

Share

The weekly newsletter of Stone's Throw CSA
August 14, 2008

Volunteers!



CSA member/volunteer Jessica Green coordinates the weekly distribution with a little help from other volunteers. Want to pitch in any Thursday between 11 am and 1 pm? Maybe you'd like to write an article or share a photo for our newsletter. Contact Karin Green at kgreen1@charter.net to arrange your volunteer commitment, and prepare to have fun!

Farm updates

The growers and members both were happy with the generous distribution last week. Expect more bounty in this week's shares from **Silvermine Farm**: potatoes, carrots, "Royal Burgundy" purple beans, summer squash, cucumbers, and kale. The succulent heirloom tomatoes show cracks and swelling from excess rain. Martha Cole relates that a recent Midwestern visitor to Silvermine purchased kale for a quick stir-fry dish. Her meal-in-minutes recipe: Prepare pasta of your choice. While the pasta is cooking, in a separate pan stir-fry garlic in oil. Add chopped kale and stir for one minute; stir in chopped tomato. Simmer the sauce for 5 minutes. Add cubed feta cheese before serving over piping hot pasta.

Katherine Anderson reports that the fields at **Sweet Birch Farm** are "good and wet" from the seemingly endless rounds of showers. She and partner Judy were thrilled at the abundance in last week's boxes. They hope all members enjoy this week's squash, peppers, wax and green beans, and cucumbers from Sweet Birch.

Asked about the violent storms last week, Katherine said, "We've been lucky to escape the hail that's been around this summer. But the continuous heavy rains can cause erosion and leach nutrients from the soil. We practice a low till method of cultivation which helps with this problem. Also, amending with plenty of organic matter improves the soil structure and health and allows it to stand up better to the rains." Excess moisture can also lead to growth of fungus. The threat from losses due to fungus was minimized in the development of the season's crop schedule, by having multiple farms grow the same produce.

Jane LaForce writes from **Jade Hill Farmstead**: "Last week's green beans are taking time off this week. We may not get much more of them this year. I am growing out a few plants to save seed for next year as these 'Provider' beans provided soooo well. The Golden Butterwax (yellow) beans are growing well, only a small number are producing mature beans at this time as the initial planting suffered from very poor seed germination. They will come in, but later than planned. The plants are loaded with flowers and baby beans and, with a bit more sun, promise a bumper crop. The summer squash continues to poke along; all this rain is definitely not squash's favorite weather. Prayers and sun dances could help.



"Just back from Northeast Organic Farming Association's (NOFA) 34th Annual Summer Conference. This is a wonderful event for anyone interested in farming, gardening, sustainability and related topics. A delightful family event with great workshops (a bunch on CSAs) and excellent teen and children's programs. Films, music, dances, good food—fantastic all-local organic meal (all food donated by local growers) on Saturday evening. The Fair on Saturday afternoon offers a Farmer's and Crafter's Market, many country fair type activities; and, an amazing horse show presented by Dale Perkins of Mesa Farm in Rutland, MA and his Fearless Flyers, a group of young people vaulting and trick riding on Mesa Farm's Draft-cross horses, whose day jobs include pulling plows and other farm activities. Check out the website: www.daleperkinshorseshow.com." For more on NOFA, see their website: www.nofamass.org.

Stone's Throw member Cathy Goodwin shares last week's distribution with her extended family, Cormac, Mary, Brigid, Eddie, and Jon Woods, pictured here. How are you using your share? Let the farmers know how much you're enjoying your vegetables! Keep an eye on the Stone's Throw blog for announcements, breaking news, or to share a recipe with the CSA group. <http://stonestrowcsa.wordpress.com>

Recipes

Curried Beef Pita

submitted by Cheryl Boucher

1 lb ground beef
1 medium onion, diced
1 garlic clove, halved (or equivalent of minced garlic)
1 Tbsp curry powder
1 medium zucchini, diced
½ cup water
1 ¼ tsp salt
½ tsp sugar
¼ tsp pepper
1 medium tomato, diced
1 9 oz. package pita bread

In 10 in. skillet over med-high heat, cook ground beef, onion, garlic, & curry powder until meat is browned and onion is tender, about 10 minutes, stirring frequently. Discard garlic cloves. Add zucchini, water, salt, sugar & pepper, heat to boiling. Reduce heat to low; cover & simmer 15 minutes or until zucchini is tender, stirring occasionally. Stir in tomato; heat through. Meanwhile, cut each pocket in half & warm in microwave or in oven on cookie sheet at 350 for 5 min. Spoon mixture into pockets. Makes 3-4 servings.

Smashed Cauliflower

The following recipe was found in AllRecipes.com

"This is an alternative to mashed potatoes, it's a great vegetable side dish."

1 large head cauliflower, cut into florets
3 cups chicken broth
3 Tbsp butter
1 cup shredded Vermont white Cheddar cheese
¼ cup grated Parmesan cheese
salt and pepper to taste

Bring cauliflower and chicken broth to a boil in a large saucepan over high heat. Reduce heat to medium, cover, and simmer for 10 minutes. Uncover the saucepan and increase heat to medium-high. Allow cauliflower to simmer until soft and the cooking liquid has reduced by half, about 10 minutes. Remove

cauliflower from the heat, and add the butter, Cheddar cheese, and Parmesan cheese. Mash with a potato masher until the cheeses have melted and the cauliflower is smooth, then season to taste with salt and pepper.

Summer Vegetable Gratin

The Washington Post, August 6, 2008

Summer vegetables are so good on their own, you really don't need to do much to them. They also mix well with each other. This gratin, which can be assembled in minutes, is a perfect example. Each vegetable is thinly sliced, then layered together with olive oil, Parmesan cheese, salt and pepper. The cooking times will vary based on how thinly the vegetable were sliced.

1 small eggplant, preferably round (about 4 ounces), stemmed and cut crosswise into 1/8- to 1/4-inch slices
8 large basil leaves, cut into chiffonade (stacked, rolled tightly and then cut into thin strips)
4 Tbsp Parmesan cheese
Salt

Freshly ground black pepper
2 Tbsp extra-virgin olive oil
1 small pattypan squash, (about 4 ounces), trimmed and cut crosswise into 1/8- to 1/4-inch slices
1 medium sweet onion, (about 4 to 6 ounces), stemmed and cut crosswise into 1/8- to 1/4-inch slices
1 medium yellow or red tomato, (6 ounces), cored and cut crosswise into 1/8- to 1/4-inch slices
1 Tbsp plain fine dried breadcrumbs

Preheat the oven to 350 degrees. Lightly grease a 9-inch pie plate or a similarly sized baking dish with nonstick cooking spray oil. Create a single layer of eggplant slices in the bottom of the dish; the slices should overlap only at the edges. (They will not cover the bottom completely). Sprinkle 1/3 of the cut basil leaves over the slices, then 1 tablespoon of the cheese; season with salt and pepper to taste. Drizzle a teaspoon or two of oil over the layer. Repeat with the squash, then the onion and tomato slices. Sprinkle the remaining tablespoon of cheese over the top, seasoning with salt and pepper to taste, and then scatter the breadcrumbs evenly over

the cheese. Drizzle about 2 teaspoons of the oil over the top, then cover the dish tightly with aluminum foil. Bake for 30 to 40 minutes, until the vegetables are tender. Discard the foil; increase the temperature to 375 degrees and bake for 15 to 20 minutes, until the excess moisture in the bottom of the dish has gone and the top of the gratin begins to brown, 15 to 20 minutes. Let sit about 15 minutes before serving. Use a thin, sharp knife to cut the gratin into 4 equal portions, then use a spatula to transfer to serving plates.

Cream of Broccoli Soup

submitted by Jane & Dennis of Jade Hill Farm; from the New York Times; kitchen tested at Jade Hill

1 ¼ pound broccoli (1 bunch)
4 Tbsp butter
6 Tbsp flour (or other thickener)
5 cups chicken broth (or vegetable broth)
½ cup heavy cream (or whole milk yogurt)
½ cup milk
¼ tsp grated nutmeg and touch of cayenne pepper
1 ¼ pound broccoli (1 bunch). Trim (1 cup) top clusters for garnish. Set aside. Cut into 2" pieces. Cut large stems in halves or quarters. Place in saucepan and add water to cover, salt to taste. Cook 4-5 minutes until crisp tender. Cook garnish in boiling salted water 2 minutes. Drain both and set aside. Melt 4 Tablespoons butter in pan; add 6 Tablespoons flour (or other thickener), stir with wire whisk until blended. Add slowly 5 cups chicken broth (or vegetable broth), stirring rapidly with whisk. Cook, stirring until thickened and smooth. Add large broccoli pieces, simmer 10 minutes, stirring occasionally. Blend in blender until smooth. Bring to a boil; add salt and pepper to taste, cooked garnish, ½ cup heavy cream (or whole milk yogurt), ½ cup milk, ¼ teaspoon grated nutmeg and touch of cayenne pepper. May be frozen in serving size batches.

Help wanted!

We are looking for volunteers to help collect recipes for the newsletter and blog. Please contact katherine.anderson@verizon.net. Many thanks to Lynda for her contribution!