

Carnegie Hill CSA

Week Eight – July 28, 2009

What's In the Bag, from Stoneledge Farm

Dear CSA Member,

Our 2009 Organic Certification inspection was conducted last night. Each year our certifying agency, NOFA NY Certified Organic, LLC sends an inspector to the farm. They examine our records, receipts, seed, fertilizer, amendment purchases, inspect the greenhouses, fields and equipment and interview us personally about our practices. There are specific criteria that a farm needs to meet to be Certified Organic and it is a process that we need to work at, record and adhere to every day. We will proudly be Certified Organic another year as we met all of the organic standards and criteria. It is not an easy or uncomplicated task to meet the certification requirements. Each year as more materials, seed sources and information become available for the organic farmer, we feel that we can do a better job farming organically.

The Vegetable Share has an Italian flair this week: Escarole,

Radicchio, Fennel, and Eggplant. The Summer Spinach and Lettuces are still producing beautifully with all of the cool temperatures and rain. All Certified Organic and grown for you.

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

Week Eight Veggie List

- **Summer Squash** ~2 lbs
- **Fennel** ~1 bulb
- **Eggplant** ~1
- **Spinach** ~1 bunch
- **Slicing Cucumber** ~1
- **Islander Lilac Pepper** ~1
- **Boothby Blonde Cucumbers** ~2
- **Radicchio** ~ 1 head
- **Lettuce** ~1 head
- **Escarole** ~ 1 head
- **Scallions** ~ 1 bunch
- **Cilantro** ~ 1 bunch

Week Eight Fruit List

- **Peaches** ~ 1 basket
- **Sugar & Shiro Plums** ~ 1 bag
(let the Shiros sit out a few days to ripen)

Tips & Recipes

Islander Lilac Peppers are sweet. When raw, they are purple, but when they are cooked they turn green.

Fennel (also known as Sweet Anise) is crispy, slightly sweet, and has a mild licorice flavor which becomes even milder when cooked. Fennel is nice thinly sliced in salads, steamed with fish or baked with potatoes (use as you would an onion).

Roasted Potato and Fennel Salad

(Adapted from *Gourmet Magazine*)

- 16 to 18 red-skinned new potatoes (about 2 pounds), scrubbed
- 1/2 cup diced (1/4-inch) fennel bulb
- 3 scallions, thinly sliced on the diagonal
- 1/3 cup plus 1 tablespoon chopped fennel ferns

- 1/2 cup mayonnaise
- 1/2 cup sour cream or nonfat plain yogurt
- Salt and coarsely ground black pepper, to taste

Preheat the oven to 400°F. Prick the potatoes and place on a baking sheet. Bake until crisp and tender, about 1 hour. When cool enough to handle, quarter the potatoes and place in a bowl with the diced fennel, scallions and 1/3 cup of the fennel ferns. Combine the mayonnaise and sour cream, then fold into the potato salad. Season well with salt and pepper. Garnish with the remaining tablespoon of fennel ferns.

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.

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