably dry before storing them. We still have dill in the fridge bought 2 weeks ago for Sunday brunch. Again, I put about an inch of water in a short glass, freshly cut the stems and quickly put them in the water, covered with a plastic bag with some holes punched in it, and refrigerated. Every few days, I take out the dill, check water level, turn bag inside out and shake off moisture, then put back in fridge".

Two more herbs to add flavor to some of your favorites dishes, from *South Beach Diet* online, June 20, 2011

- **Chives:** A relative of onions and leeks, chives have a mild onion-like flavor. Snip them with scissors or gently chop with a sharp knife, and then try them in chicken salad, scrambled eggs, or salad dressings.
- **Rosemary:** There's nothing quite like the piney flavor of this wonderful herb, which is often used to flavor meats, fish, soups, stews, vegetables, sauces, and dressings. It's available both fresh and dried.

## **WHAT TO DO WITH RADICCHIO**

Radicchio is delicious either lightly sautéed in olive oil or grilled and tossed with other lettuces or greens. It's a bitter lettuce and holds up well against a tangy vinaigrette and salty cheese. Adelaide likes to sauté radicchio, slice it into ribbons and toss with a balsamic vinaigrette, halved cherry tomatoes and shaved Parmesan cheese curls. A little frisée is nice, too.

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## CONTACT INFORMATION

Carnegie Hill CSA: [info90@chycsa.org](mailto:info90@chycsa.org); 212-502-8562; [www.chycsa.org](http://www.chycsa.org)  
Stoneledge Farm: [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org); [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org)

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## “WHAT I DID WITH MY VEGGIES”

Michelle Troung wrote an e-mail that she’s been eager to try scallion pancakes (the kind you get at Chinese restaurants). She notes that they require a lot of practice and directed our attention to *Serious Eats*’ helpful step-by-step guide located at: [www.serious-eats.com/2011/04/the-food-lab-how-to-make-scallion-pancakes-chinese-appetizers.html](http://www.serious-eats.com/2011/04/the-food-lab-how-to-make-scallion-pancakes-chinese-appetizers.html). The recipe is reprinted below.

## EXTRA FLAKEY SCALLION PANCAKES:

By J. Kenji Lopez-Alt - Makes 4 pancakes

### For the Pancakes:

2 cups all-purpose flour, plus extra for dusting work surface

1 cup boiling water

Up to 1/4 cup toasted sesame seed oil

2 cups thinly sliced scallion greens

### For the Dipping Sauce:

2 tablespoons soy sauce

2 tablespoons Chinkiang or rice wine vinegar

1 tablespoon finely sliced scallion greens

1/2 teaspoon grated fresh ginger

2 teaspoons sugar

1. Place flour in bowl of food processor (see note). With processor running, slowly drizzle in about 3/4 of boiling water. Process for 15 seconds. If dough does not come together and ride around the blade, drizzle in more water a tablespoon at a time until it just comes together. Transfer to a floured work surface and knead a few times to form a smooth ball. Transfer to a bowl, cover with a damp towel or plastic wrap, and allow to rest for 30 minutes at room temperature, or up to overnight in the fridge.
2. Divide dough into four even pieces and roll each into a smooth ball. Working one ball at a time, roll out into a disk roughly 8-inches in diameter on a lightly floured surface. Using a pastry brush, paint a very thin layer of sesame oil over the top of the disk. Roll disk up like a jelly roll, then twist roll into a tight spiral, tucking the end underneath.
3. Flatten gently with your hand, then re-roll into an 8-inch disk. Paint with another layer of sesame oil, sprinkle with 1/2 cup scallions, and roll up like a jelly roll again. Twist into a spiral, flatten gently, and re-roll into a 7-inch disk. Repeat steps two and three with remaining pancakes.
4. Combine all the sauce ingredients and set aside at room temperature. Heat oil in an 8-inch nonstick or cast-iron over medium-high heat until shimmering and carefully slip pancake into the hot oil. Cook, shaking the pan gently until first side is an even golden brown, about 2 minutes. Carefully flip with a spatula or tongs (be careful not to splash the oil), and continue to cook, shaking pan gently, until second side is an even more golden brown, about 2 minutes longer.
5. Transfer to a paper towel-lined plate to drain. Season with salt; cut into 6 wedges. Serve immediately with sauce for dipping. Repeat with remaining 3 pancakes.

**Note:** You can make this recipe without the food processor. Just stir the flour with a wooden spoon or chopsticks in a large bowl as you add the boiling water. After it comes together, turn it out onto a floured work surface and knead for five minutes until satiny and smooth. Proceed as instructed.

## ORZO WITH GRILLED VEGGIES:

Adelaide shares a recipe for a summer orzo – substitute whatever fresh vegetables you have on hand. This salad is filling enough to eat as a main entrée and is best at room temperature. It will leave you craving the fresh flavors of summer!

½ lb orzo

1 baby eggplant

1 zucchini

3 roasted peppers, chopped

½ lb shrimp, deveined with the tails intact (optional)

Juice of 1 lemon

1/3 cup extra virgin olive oil

Salt/pepper to taste

1 handful of pine nuts

¼ cup basil, chopped

¼ cup parsley, chopped

2 tablespoons chives, chopped

½ lb of feta cheese, crumbled (optional)

1. Boil salted water for the orzo. Boil the orzo according to the package directions or until cooked al dente. Drain and reserve.
2. While the orzo is boiling, trim the ends of the baby eggplant. Use a peel to remove the skin and cut the eggplant in half vertically. Brush each side with olive oil and sprinkle with salt and pepper. Repeat the same process for the zucchini. Grill the eggplant and zucchini on a grill pan on the stove over medium-high heat (or outdoor grill) for 5 minutes. Turn over the vegetables and continue grilling for 4 minutes. They should have grill marks and become soft and tender.
3. While the vegetables are grilling, whisk the olive oil, lemon juice and salt and pepper together. Taste for seasoning and set aside.
4. Once the vegetables have cooled, chop them into bite-sized pieces and combine in a large serving bowl with the roasted red peppers, pine nuts, fresh herbs and (optional) shrimp. Add the drained and cooled orzo to the bowl. Pour the dressing over the orzo and add the crumbled feta (optional). Combine all of the ingredients and allow the orzo to sit at room temperature for 20 minutes or more. Taste for seasoning.

**Note:** You can add grilled firm cubed tofu. Crumbled goat cheese or grated Pecorino Romano cheese can be substituted for the feta.