

WEEK

23

DEAR CSA MEMBER,

The fields are almost all green with the winter rye that has been planted as we finish harvesting crops, section by section. It is a balance of harvest and planting cover crops that goes on right until the end of the season. This week we are delivering Brussels Sprouts for your share. Take the sprouts from the hard stalks and pare off any discolored leaves. Steam or sauté until just tender. They are quite a treat.

Brussels Sprouts are such a long season crop. I started the seedlings in the greenhouse last April, they were transplanted in early June and finally they are ready to harvest. They have had a lot of tender loving care for the last eight months.

We have only one more delivery after this week.

Enjoy the vegetables-Deb

**Carrots**  
**Carnival Winter**  
**Squash**  
**Brussels Sprouts**

**Garlic**  
**Potatoes**  
**Beets**  
**Sage**

**Celeriac**  
**FRUIT**  
**Winesap Apples**

**Bosc Pears**  
**Fuji Apples**  
**Cortland Apples**

**Chocolate Beet Cake** /// Serves 6 to 12

**Even the most committed beet hater will love this cake. The beets give their sweetness and rich color, with no beet-y flavor. If you don't have a double boiler, try using a saute or omelette pan that fits over the edges of a small pot filled with water. If you don't have a bundt pan, you can make the cake in two loaf pans, checking for doneness about 25 minutes into the cooking time, and covering pans with foil if the cakes are browning too quickly.**

- oil and flour for preparing pan
- 4 oz. unsweetened chocolate
- 1 c. mild flavored vegetable oil, divided
- 3 eggs
- 1 3/4 c. sugar
- 2 c. pureed cooked beets (3 to 4)
- 1 T. vanilla extract
- 1 1/2 c. all purpose flour
- 1/2 c. whole wheat pastry flour
- 2 tsp. baking soda
- 1/4 tsp. salt
- powdered sugar

Preheat oven to 375 F. Lightly coat a 10-cup bundt pan with oil and dust with flour. Partially fill the bottom of a double boiler with water and bring to a boil over high heat; reduce to a simmer. Put chocolate and 1/4 cup of oil into top of double boiler. Heat just until chocolate melts; remove from heat and stir until well combined.

Mix eggs and sugar in a large bowl and beat with an electric beater until fluffy. Slowly beat in remaining 3/4 cup oil, chocolate mixture, beets and vanilla. Sift the all purpose flour and whole wheat flour into large bowl. Stir in baking soda and salt. Gently stir flour mixture into chocolate mixture until flour is just mixed in. Pour batter into prepared pan. Bake until a toothpick inserted near the center comes out clean, about 45 minutes. Remove from oven and set pan on wire rack to cool for 30 minutes. Carefully remove from pan and let cool on rack. When completely cool, dust with powdered sugar. Serve.

**Brussels Sprouts with Apples** /// Serves 4 to 6

**A way to use the sprouts and the apples from our share; the apple variety is not specified; experiment with the flavors of different types.**

- 20 oz. (1 1/4 lbs) Brussels Sprouts
- 2 apples (any variety)
- 3 T. butter
- salt and pepper
- 1/4 to 1/2 tsp. of quartre-epices:
- \*1 tsp. ground cinnamon
- \*2 tsp. ground allspice
- \*1/8 tsp. ground cloves
- \*1/2 tsp. grated nutmeg
- \*1 tsp. coriander
- (Mix spices together and store in a small lidded jar.)

Wash Brussels sprouts, removing and discolored outer leaves and making an "X" with an knife on the bottom end of each sprout. Peel and core apples and cut into 1/2-inch chunks. Heat butter in large frying pan and saute apples until they turn golden brown (they'll look like home fries). Add the sprouts and toss with apples. Season to taste with salt and pepper; add the quartre-epices. Cover the pan and reduce heat to low, cooking until sprouts are tender, 3 to 5 minutes. Stir occasionally so sprouts don't burn. Season to taste. Serve.

**Sauteed Brussels Sprouts** /// Serves 4 to 6

**This recipe is from the Bear Cafe in Bearsville, New York. Toasted pecans or hazelnuts are often added to this simple yet flavorful autumn side dish.**

- 1 1/2 lbs Brussels Sprouts, trimmed and halved
- 4 T. butter
- 1 T. olive oil
- 1 small yellow onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- salt and pepper

Bring a medium pot of water to a boil over high heat. Add 2 generous pinches of salt, then add sprouts and boil until just tender when pierced with the top of the knife, about 5 to 7

minutes. Drain and set aside. Heat butter and oil together in large heavy-bottomed skillet over medium-high heat. Add onions and saute, stirring often, until golden, about 5 minutes. Add garlic and sprouts and saute, stirring often, until sprouts are golden brown in spots, about 5 minutes. Season to taste with salt and pepper and serve.

**Maple-Roasted Brussels Sprouts** // // // // Serves 10  
**Another way to use the maple syrup available from our CSA! This recipe is from newsletter contributor Chris Lee, who notes: "This recipe is from our friends at Little Giant Restaurant in the Lower East Side. This dish not only smells great when you're cooking it but it also tastes great too! A wonderful fall dish!"**

- 1/4 C Canola oil
- 3 1/4 lbs Brussels sprouts
- 1 stick (4 oz) unsalted butter, cut into Tbsp and softened
- 2 Tbsp. light brown sugar
- 1/4 C good maple syrup (such as grade A)
- 1 1/2 Tbsp. cider vinegar
- 1 C Vacuum-packed roasted chestnuts or freshly roasted chestnuts, coarsely chopped (6oz)
- 1 Tbsp. walnut oil
- S&P to taste

Heat canola oil in large saucepan. Add Brussels sprouts and season with S&P, then cook over high heat without stirring until browned, about 2 minutes. Add unsalted butter and brown sugar, cook over moderately high heat. Stir occasionally, until brown sugar is melted. Add the maple syrup and cook, stir until Brussels sprouts are crisp and just tender, about 7 min. Stir in cider vinegar. Add chestnuts and walnut oil and cook until heated through. Use slotted spoon, transfer Brussels sprouts and chestnuts to bowl. Boil and reduce cooking liquid for sauce, about 2 min. Pour sauce over Brussels sprouts

**Chicken-Fall Vegetable Pot Pie** // // Serves 8  
**Says newsletter contributor Chris Lee: "A great way to use your carrots, turnips, and shallots. For a vegetarian pot pie substitute mushrooms and vegetable stock. You can even add your celeriac!" (From Bon Appetit)**

- 4 pounds chicken breasts with skin and bones
- 4 to 6 cups canned low-salt chicken broth
- 3 large carrots, peeled, cut into 1/2-inch pieces
- 1 pound turnips, peeled, cut into 1/2-inch pieces
- 1 large bunch turnip greens (about 8 to 10 ounces), center stem cut away, leaves cut into 1-inch pieces
- 1/4 cup (1/2 stick) butter
- 3 medium leeks (white and pale green parts only), sliced
- 2 large shallots, minced
- 2 tablespoons minced fresh thyme
- 1/2 cup all purpose flour
- 1/2 cup dry white wine
- 1/2 cup whipping cream

Butter 4-quart oval baking dish. Place chicken breasts in heavy large pot. Add just enough broth to cover chicken. Bring broth to boil; reduce heat to low. Cover pot and simmer until chicken is just cooked through, skimming surface occasionally, about 20 minutes.

Using tongs, transfer chicken to plate and cool. Add carrots and turnips to chicken broth in pot. Simmer uncovered until vegetables are just tender, about 10 minutes. Using slotted spoon, transfer vegetables to prepared baking dish. Add turnip greens to broth and cook just until wilted, about 1 minute. Using slotted spoon, transfer greens to colander; drain well. Add to vegetables in baking dish. Strain broth; reserve 4 cups.

Remove skin and bones from chicken. Cut meat into 1/2- to 3/4-inch pieces. Add chicken to vegetables in baking dish. Melt butter in same pot over medium heat. Add leeks, shallots and thyme. Sauté until tender, about 8 minutes. Add flour and stir 2 minutes. Stir in 4 cups broth and white wine. Increase heat to high and bring to boil, stirring constantly. Add cream and boil until sauce thickens enough to coat spoon, whisking frequently, about 6 minutes. Season with salt and pepper. Pour gravy over mixture in dish. Stir to blend. Cool 45

minutes. (Filling can be made 1 day ahead. Cover and refrigerate.)

Position 1 rack in top third of oven and place baking sheet on bottom rack in oven; preheat to 400F. Roll out crust dough on parchment paper to 15x10 1/2-inch rectangle. Using paper as aid, turn dough over onto filling. Trim dough overhang; tuck dough edge inside dish. Roll out dough scraps to 1/4-inch thickness. Cut out leaf shapes. Brush bottom of cutouts with water and place on crust; cut slits in crust to allow steam to escape. Place pot pie on top rack and bake until crust is golden and gravy is bubbling, about 50 minutes. Let stand 10 minutes before serving.

**Quick Pickled Beets** // // // Serves 4  
**"By this time, I am tired of eating roasted beets! There are only so many ways that I can roast beets. Here is fresh, easy, and tasty way to eat your beets," says Chris Lee, of this recipe she adapted from Bon Appetit.**

- 1 cup apple cider vinegar
- 1/2 cup chopped shallots
- 10 teaspoons sugar
- 2 pounds beets, trimmed
- 2/3 cup chopped fresh chives
- Optional: crumbled Chevre cheese
- S&P to taste

Stir vinegar, shallots and 6 teaspoons sugar in small bowl to blend. Let marinade stand while preparing beets.

Cook beets in large pot of boiling salted water until tender, about 30 minutes; drain. Peel beets. Cut into wedges. Transfer to medium bowl. Toss with 1/2 cup of marinade to coat. Sprinkle 4 teaspoons sugar over. Toss with remaining marinade. Season to taste with S&P. Cover separately and refrigerate 1 day, stirring occasionally. (Can be prepared 2 days ahead. Keep refrigerated.) Drain beets. Mix in chives and if you want, sprinkle some chevre over. Serve.

**CSA NEWS, VIEWS & Q'S**

**• HONEY AND SYRUP!**  
Says Deb: "We have only one more delivery after this week. If you would like any honey or maple syrup, please let me know by e-mail at [info@stoneledgefarmny.org](mailto:info@stoneledgefarmny.org) and then download a form from the farm web site: [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org) and mail it to me with payment. That way I will be sure to get your order in time to put it on the truck next week."

**• FLOWER POWER**  
What's in the bouquet this week? Bernadette says: "Enjoy one of our Classic Bouquets ...in shades of magenta...lavender...dark pink...and rose."

Please keep in mind that we **DO NOT** use any dyes...our flowers are all natural and air dried! We think these colors will amaze you!!

**THE CLASSIC COUNTRY BOUQUET**  
**Ingredients:**

- Wheat Celosia
- Gomphrena
- Strawflower
- English Statice
- German Statice
- Annual Artemesia