

Carnegie Hill CSA

Week 11 — August 18,

2009

What's In the Bag, from Stoneledge Farm

Dear CSA Member,

Finally, typical summer weather! It's hot, sunny, and humid; just what we usually complain about. This summer it's so welcome after all of the rain and cold in June, July, and early August. We are in the fields picking by 6:00 a.m., so the greens are washed and in the cooler before the real heat has a chance to hit by noon.

The greens have flourished this year, and there is still beautiful Swiss chard. For the first week, we're also starting to pick Kale.

We're trying to give you a taste of summer, and therefore the peppers will be of both the sweet and hot varieties this week. Please only take the hot peppers if you want them, and cut them with caution. For some reason, the **jalapenos** that we've tasted are **really hot** this year.

We still have a very good supply of honey and maple syrup that you can order by downloading the form on the farm website. Fill it in, and mail it with payment to the farm. It's a good idea not to wait until the end of the season because we can run out of some of the sizes. I will include your honey and/or maple order with the vegetable delivery, after I receive your order.

I hope you've marked your calendar for the farm visit on September 12, from 11:00 a.m. to 3:00 p.m. Next week, I will include a short piece about each of the other local farms that will also be attending.

Enjoy the vegetables and the fruit!

-Deborah, for everyone at Stoneledge Farm

Tips & Recipes

Kale is a great, healthy treat that's delicious cooked on the stove or in the oven. Our friends at Just Food recommend taking one bunch of kale (leaves only, torn into small pieces), drizzling it with one tbsp of olive oil, and adding one tbsp of seasoned salt on a cookie sheet lined with parchment paper. Cook in the oven at 350°F for 10 to 15 minutes, and eat up!

Roasted Tomatillo Salsa (Adapted from *epicurious.com*)

Preheat the oven to 375°F. Remove the outer casing of **six large tomatillos** (1 lb) and rinse. Cut **one medium onion** into thirds. Halve **two Serrano chiles** and remove the seeds. Combine everything with **three cloves of fresh garlic** and **one jalapeno** (halved and seeded), if you like heat, in a glass dish with one tablespoon of **olive oil** and one teaspoon of **salt**. Roast the mixture in the oven for approximately one hour, until the tomatillos are soft. Puree in the food processor with one cup of fresh **cilantro** leaves until smooth. Add salt and pepper to taste, and serve at room temperature or cold. Feel free to save some for later—this recipe freezes well.

Week 11 Veggie List

Chiogga Beets (1 bunch)*
Italian Eggplant (1)
Edamame Soybeans (1 bunch)
Lilac Pepper (1)
Diablo Peppers (2) long, green, and sweet
Tomatillos (1 lb)
Kale (1 bunch)
Swiss Chard (1 bunch)
Basil (1 bunch)
Red Onions (1 bunch)
Jalapenos (if you like them, take a couple!)

**These are rustic-looking Italian beets with centers that are circles of white and red when cut.*

Fruit Share

Red Clapp Pears and Peaches (1 bag)
White, Yellow, and Green Donut Peaches (1 basket)*

**The green donut peaches are green inside and out, and they're ripe and delicious!*



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