

Carnegie Hill CSA

Week Fifteen – September 15, 2009

What's In the Bag, from Stoneledge Farm

Dear CSA Member,

We had a wonderful Farm Visit. As the season wears on we start to get a bit weary and the Farm Visit is such a boost for us to be able to take a day to just stop our work and visit. It really brings us back to what CSA is all about.

The rain stopped, it was such a pleasure to welcome so many members to the farm, the food and coffee were delicious. Thank you to everyone that made the trip to the farm.

We were not able dig potatoes and carrots and the tractor rides were only in the kids imagination because we had such a storm the night before, but the puddles made for great fun. A special thanks to Jim of Winter Sun, Bernadette of River Garden, Dave of Bear Kill Maple Products and Jim from Capital City Roasters.

This week is the September coffee share delivery. After tasting the delicious coffee at the Farm Visit there have been a number of members that would like to add a share of coffee for the last three months. Please just go to the farm web site www.stoneledgefarmny.org, click on Coffee Share and download the form. Fill in the

information and cross out the 6 months and write in 3. It is too late to have the first delivery for September go out this week but I will send the September delivery next week if you are just signing up. Everyone else that already has a Coffee share will receive it this week as scheduled.

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

Week Fifteen Veggie List

Carrots ~1 bunch
Potatoes ~2 pounds
Collard Greens ~1 bunch
Peppers ~4
Shallots ~4
Winter Squash Delicata ~2
Spinach ~1 bunch
Parsley ~1 bunch
Broccoli ~ 2 pieces

Week Fifteen Fruit List

Fortune Plums ~1 box
Gala, Golden, Supreme & Mac Apples
~1 bag

Tips & Recipes

Delicata Winter Squash has a thin skin and doesn't keep as long as other winter squash. Its best to use it sooner rather than later. The flesh of the Delicata is golden and sweet with a light, fine texture. One of the simplest ways to prepare it is to roast, slice and serve it with a drizzle of olive oil.

Delicata Squash and Roasted Mushrooms with Thyme

6 tablespoons olive oil
1 tablespoon chopped fresh thyme
¾ teaspoon salt
½ teaspoon black pepper
2 lb. delicate squash – halved lengthwise, seeded and cut into ½ inch slices
2 lb. mixed fresh mushrooms - halved

Preheat oven to 425 degrees. Stir oil, thyme, salt and pepper. Toss squash and mushrooms with oil mixture, arrange flat in shallow baking pan and roast until the veggies are tender (approx 25-30 minutes). Stir occasionally.

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.

Fun Farm Fact

Balancing Broccoli and Bees

In order to keep pesky caterpillars off the broccoli, the farmers closely monitor the fields and can use a certified organic Bt product. It is effective on the butterfly caterpillars and does not harm the bees. Due to rain and cold the bees are struggling. The bees do not forage when it is cold and rainy and so have very little reserves going into the winter. Stoneledge planted buckwheat this summer and it serves as a source of food for the bees.

Contact the Carnegie Hill CSA: info90@chycsa.org; 212-502-8562; www.chycsa.org

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