
CARNEGIE HILL CSA

JULY 4, 2011 WEEK

4



IN THE BAG

Red Tide Leaf Lettuce-1 head
Green Solix Lettuce-1 head
Escarole-1 head
Summer Spinach-1 bunch
Summer Squash-2 pounds
Basil-1 bunch
Sugar Snap Peas-1 pound
Orient Eggplant-1

THIS WEEK AT STONELEDGE – A NOTE FROM DEB

Dear CSA Member,
There have been beautiful sunny weather days, after days of rain and overcast skies. This weekend it has poured again, but the sun should be out tomorrow. The plants need the rain, but without the sunshine, they just do not grow. Transplanting continues, cultivating, weeding, harvesting. Our weeks move so quickly.

With all the rain and cooler temperatures, the lettuces have just continued to dominate the garden. Slowly the summer-time vegetables are catching up and will soon take off. There will be a time in the not so distant future of CSA Season 2011, when the lettuces will stop and we will not have any more until next spring time. We have tried in the past to grow lettuce into the fall, but with the intense heat of the summer here in the foothills of the Catskills, have not been successful so have stopped trying to push our lettuces into fall. Enjoy them while they are plentiful and delicious.

Members have been wondering when the farm visits will take place this year. There are two farm visits each season. The first will be July 22 and is a Farm Work Visit. We will probably be pulling garlic, but that will be determined when the time comes closer. The second is the Farm Festival on September 10. That is just fun and a great day to come and visit the farm. I hope you will mark these dates on your calendar.

Brenna will be adding Storage Tips under the Vegetable index. If you have questions, ideas or recipes to share, please e-mail her at stoneledgefarm2@gmail.com.

Enjoy the Vegetables
Deborah for everyone at Stoneledge Farm

ZUCCHINI RIBBONS WITH MINT

CSA member Lisa Curtain contributed a second recipe for **summer squash**.

Ingredients:

1 red onion, thinly sliced
1 teaspoon olive oil
1 – 2 garlic scapes, chopped (or 1 -2 cloves of garlic, minced)
1 zucchini
Feta cheese, optional
Zest of 1 lemon
Fresh mint, chopped (or as much as desired)

Directions:

- 1.) In a skillet or sauté pan, heat the onion and olive oil over medium – high heat until tender, about 3 minutes.
- 2.) While the onion is cooking, use a wide vegetable peeler to make zucchini ribbons. Run the peeler vertically on the zucchini, rotating with each

peel. Continue until you have used the entire zucchini and reserve.

- 3.) Add the garlic scapes to the onion and continue to sauté, about 1 minute. Add the zucchini ribbons and cook until wilted.
- 4.) Remove from the heat and add crumbled feta cheese (optional), lemon zest and fresh mint.

REMINDERS FROM DEB

This is the last week you can add a Fruit Share to your Vegetable Share. To add a Fruit Share, log into your CSA account on the farm website and place the order. If you have any trouble or questions, please send an e-mail and we will get back to you at info@stoneledgefarmny.org

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“WHAT I DID WITH MY VEGGIES”

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

Thank you

Anyone else with a special recipe or helpful cooking technique.....please send it to us at info90@chycsa.org using the word RECIPE in the subject line.

ZUCCHINI LATKES

Jo-Anne Brieff contributed a recipe for **zucchini** originally from the back of a Hollywood Safflower Oil bottle. She omitted the sweet potato, but if you'd like to add it, grate with the zucchini and onion. Jo-Anne writes that anyone who is not afraid of dipping into an idea will find this recipe very good.

Makes 12

Ingredients:

1 **zucchini** or **patty-pan squash**

1/3 large yellow onion

1 teaspoon salt

½ - ¾ cup matzo meal

1 egg

Fresh parsley, chopped

¼ cup Safflower oil, for frying

Directions:

- 1.) Grate the zucchini and onion into a bowl (either use a box grater or food processor fitted with the grater attachment).
- 2.) Add the egg, salt and parsley to the bowl and gently mix into the grated vegetables with a fork. Start by adding ½ cup of matzo meal to the mixture, adding ¾ cup if the batter needs to be thicker.
- 3.) Heat the safflower oil in the bottom of a sauté pan or cast iron skillet. Drop tablespoons of the batter to form small pancakes. Turn once and fry until golden brown. Drain on paper bags or paper towel-lined plates.
- 4.) If not eating immediately, keep the pancakes warm on a baking sheet in a 200-degree oven.

LETTUCE SOUP

Last year, as a first-time CSA member, Adelaide came up with this soup as a way to use up all of the beautiful heads of **lettuce**. Make this soup as healthy or indulgent as you want (the recipe is vegetarian and vegan friendly – all substitutions work). Try the

recipe with spinach, beet or radish greens, in addition to the lettuce. It's important to thoroughly wash the lettuce so no grit or dirt makes it way into the soup.

Serves 4 – 6

Ingredients:

1 yellow onion, chopped

1 teaspoon olive oil

1 tablespoon butter (optional)

¼ teaspoon red pepper flakes

Pinch of nutmeg

¼ teaspoon freshly cracked black pepper

1 teaspoon kosher salt

1 bay leaf

1 large Yukon gold potato, unpeeled and chopped

1 – 2 **zucchini**, trimmed and chopped

4 cups of vegetable or chicken stock

1 1/4 cups whole milk (or water)

2 – 3 heads **lettuce** (approximately 6 cups),

thoroughly washed, dried and chopped

Toppings:

Crème fraiche or mascarpone cheese, 1 tablespoon per bowl (can substitute sour cream)

Drizzle of extra-virgin olive oil or nut oil

Chopped fresh herbs, such as flat leaf parsley, chives or sprigs of chervil

Directions:

- 1.) Sauté the onion in the oil and butter in a large soup pot over medium heat until tender, about 3 minutes.
- 2.) Add the spices, seasonings, potato and zucchini to the onion. Stir until coated in the oil and butter and cook for 5 minutes, until the potatoes and zucchini have begun to become tender. Your kitchen will smell delicious at this point.
- 3.) Pour the stock and milk into the pot. Bring the soup to a slow boil for at least 2 minutes. This will help the soup to become thick. Lower the heat and simmer uncovered for 20 minutes.
- 4.) Remove the bay leaf from the soup and add the lettuce in batches. Stir until wilted. Turn off the heat and use an immersion blender to blend the soup (I like to make sure the lettuce becomes green specks and the soup is thick and creamy), about 3 – 4 minutes. If you don't have an immersion blender, use a regular blender to blend the soup in batches. Use a towel to help hold the top down and be careful of the heat pressure!
- 5.) Taste for seasoning, add more salt or pepper if needed and serve hot with a variety of toppings.

Newsletter edited by Adelaide Mueller, Barbara Thalendorf
