
THIS WEEK'S NOTE FROM THE FARM

Dear CSA Member

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

To say the least, it has been the most difficult year we have ever farmed. The cold and wet weather for 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 us all. I can't begin to explain the amount of mosquitos and mud we have lived with throughout the summer. We will take all of the experiences from this summer and plan again for next season. We never know what will be in store. It could be as dry next season as it was wet this and that is the challenge of farming in the Northeast.

We have now turned the corner and fall is our focus. So far, it seems that the crops that we have planted for the fall will be wonderful. The Potatoes are just beautiful, Collards and Kale are lush, Carrots sweet and interesting, Beets so delicious and even the Celeriac looks to be the largest we have ever grown.

Enjoy the vegetables.

Deborah, for everyone at Stoneledge Farm

VEGETABLES

Lacinato Kale -1 bunch

Potatoes -2 pounds

Beets -1 bunch

Carrots - 1 pound

Leeks -1 bunch

Winter Squash -2 Acorn

Thyme -1 bunch

Escarole -1 head

Peppers -3

FRUITS

Berries (maybe)

Mixed bag of Apples and Pears.

east
88th
St.
CSA

WEEK 16

9.22.09

VOLUNTEERS

Thank you to our volunteers this week!

3:30 - 5:30:

4:30 - 6:30:

Lynn Hippen

5:30 - 7:30:

Kyla Fitzpatrick & Eileen Brilliant

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.

RECIPES

SAUTEED ESCAROLE WITH ANCHOVIES

from epicurious.com

4 lb escarole (about 4 heads), cored and coarsely chopped

1/4 cup extra-virgin olive oil plus additional for drizzling

5 garlic cloves, thinly sliced

1/2 teaspoon dried hot red pepper flakes

1 (2-oz) can anchovy fillets in olive oil, drained, patted dry, and chopped

Wash escarole well in a sinkful of water, then lift out and drain. Cook escarole in a 7- to 8-quart heavy pot of boiling salted water until tender, about 10 minutes, then drain in a colander.

Heat oil in same pot over moderately high heat until hot but not smoking, then sauté garlic and red pepper flakes, stirring, until garlic is golden, about 1 minute.

Add anchovies, then reduce heat to moderate and cook, stirring, until dissolved, about 1 minute.

Add escarole, stirring to coat with oil, then increase heat to moderately high and cook, uncovered, stirring occasionally, until escarole is tender and most of liquid is evaporated, 8 to 10 minutes. Season lightly with salt.

Spoon onto a platter and drizzle with oil to taste.

ALCHEMICAL KALE

from thekitchn.com

serves 2 to 4 as a side dish

1 tablespoon olive oil

1 large bunch of kale, stripped of stems, washed and drained in a colander

Salt

4 tablespoons tahini

2 tablespoons fresh lemon juice

Choose a wide pan with sides, or a wok; either way, having a lid that fits is important. Film the bottom with the olive oil and set over medium heat. Add the kale and a few pinches of salt. Toss lightly with tongs so the kale is evenly coated with oil, then lower the heat and set the lid firmly on top of the pan.

Meanwhile, mix the tahini and lemon juice in a small bowl or coffee cup. The tahini may stiffen up a bit, which isn't a problem. After about 5 minutes, check the kale and give it another toss. It should be wilted and there should be enough liquid in the pan to keep things moist and steaming. Add a little water if it seems too dry.

Cover and cook another few minutes or until the kale is almost black in color and has a nice, chewy texture. Turn off the flame and add about half of the tahini sauce. Toss. Add more sauce if need, up to the entire amount, to coat the kale.

Taste for salt. Serve hot.

CARROTS WITH THYME, CUMIN AND ORANGE BUTTER

from jamieoliver.com

400g (14oz) baby carrots, scrubbed

a small bunch of fresh thyme

a small pinch of cumin seeds

zest of 1 orange

250g (8.8 oz) unsalted butter, softened

Wash the thyme stalks in hot water for 20 seconds.

When cool enough to handle, strip the leaves off the stalk. In a food processor, whizz the thyme leaves, the cumin seeds and orange zest together with the butter.

Lay out a 30cm square piece of greaseproof paper on a work surface and scoop the butter on to the middle.

Roll one edge up over the butter as if you were trying to fold the paper in half, and with your hands shape the butter into a cylinder shape as best you can. Wrap the butter up in the paper, twist the ends so the package looks like a Christmas cracker and place in the fridge to set.

Steam the carrots for 10 minutes and, once cooked, toss in a warm bowl with some slices of the thyme, cumin and orange butter.

WARM ROASTED BEET SALAD WITH SAUTEED LEEKS, TOASTED WALNUTS, AND HERBED CHEVRE

from <http://green.yahoo.com>

2 whole beets, about the size of a lemon

1/2 cup walnut halves,

1/4 cup olive oil (divided use)

2 leeks, white and light green only, thinly sliced, washed twice

1 tablespoon mixed fresh herbs, such as parsley, tarragon, thyme, chives and/or dill (divided use)

1 tablespoon sherry vinegar or white wine vinegar

4 ounces fresh goat cheese (chevre), log-shape

Roast the beets (skin-on) at 325 degrees, until very tender, about 1 hour. Rub with a paper towel to remove the skin. Keep warm and covered. Toast the walnuts in a 325-degree oven until fragrant, about 5 minutes. Heat 2 tablespoons of olive oil in a small skillet; gently sauté the leeks until they are tender, but not browned, about 5 minutes, seasoning with salt, pepper, and a pinch of herbs.

Combine the remaining olive oil with the vinegar and 1 teaspoon of herbs to create a vinaigrette; season with salt and pepper. Coat the goat cheese with remaining herbs. Slice the herbed goat cheese log into four slices; transfer to a small pan and warm in the oven 5 minutes.

Slice the beets as thinly as possible into at least 20 slices (this is easiest with a mandolin or slicing device, but can be done with a knife). Arrange the beet slices as flower petals on four warm salad plates. Divide the cooked leeks into mounds at the center of the beets.

Top with warm goat cheese and a sprinkling of toasted nuts. Dress with the olive oil vinaigrette.