

# Carnegie Hill CSA

Week Twelve – August 25, 2009

## What's In the Bag, from Stoneledge Farm

Dear CSA Member,

This is a wonderful week of peppers. They come in all colors and shapes. Hope you can find a good recipe to stuff them, fry them, or just cut them up and eat them raw.

We continue to make plans for the Farm Visit, September 12 from 11-3. I hope you will be able to make the trip to visit for the day. Please bring a dish to share, your own place setting and take some time just to enjoy being at the farm, meeting other CSA members, and meeting all the people that grow your food. The roaster will be started early in the morning and we will have pork and sweet corn. We're planning on digging some potatoes and carrots for members to pick up, walks around the fields to see how your vegetables are being raised, and tractor rides on the wagon.

Each year we invite other farmers that are involved with the CSA or are local to participate as well. This year Jim Hyland of Winter Sun Farms, Bernadette and Walt of The River Garden and Dave Cammer of Bearkill Maple products will be attending.

I have asked each to write a short piece as an introduction. This week Jim Hyland writes: *Four years ago, as a local Hudson Valley CSA member, I started to freeze the excess of my own share so I could eat healthy local vegetables in the winter.*

### Week Twelve Fruit List

- **Mixed Donut Peaches, Yellow**
- **Peaches and Pears ~ 1 box**
- **Peaches and Nectarines ~ 1**
- **mixed bag**

*A conversation with my farmer about excess produce during the harvest sparked the idea that not only would other CSA members enjoy local produce in the winter, but that a Winter CSA full of frozen local produce would be a boost to the farms. Today the share includes frozen vegetables and fruit, but also root crops and greenhouse pea shoots. The quality is great, because only farms like Stoneledge grow for us. Last year our membership grew to over*

*800 shares with seven NYC CSA's, including Chelsea. A special thanks to Dore Nash for bringing WSF to Chelsea and introducing me to Deb, Pete and Stoneledge Farm. I will be at the September 12th Farm Visit to answer questions and show off the share. This year I should have enough shares to add four new NYC sites. For more information visit [www.WinterSunFarms.com](http://www.WinterSunFarms.com) or contact me at [jim@wintersunfarms.com](mailto:jim@wintersunfarms.com).*

Enjoy the Vegetables ~~ Deborah, for everyone at Stoneledge Farm

## Tips & Recipes

**Artichokes** are thistles with sharp outer leaves and a central choke that must be removed before you can eat the meat on the leaves and the very delicious heart. Steaming is the best method of cooking. Dip the meat in mayonnaise, lemon and butter or just lightly salt before eating.

### How to Trim an Artichoke:

- Step 1: peel off tough outer leaves
- Step 2: trim around the bottom of the artichoke
- Step 3: if you only want to cook the bottom, cut off the top half of the leaves; if you want to leave the artichoke whole but remove the choke, leave it whole and force the top leaves open
- Step 4: scoop out the choke

### Week Twelve Veggie List

- **Beets ~1.5 lbs**
- **Brazilian Orange Eggplant ~2**
- **Summer Onions ~ 2**
- **Artichokes ~ 2**
- **Sweet Peppers:**
- **Diablo ~2**
- **Lilac ~1**
- **Round of Hungary ~2**
- **Biscayne ~ 1**
- **Spinach ~1 bunch**
- **Lettuce ~1 head**
- **Thai Basil ~1 bunch**
- **Sage ~ 1 bunch**
- **Serrano and Jalapeno Peppers**

\*\*Don't forget to look in our CSA cookbook, *Recipes from America's Small Farms*, for tips on handling, preparing and storing all our veggies.\*\*

Contact the Carnegie Hill CSA: [info90@chycsa.org](mailto:info90@chycsa.org); 212-502-8562; [www.chycsa.org](http://www.chycsa.org)

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