

Carnegie Hill CSA

Week Sixteen * September 22, 2009

What's In the Bag, from Stoneledge Farm

Dear CSA Member,

It's a balance for me each week writing what's going on with the farm and not feeling like I am putting too much emphasis on the problems that we face. I've heard from a number of members that they would like to know more about the wet and cold summer season, which has impacted the farm and the vegetables we produce.

It's been the most difficult year we've ever farmed. The cold and wet weather in June, July, and the beginning of August were overwhelming and brought a series of events that we, as farmers, could not hope to work through.

The endless cold and rain were the perfect combination to promote and sustain plant diseases. Some areas of our fields had standing water for weeks on end. Overall, we estimate that at least 35% of our entire production was lost this year due to the weather conditions.

Summer was an exhausting time for all of us. I can't begin to explain the amount of mosquitos and mud we've lived with throughout the summer. We'll take all of the experiences from this year to plan for next season. We never know what will be in store. It could be as dry next season as it was wet this season, and that is the challenge of farming in the Northeast.

We've turned the corner, and fall is our focus. So far, it seems the crops we've planted for the fall will be wonderful. The potatoes are just beautiful, collards and kale are lush, carrots sweet and interesting, beets delicious, and even the celeriac looks to be the largest we've ever grown.

Enjoy the vegetables!
-Deborah, for everyone at Stoneledge Farm

Tips & Recipes

***The winter squash is smaller than usual and should be eaten soon; this is a consequence of the frequent wet weather we've had this year.**

***The peppers are getting smaller and will probably only grace us for one more week.**

***If you're interested in a winter share, you can sign up with Winter Sun Farm; their website is www.wintersunfarms.com. Vegetables come from their New Paltz, NY, and Asheville, NC, farms.**

Quinoa-Stuffed Acorn Squash *from More magazine*

Preheat the oven to 375°, and spray a baking sheet with cooking spray. Cut two acorn squash in half lengthwise, scooping out the seeds, and brush 1/2 tsp honey on each side. Put the squash, cut side down, on the sheet and bake 40 min. Add the quinoa to 1 cup water in a saucepan and bring it to a boil. Then reduce heat, cover, and cook on low until water is absorbed. In a dry skillet, toast 1/3 cup almonds over med/high heat for 3 to 5 minutes; let cool and chop. Heat 2 Tbsp olive oil in the dry, empty pan, and add one medium diced onion, cooking about 3 min. until soft. Add 2 minced garlic cloves, and then stir in 1/2 tsp ground cumin, 1/4 tsp ground cinnamon, and 1/8 tsp ground ginger. Remove from heat and stir in 1 Tbsp of fresh lemon juice. Mix onion mixture and quinoa. Stir in almonds, 1/3 cup dried, chopped apricots, 1/4 cup chopped, fresh parsley, and 2 Tbsp chopped fresh mint leaves. Add salt and pepper to taste, and stuff each squash with the quinoa mixture, approximately 1/4 cup. Drizzle each with one tsp honey on top of the squash and serve.

Week Sixteen Veggie List

**Lacinato Kale (1 bunch) called
Dinosaur kale**
Potatoes (2 lbs)
Beets (1 bunch)
Carrots (1 lb)
Winter Acorn Squash (2)
Escarole (1 head)
Peppers (3)
Leeks (1 bunch)
Thyme (1 bunch)

Fruit Share

One basket of certified organic berries—delicious!
One basket of apples and pears: Gala and Cortland apples and Bartlett pears.

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