
THIS WEEK'S NOTE FROM THE FARM

Dear CSA Member

Dear CSA Member,

As difficult as the summer season was, it seems that fall is shaping up to be wonderful. Our mantra for this summer was "persevere". We have been harvesting the fruits of our determination this fall and are so happy to be able to send such beautiful vegetables for your share.

I mentioned last week that you may be able to order one pound bags of coffee if you have not signed up for a Coffee Share. The Honey and Maple order form will have coffee to order as well. If the online form is not ready this week, I will send paper copies to the site. The coffee will be delivered with the vegetable shares just like the honey and maple.

I have received many e-mails from members wondering about a Winter Share. As suggested by a member, we will be offering Coffee Shares for the months of December, January, February and March that will be delivered with the Winter Share. Sign up for the coffee share only will be on the Stoneledge Farm website, www.stoneledgefarmny.org, click on Coffee.

The following is a note from Jim about the Winter Shares:

Winter Sun Farms and the Winter Share

Don't miss your CSA the winter, join us for a Winter Share of local vegetables. The share includes: Frozen: tomatoes, blueberries, peppers, summer squash, raspberries, broccoli, green beans, butternut squash, edamame, fall greens, blackberries, and Root Crops: potatoes and carrots, and Fresh pea shoots. The quality is great; because we only use the best organic and sustainable Hudson Valley farms...like Stoneledge Farm!

Winter Sun Farms is now on the Upper East Side at the 88th St. CSA! Please check the website for a complete list of locations. Winter Sun Farms has room to add one or two new locations this winter. We don't have a Connecticut CSA yet. A new site requires 25 members and help at the distribution. If none of our current locations work for you please contact me about having a distribution at your CSA. Please visit the website to see our locations www.WinterSunFarms.com (under Become a Member) or contact me at jim@wintersunfarms.com

Thanks,

Jim Hyland Winter Sun Farms 845-255-1699

It is wonderful that the CSA movement continues to grow.

Enjoy your vegetables-Deborah, for everyone at Stoneledge Farm

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VEGETABLES

Potatoes - 2 pounds

Carrots - 1 pound

Shallots - 2

Broccoli - 1 head

Carnival Winter Squash - 1

Purple Globe Turnips with Greens - 1 bunch

Red Russian Kale - 1 bunch

Apple Mint - 1 bunch

FRUITS

1 Bag of **Seckle Pears, Bosc Pears, Jona Gold Apples**

east
88th
St.
CSA

WEEK 19

10.12.09

VOLUNTEERS

Thank you to our volunteers this week!

3:30 - 5:30:

4:30 - 6:30:

5:30 - 7:30:

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

CLASSIC CARROT CAKE WITH FLUFFY CREAM CHEESE FROSTING

from *foodandwine.com*

Recipe by Jodi Elliot

CAKE

1 cup pecans (4 ounces)
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup vegetable oil
1/2 cup buttermilk
1 1/2 teaspoons pure vanilla extract
4 large eggs
2 cups sugar
1 pound carrots, peeled and coarsely shredded

FROSTING

2 sticks unsalted butter, softened
Two 8-ounce packages cream cheese, softened
1 tablespoon pure vanilla extract
2 cups confectioners' sugar

Preheat the oven to 325°. Butter two 9-inch cake pans; line the bottoms with parchment. Butter the paper and flour the pans.

Make the cake: Spread the pecans on a baking sheet and toast for 8 minutes, until fragrant. Cool and finely chop the pecans.

In a bowl, whisk the flour, baking powder, baking soda, cinnamon and salt. In a small bowl, whisk the oil, buttermilk and vanilla. In a large bowl, using an electric mixer, beat the eggs and sugar at high speed until pale, 5 minutes. Beat in the liquid ingredients. Beat in the dry ingredients just until moistened. Stir in the carrots and pecans. Divide the batter between the pans and bake the cakes for 55 minutes to 1 hour, until springy and golden. Let the cakes cool on a rack for 30 minutes, then unmold the cakes and let cool completely.

Make the frosting: In a large bowl, using an electric mixer, beat the butter and cream cheese at high speed until light, about 5 minutes. Beat in the vanilla, then the confectioners' sugar; beat at low speed until incorporated. Increase the speed to high and beat until light and fluffy, about 3 minutes.

5. Peel off the parchment paper and invert one cake layer onto a plate. Spread with a slightly rounded cup

of the frosting. Top with the second cake layer, right side up. Spread the top and sides with the remaining frosting and refrigerate the cake until chilled, about 1 hour. Slice and serve.

ROASTED TURNIPS WITH MAPLE AND CARDAMOM

From *Fine Cooking 101*, pp. 51 September 3, 2009

3-1/2 lb. purple-top turnips, peeled and cut into 3/4-inch dice (10 cups)
3 Tbs. vegetable oil
Kosher salt
1 oz. (2 Tbs.) unsalted butter
3 Tbs. pure maple syrup
1/4 tsp. pure vanilla extract
Generous pinch crushed red pepper flakes
1/4 tsp. ground coriander
1/8 tsp. ground cardamom
1 tsp. fresh lemon juice
1 Tbs. finely chopped fresh cilantro (or a mix of parsley and mint)

Position racks in the top and bottom thirds of the oven and heat the oven to 475°F. Line two large, heavy-duty rimmed baking sheets with foil. In a mixing bowl, combine the turnips, oil, and 1/2 tsp. salt. Toss to coat well. Divide the turnips between the two pans and spread evenly in one layer. Roast for 20 minutes. With a large spatula, flip the turnips. Swap the pans' positions and roast until tender and nicely browned on a few sides, 15 to 20 minutes. (The turnips on the lower rack may be done sooner than those on the upper rack.)

Meanwhile, melt the butter in a small saucepan over low heat. Whisk in the maple syrup, vanilla, and red pepper flakes, and then the coriander and cardamom, until the sauce is heated, 30 seconds. Remove the pan from the heat.

Transfer the turnips to a large mixing bowl. Gently reheat the sauce, if necessary, and stir in the lemon juice. With a heatproof spatula, toss the sauce with the turnips. Add half of the cilantro and salt to taste and toss again. Transfer to a warm serving dish and garnish with the remaining cilantro.

Make Ahead Tips

This dish can be made a day ahead. To reheat, put the dressed turnips (without the cilantro) in a large nonstick skillet and cover with a lid. Heat gently over medium-low heat until warmed through, stirring occasionally, about 15 minutes. Add the cilantro and season to taste with salt just before serving.