
THIS WEEK'S NOTE FROM THE FARM

Dear CSA Member

What a beautiful first harvest of potatoes. Called "Seed Potatoes", potatoes are planted as pieces of potato with a couple of "eyes" or dormant buds on each piece. The buds will sprout and develop into independent plants. The seed potato provides the nourishment from its stored starch supply.

The main stem will appear above the ground. There is a lot of leaf growth during the first four to five weeks and then the plants flower. The potatoes growing underground develop above the original seed piece and so the potato plants are hilled with soil to keep the growing potatoes covered during the growing season.

We will have the potato digger hooked to the tractor to show members that come to the farm visit just how we harvest potatoes. I think it is one of the favorite farm visit activities.

Next week, Saturday September 12 from 11-3 is the farm visit. If you are coming, please remember to bring your own plate, cup, utensils and also a dish to share. If you could also have the name of the dish, labeled if it is a vegetarian, meat or dessert on an index card so we can have a vegetarian table. We will have water to drink, Farmer to Farmer coffee, roasted pork and sweet corn, local fruit.

If you need to get in touch with me, just call my cell phone 518-291-2467. Last year the road sign was missing at the end of Garcia Lane and so there were members all over South Cairo not being able to find us. The road sign is now in place. We are really looking forward to seeing old friends and meeting new ones.

Deborah, for everyone at Stoneledge Farm

VEGETABLES

Potatoes -2 pounds

Beets -1 1/2 pounds

Swiss Chard -1 bunch

Leeks -1 bunch

Summer Savory -1 bunch

Sweet Peppers -5

Red Vein Sorrel -1 bunch

Eggplant -1

FRUITS

One bag. It will contain:

Fix Orchard Pear

Red Bartlett

Macintosh Apples

Gala Apple

RECIPES

Horseradish Potato Salad

From Smittenkitchen.com

3 pounds small

1/4 cup red onion, chopped

1 tablespoon white-wine vinegar

1 cup sour cream (or 1/2 cup sour cream, 1/2 cup yogurt)

2 tablespoons fresh dill, finely chopped

1/4 cup chopped fresh chives

1 tablespoon Dijon mustard

3 tablespoons prepared horseradish

1 teaspoon salt

1/2 teaspoon black pepper

Boil the potatoes until fork tender, cool them to room temperature and quarter them. In a large bowl, mix the remaining ingredients and fold over the potatoes. Adjust seasoning to taste — you might add another tablespoon of vinegar if you feel it needs more 'zing' — and prepare to wow the Eastern Europeans in your life!

east
88th
St.
CSA

WEEK 14

9.08.09

RECIPES

Thank you to our volunteers this week!

3:30 - 5:30:

Karyn Drews

4:30 - 6:30:

Elizabeth Manus,

Karyn Drews

5:30 - 7:30:

Isabelle Dervaux,

Kathleen d'Erizans

If you have not yet signed up on www.localfork.com to volunteer, please do so ASAP! We still have a number of shifts to fill throughout the rest of the summer and fall. Thank you for helping our CSA operate smoothly by volunteering.

Couscous with Red Veined Sorrel

From cookwithherbs.com

2 C. cooked couscous
1/4 plain yogurt
1tbls Thai Dill, chopped
1 Tbls Garlic Chives, chopped
1 C. Red Veined Sorrel leaves
1 Tomato, diced
1 C. Kalamata Olives, pitted roughly chopped
1 Tbls Extra Virgin Olive Oil
Salt and Pepper

In a salad bowl mix together the yogurt, Thai dill, garlic chives, extra virgin olive oil and salt and pepper to taste. Add the couscous and mix well, check for salt and pepper and adjust accordingly, then mix in the tomatoes and olives. Finally gently toss in the red veined sorrel and mix until incorporated. Serve.

Sour Cream Apple Pie

Posted by Marlen on epicurean.com

One 9-inch pie crust
1 teaspoon cinnamon
6 large MacIntosh apples, peeled, pared, and sliced
1-2/3 cups sour cream (may substitute fat free)
1 large egg
1 cup sugar
1/2 teaspoon salt
2 teaspoons vanilla
1/3 cup flour

Topping:

1/2 cup butter
1/3 cup brown sugar
1/3 cup white sugar
1/2 cup flour
pinch of salt
1 Tablespoon cinnamon
1 cup chopped walnuts

Preheat oven to 450 degrees F.

In a large bowl, mix together apple slices, sour cream, egg, 1 cup sugar, 1/2 teaspoon salt, vanilla, and 1/3 cup flour gently. Spoon mixture into the pie plate and bake at 450 degrees for 10 minutes. Remove from oven and gently stir apple mixture.

Reduce heat to 350 degrees and continue baking for 35 more minutes.

Combine topping ingredients. Top apple mixture with topping. Bake for an additional 15 minutes.

Fresh Red Veined Sorrel Soup

From cookwithherbs.com

1 lb. Red Veined Sorrel, stems removed and chopped
8 oz. Bacon, chopped
1 large onion, chopped
2 tablespoons flour
2 potatoes, peeled and diced
3 cups chicken stock
1 cup milk or half/half
salt and freshly ground black pepper
chopped fresh parsley garnish

In a 4 qt sauce pan saute the bacon and onion until brown. Remove the bacon and onion from the pan but leave in the bacon fat. Stir in the flour and heat until it starts to dry up stirring continually. Pour in slowly the chicken stock and milk, whisking as you pour to eliminate any lumps. Add the potatoes and sorrel, bring to a boil, then reduce to a simmer and cook until the potatoes are tender. When potatoes are done, return the bacon and onions to the pan, Heat through. Add salt and pepper to taste, garnish with parsley and serve.

Sesame Beets

From Moosewood Cookbook

1 pound beets
2 tbsp fresh lemon juice
1 to 2 tsp cider vinegar
1 tbsp toasted sesame seeds
2 tbsp minced onions or scallions
1 tsp sugar
salt and ground black pepper to taste

Trim the leaf stems of the beets to about an inch (if your beets come with leaves, save the leaves for cooking), scrub the beets, and place them in a pot with water to cover. Bring to a boil, then lower the heat, cover, and simmer for about 30 to 40 minutes, until tender and easily pierced with a sharp knife. Drain and rinse with cold water until cool enough to handle. Remove and discard the skins, which should slip off easily, and slice the beets into a bowl. Toss with the lemon juice, vinegar, sesame seeds, onions or scallions, and sugar. Add salt and pepper to taste. Chill thoroughly for about 30 minutes and serve.