

WEEK

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DEAR CSA MEMBER,

Each year many of the CSA sites have members complete a member survey to gather their opinions, suggestions and input. One of the items on the survey is a suggestion list of vegetables that members would like to see in their share. We take the suggestions very seriously and consider how they would fit into our growing conditions, the amount of land we have available, cultivars that are available to us under Organic Certification requirements and how the vegetable would fit into our harvest plan. After careful consideration and investigation if we feel the vegetable would work, we give it an experimental try. To make the experiment useful, we need to plant enough to see what production levels will be, what the vegetables needs will be, how the vegetable will fit into the plan. (con't below)

**Broccoli
Baby Bear Pie
Pumpkins
Sweet Potatoes**

**Purple top Turnips
Shallots
Red Russian Kale
Butternut Squash**

**Sage
Carrots**

**FRUIT
Mutsu Apples
Bosc Pears
Fuji Apples
Winesap Apples**

**Golden
Delicious Apples**

This week you will receive Sweet Potatoes in your share. Sweet Potatoes are a vegetable that we have been interested in producing and also has shown up on many member surveys. We did a lot of research into organic production methods, and this year planted two 600' rows. As many members that attended the farm visit days may remember, the plants were beautiful but the proof would be in the digging. The Sweet Potatoes produced very nice tubers and we will have enough for everyone this week. Next year we hope to expand our plantings of Sweet Potatoes. It is a great feeling of accomplishment when an experiment has such positive results. Enjoy the vegetables-- Deb.

Honey Glazed Carrots (and more) //// Serves 6

This collection of variations should help use up every last one of those root vegetables in our last-of-the-season shares!

- 1 T. vegetable oil
- 2 lbs carrots, cut into 1-inch lengths, halved if thick
- 1 c. reduced sodium chicken broth or water
- 1/2 c. honey
- 2 T. red wine vinegar
- coarse salt and pepper
- 2 T. unsalted butter

In large skillet, heat oil over medium high heat. Add carrots; cook, stirring once until beginning to brown, 2 minutes. Add broth, honey and winegar; season with salt and pepper. Bring to a boil; reduced to a simmer, cover and cook until crisp tender, 10 minutes. Uncover and cook over medium high until carrots are tender and liquid is syrupy, 7 to 9 minutes more. There should only be a small amount of liquid remaining. Remove skillet from heat, add butter and swirl skillet until melted. Season with salt and pepper; serve.

- Variation: Glazed carrots with orange and ginger. Replace honey and vinegar with 1/2 tsp. thinly sliced orange zest, 2/3 cup fresh orange juice and a 1 1/2-inch piece peeled fresh ginger, cut into matchsticks. Proceed with recipe.
- Variation: Glazed turnips and parsnips with maple syrup. Replace carrots with 1 lb turnips, peeled and cut into 1-inch wedges and 1 lb. parsnips, peeled and cut into 1-inch lengths (halved if thick). Replace honey with 1/2 cup maple syrup and

add 2 sprigs fresh rosemary. Proceed with recipe.

•Variation: Glazed carrots and sweet potatoes with brown sugar and lime. Replace 1 lb of the carrots with 1 lb sweet potatoes, peeled, quartered and cut into 1-inch pieces. Replace honey with 1/2 cup packed brown sugar and vinegar with 2 tablespoons fresh lime juice and add 1/4 tsp. cayenne pepper. Proceed with recipe, decreasing cooking time to 6 minutes and final cooking time to 5 to 7 minutes.

Pumpkin Couscous //// Serves 4

- 4 mini pumpkins (about 3)
- 3 T. butter, melted
- 1 c. roasted salted cashews
- 1 c. raisins
- 5 fresh medjdol dates, chopped
- 1 1/4 c. chicken or vegetable broth
- 2 tsp curry powder
- 1 7.5-oz box couscous

Preheat oven to 375 F. Cut off tops from pumpkins and scoop out seeds and fibers from inside the pumpkin and the top. Brush inside of pumpkins with melted butter and sprinkle with salt and pepper. Replace tops on pumpkins, place them in baking dish and pour in water to a depth of about 1/2 inch. Bake 40 to 50 minutes, until pumpkins are tender. When pumpkins are nearly done, make the couscous: Follow package directions, substituting broth for water and adding curry powder to taste. Add cashew nuts and when broth comes to a boil, pour in couscous. Still following package directions cover and set aside. Fluff with fork, then add raisins and dates. Cover and keep warm. When pumpkins are tender, remove from oven and stuff with couscous mixture. Return to oven for a few minutes to heat couscous through. Serve.

ABC Slaw //// Serves 6

- 1 bunch beets (about 4 small), peeled
- 1 large apple, peeled and cored
- 2 medium carrots, peeled
- 1 green onion, chopped

3 T. chopped walnuts

Dressing

1/4 c. orange juice

2 T. olive oil

1 tsp. crushed ginger paste or 1 tsp. freshly grated ginger

In food processor, shred raw beets, carrots and apple, Mix with green onion in large bowl. In separate bowl, whisk together all dressing ingredients, Pour over shredded mixture and toss. Sprinkle with nuts. Refrigerate for at least 3 hours to allow flavors to mingle.

Braised Greens with Ginger and Chili Pepper//////

Serves 3 to 4 as a side; 2 to 3 as a main

This recipe works for any green: turnip, kale, collards or swiss chard. If you want to make this a main course, serve over brown rice.

1 lb. greens cut into thin strips, tough ribs discarded

2 c. vegetable or chicken broth

3 T. butter

1/2 c. chopped onion (about one medium onion)

1 tsp. minced garlic

1 T. fresh ginger, grated (no need to peel, but wash first)

1 jalapeno, stem and seeds removed, minced

fresh ground black pepper

Combine greens with broth in a non-aluminum pot. Simmer covered, until tender but not mushy, up to 35 minutes. Heat 2 tablespoons butter in skillet; stir in onion and garlic. Soften slightly over moderate heat. Add ginger and jalapeno, stir for a minute. Add onion mixture to pot of collards and broth. Cook until liquid has almost evaporated. Remove from heat and stir in remaining tablespoon of butter. Season to taste with ground pepper.

Pumpkin Risotto/// Serves 6

Buttercup, butternut, kabocha or calabaza squash can all be used.

Squash

3 T. unsalted butter

2 lbs. butternut squash, peeled and cut into 1/2-inch cubes (about 4 cups)

1 1/2 tsp. brown sugar

Risotto

3 c. low salt chicken or vegetable broth

3 c. beef broth

1 1/2 T. olive oil

3 slices bacon, cut into 1/2-inch pieces

3/4 c. shallots, chopped (about 5 large)

3/4 tsp. finely chopped fresh sage

1/2 tsp. finely chopped fresh thyme

2 c. Arborio rice

1/3 c. dry Riesling

2 T. chopped fresh flat leaf parsley

freshly grated Parmesan cheese

Squash: Melt butter in large nonstick skillet over medium heat. Add squash. Sprinkle with sugar then salt and pepper. Saute 6 minutes. Cover; cook until almost tender, stirring

often, about 5 minutes. Uncover; sauté until browned but still holding shape, about 8 minutes.

Risotto: Combine broths in large saucepan and bring to a simmer; cover and set aside to keep warm. Heat oil in large pot over medium heat. Add bacon; sauté until beginning to brown. Add shallots. Saute until soft, about 4 minutes. Mix in sage and thyme, stir one minute. Add rice; sauté until kernels are white with translucent edges, about 4 minutes. Add wine; stir until wine evaporates, about 1 minute. Add 1 cup warm broth; simmer until broth is absorbed, stirring occasionally, 2 to 3 minutes. Continue adding broth 1 cup at a time and cooking until rice is just tender and risotto is creamy, stirring frequently, about 20 minutes. Mix in parsley and squash. Cook until squash is heat, about 1 minute. Transfer risotto to large shallow bowl. Serve, passing cheese separately.

Turnips with Honey and Pepper//////

/Serves 2 to 3

2 teaspoons butter

1 tablespoon honey

2 turnips (can substitute 1 rutabaga)

freshly ground black pepper

salt

Peel turnips and chop into small cubes, about 1/4 inch. Melt butter with honey in a saucepan over medium-low heat. Stir in turnips and pepper. Cook, covered, until tender, 12 minutes. Season taste. Serve.

Sundance Granola//////////Serves 8
An inspired way to use the honey and maple syrup available from our CSA!

2/3 cup whole or slivered almonds (raw)

2/3 cup pecans (whole or coarsely chopped)

1/3 cup roasted, unsalted sunflower seeds (shelled)

3 cups rolled oats

1/2 tsp cinnamon

1/4 cup vegetable oil

1/4 cup honey

1/4 cup pure maple syrup

2 T molasses (if you have it)

1 to 1 1/2 cups raisins (if you like them)

Preheat oven to 275. In a large bowl, combine nuts, oats, sunflower seeds and cinnamon. In a small saucepan, combine honey, maple syrup, oil, and molasses. Heat on low until warm but not boiling. (I heat everything together in the microwave in a glass measuring cup instead. If you pour the oil in first, you won't have a sticky mess in the cup. Just watch it closely so it doesn't boil over.) Pour warm mixture on top of the oat mixture and stir until the oats and nuts are well coated. Spread the granola on a large rimmed baking sheet and bake around 40 minutes, stirring every

10-15 minutes. Remove from the oven. The granola will crisp as it cools. Break it up if necessary, add the raisins, and store in an airtight container for up to one month.

CSA NEWS, VIEWS & Q'S

• FARM UPDATE

Notes from Deb: **"-We are planning on having our on line registration up and running this week. There will be an user name and password for current members to have first registration and we will extend that exclusive registration for current members only for one month.**

I will e-mail the information to your site coordinators once we are all set. It has been quite a task compiling and re-compiling the information from 12 different CSA sites with 12 different configurations of shares and share prices. My thanks and gratitude go to Kathleen Packard and her employees at KathodeRay Media for the web site development.

• HONEY AND SYRUP!

Says Deb: **"The weeks are clicking away. Please place your orders for honey and maple syrup soon. There is an order form on the farm web site: www.stoneledge-farmny.org to down load."**

• FLOWER POWER

What's in the bouquet this week? Bernadette says: **'A DECO PEPPER BOUQUET'**

made with:

•chili peppers

•tansy

•golden yarrow

•red globe amaranth