
THIS WEEK'S NOTE FROM THE 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 and Fruit-

Deborah, for everyone at Stoneledge Farm

VEGETABLES

Lettuce-1 head
Scallions-1 bunch
Escarole-1 head
Radicchio-1 head
Fennel-1 bulb
Summer Squash-2

pounds

Cucumbers-1 Slice
Boothby Blonde Cucumbers-2
Eggplant-1
Cilantro-1 bunch
Islander Lilac Pepper-1
-we are just starting to

pick the peppers

Spinach-1 bunch

FRUITS

Peaches 1 basket
Sugar Plums and Shiro Plums 1 bag

east
88th
St.
CSA

WEEK 8

7.28.09

RECIPES

Thank you to our volunteers this week!

3:30 - 5:30:

Lynn Hippen,
Joan Margiotta

4:30 - 6:30:

Claudette Scheffold,
Jeremy Levinn

5:30 - 7:30:

Ashley Firestone,
Mark Petimezas

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

Eggplant Cannelloni

from Self Magazine

1 tablespoon olive oil
4 large shallots, sliced
4 cloves garlic
2 jars (12 ounces each) roasted red peppers, drained
Juice of 1 orange (about 1/2 cup)
2 medium eggplants, cut lengthwise into 1/2-inch slices
Olive oil cooking spray
4 ounces goat cheese
4 kalamata olives, pitted and minced
1 teaspoon capers, chopped

2 tablespoons chopped fresh parsley

Heat oil in a medium skillet over medium heat. Cook shallots and garlic until soft, about 1 minute. Reduce heat. Cook until golden, 3 to 5 minutes. Add peppers and juice; bring to a boil. Lower heat; simmer until peppers are soft, about 5 minutes. Cool. Puree in a blender. Pour into a 9" x 13" baking dish. Coat eggplants with cooking spray and broil on a baking sheet until golden on both sides, about 15 minutes. Heat oven to 400°F. Mash cheese, olives, capers and 1 tablespoon of the parsley in a bowl. Place 1 tablespoon of filling at the end of each eggplant slice; roll up. Lay seam side down in dish. Bake 10 to 15 minutes. Top with remaining 1 tablespoon parsley.

Zucchini with Vinegar and Mint

from Gourmet Magazine

2 tablespoons olive oil
1 tablespoon unsalted butter
2 pounds zucchini (6 medium), cut into 1/2-inch-thick rounds
1/4 cup red-wine vinegar
1 teaspoon dried mint

Heat oil and butter in a large heavy skillet over medium-high heat until foam subsides, then cook zucchini, undisturbed, until undersides are golden brown, about 8 minutes. Turn over and cook until undersides are golden brown, about 6 minutes.

Add vinegar and 3/4 teaspoon salt and cook, shaking skillet, until vinegar has evaporated. Remove from heat; crumble in mint. Add 1/4 teaspoon pepper and toss.

Escarole Stuffed Pizza

This is absolutely delicious. Christina Lee has made this several times. Also you can substitute the pizza dough for whole wheat dough. it takes a little time but it's worth it!

3 lb escarole (about 3 heads), tough outer ribs discarded and leaves thinly sliced (20 cups loosely packed)
1 lb pizza dough at room temperature
6 tablespoons olive oil
5 garlic cloves, finely chopped
10 oz chilled Italian Fontina, coarsely grated (2 cups)

Special equipment: a 9-inch round metal cake pan (2 inches deep)

Put oven rack in lowest position and preheat oven to 500°F. Lightly oil cake pan.

Cook escarole in a 6- to 8-quart pot of boiling salted water, uncovered, until tender, 5 to 10 minutes. Drain in a colander, then immerse colander in a large bowl of ice water to stop cooking. Drain again and press gently to remove excess water. Transfer escarole to a large kitchen towel, then gather corners and twist tightly to wring out as much liquid as possible.

Cut off one third of dough (keep remaining dough covered with plastic wrap) and pat into cake pan, covering bottom. Brush with 1 tablespoon oil and prick all over with a fork. Bake until golden, 8 to 10 minutes. Let crust stand in pan on a rack. Meanwhile, heat 1/4 cup oil in a 12-inch heavy skillet

over moderately high heat until hot but not smoking, then sauté garlic, stirring occasionally, until golden, about 30 seconds. Add escarole, 1/4 teaspoon salt, and 1/4 teaspoon pepper and sauté, stirring, until escarole is coated with oil, about 4 minutes. Transfer to a large shallow bowl to cool slightly, about 15 minutes, then stir in cheese.

Spread escarole filling over crust in pan, leaving a 1/4-inch border around edge. Roll out remaining dough into a 10-inch round (on a lightly floured board if it sticks). Transfer to pan, covering filling and tucking edge under bottom crust to form a flat top and completely enclose filling (stretch dough if necessary). Press edges to seal. Brush top with remaining tablespoon oil and bake until golden brown, 15 to 20 minutes.

Run a sharp thin knife around edge of pan. Invert a rack over pan and, wearing oven mitts and holding pan and rack firmly together, flip pizza onto rack. Turn pizza right side up and cool 15 minutes before serving. Slide pizza onto a cutting board and cut into wedges.

Sardines with Sicilian Fennel Salad

Zest and juice of 1 lemon
Bunch of parsley, half the leaves kept whole, the other half finely chopped
1 small garlic clove, finely chopped
1 fennel bulb, with fronds
50g/2oz toasted pine nuts
50g/2oz raisins
Handful green olives, chopped
3 tbsp olive oil
4 large sardines, scaled and gutted
Rock salt, for seasoning

Mix the lemon zest, chopped parsley and garlic together, then set aside. Pick the fronds from the fennel and set aside. Halve the fennel bulb and finely slice.

Make the salad by mixing the sliced fennel and fronds with the pine nuts, raisins, olives and whole parsley leaves. Dress with the olive oil and lemon juice.

Heat the griddle pan or barbecue. Season the sardines with rock salt. Griddle for two to three minutes on each side until the eyes turn white. Sprinkle with the parsley mix. Drizzle with oil and serve with the salad.