

# Share

The weekly newsletter of Stone's Throw CSA  
August 7, 2008

## About Stone's Throw: Food Bank

Stone's Throw was founded to create a community that would support local farmers. The CSA further extends that support, by donating unclaimed shares to the Worcester County Food Bank. The Food Bank considers Stone's Throw a partner in creating a hunger-free community by distributing the CSA's fresh foods to agencies that help families. Some donations are directed to the Second Serving Food Rescue Program. Typically the Stone's Throw donation is delivered to a chef who determines how best to use the fresh vegetables to create nutritious, great-tasting menus for an agency's member families.

Jean G. McMurray, Food Bank Executive Director and CSA member herself, is grateful for the partnership of a donor who knows the importance of good nutrition and passes the CSA's bounty along to "someone who otherwise wouldn't get" nutritious, fresh produce. Jean wants to support local agriculture by linking together communities with a shared interest, as she says, "neighbors helping neighbors." The Food Bank's Shrewsbury office and warehouse stores quantities of canned and dried goods as well as perishable items.

To make a donation or to learn more about Second Serving and other programs, visit [www.foodbank.org](http://www.foodbank.org).

## Stone's Throw CSA Blog

Don't forget to check the blog at [stonethrowcsa.wordpress.com](http://stonethrowcsa.wordpress.com) for additional recipes, discussions, news, announcements, volunteer opportunities, and more.

## Volunteer Opportunity

We are looking for help with distribution on Thursdays between 11 a.m. and 1 p.m. Contact Jessica Green at [eostregoddess4@hotmail.com](mailto:eostregoddess4@hotmail.com) for more information.

## Farm updates

The squash and golden butterwax beans in your share come from **Jade Hill Farmstead**. Jane LaForce harvests 6 to 8 pounds of beans almost daily; one day last weekend, she and a CSA volunteer gathered a whopping 9 pounds. Jane sends a "thank you to Julie for helping in the field" with picking and sorting. She will plant new squash in the field that grew the abundant beans. Commenting on the continued drenching rains, Jane said the moisture is good — "watering never makes up for a drought" — but a hard rain compacts the soil; combined with a strong wind, it can knock down plants. She and Denis are propping up plants as a preventive measure. On a recent day she was mowing, weeding, and mending an electric fence that keeps away any veggie predators (a.k.a. woodchucks).

**Sweet Birch Farm** continues to provide luscious baby lettuces for the salad mix, cucumbers and summer squash in your shares. Certain members eagerly await Katherine Anderson's out-of-this-world Cosmonaut Volkov tomatoes, as well as succulent Rose De Berne tomatoes.

**Silvermine Farm's** potatoes are close to ready, and hot peppers are the first peppers to come in, hovering on the edge of ripeness. This week's shares will contain Gonzalez cabbage, a small, one-meal head. Martha Cole reports that all summer squash are "on vacation": while they're not producing new fruit, there is plenty hanging to be gathered every other day. Last week's cauliflower, tanned and purple-veined with heatstroke, was not distributed as part of the CSA shares, but rather offered to any member who opted to grab a head. While not pretty to look at, the cauliflower's flavor isn't affected, only its presentation. Martha has planted fall beets for a "teasing taste of spring" in the months ahead.

Stone's Throw members have kidded her about the amount of kale included in each week's shares, but the farmer views it differently: Martha sees that the number of feet of a CSA vegetable planted in her field, e.g. kale, is ripe and needs to be picked. Using software from Brookfield Farm, a successful CSA in Amherst, Massachusetts, she planned the quantity of crops needed to feed the Stone's Throw membership. In her mind, "This is *your* food, that you've asked us to grow." She, and the other farmers, strive to give CSA members what belongs to them.



*Member Paul Laverty of Worcester, pictured here at a recent pick-up, joined Stone's Throw CSA for the delicious benefit of fresh produce. Rather than 'maybe, maybe not' visiting a roadside farm stand this summer, he has committed to supporting Stone's Throw. An avowed vegetable lover, Paul grows his own tomatoes and butternut squash. He reads the newsletter seeking recipe ideas for unfamiliar vegetables.*

# Recipes

## Marinated Green Bean Salad (aka Swiss Green Beans)

1.5 lbs fresh green beans, cleaned (and de-strung)  
5 Tbsp fresh lemon juice  
2 large cloves crushed garlic  
1/2 cup olive oil  
1 tbs. red wine vinegar  
1/2 tsp crushed tarragon  
1/2 tsp dill weed  
1/2 tsp salt (or more, to taste)  
Freshly-ground black pepper  
2 tsp dark or Dijon mustard  
1/2 cup firmly packed minced parsley  
1/3 lb. good Swiss cheese, in thin strips  
1/2 cup chopped ripe olives  
1/2 cup each: thinly-sliced green and red peppers  
1/2 cup or more chopped, toasted almonds

Steam the beans until just tender (larger beans will take longer). Remove from heat, and immediately rinse in cold water. While the beans are cooking, combine the dressing ingredients (lemon juice-parsley) in a large bowl. Mix well to thoroughly combine. Add the rinsed and drained beans to the dressing. Add Swiss cheese. Toss until dressing is well distributed. Cover tightly, and marinate 2-3 hours, stirring about once per hour. Add olives and sliced peppers. Mix well, cover, and chill overnight, or at least 5 hours. Serve topped with almonds.

*Do you have a favorite recipe using beautiful fresh fruits and veggies? Do you have an old family dish you want to share? We'd love to hear about it! If you have recipes from any source (even if the produce isn't in season yet), please send it to me, Lynda Phillips at [lynda\\_lou@verizon.net](mailto:lynda_lou@verizon.net) or leave a copy for me at the weekly pick up.*

*We would love to hear back from members that have tried any of the recipes and any comments they may have or if they are looking for any particular recipes.*

## Corn, Avocado & Tomato Salad

from the UMass Cardiac Rehab Nutrition Class

2 cups cooked corn, fresh or frozen  
1 avocado, cut into 1/2 inch cubes  
1 pint cherry tomatoes, halved or 2 cups tomatoes seeded and chopped  
1/2 cup finely diced red onion

Dressing:

2 Tbsp olive oil  
1 Tbsp lime juice  
1/4 cup chopped cilantro  
1/4 tsp salt  
1/4 tsp pepper

Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix.

## Carrot & Kale Soup

from <http://allthingsnice.typepad.com/tastebuddies>

2 medium carrots, diced  
1 medium zucchini, diced  
1 medium brown onion, roughly chopped  
2 garlic cloves, crushed  
2 sticks of celery, roughly chopped  
1 1/2 cups of roughly chopped kale  
3 cups of organic chicken or vegetable stock  
1 cup of water  
1 1/2 tsp of sea salt  
2 tbs of chopped coriander (cilantro)  
5 cm piece of ginger, grated  
1 1/2 tbs of olive oil  
1 cup of rice

Lemon wedges for serving

Heat the oil in a soup pot over a medium-high heat. Sauté the onion until translucent for about 4 minutes, stirring occasionally. Add the garlic and fry for 30 seconds.

Add the carrot and celery and sauté for 5 minutes. Add the zucchini and ginger and sauté for about 3 minutes. Add the salt and stir.

Add the stock and water to the pot and stir well. Reduce heat, cover and simmer for 10 minutes.

Next, add the rice to the pot and stir. Cover again and cook for another 10 minutes.

Add the chopped coriander and stir well. Add the kale, stir and then simmer for 2 minutes.

Serve in soup bowls with lemon wedges for squeezing.

## Grilled Zucchini, Eggplant, And Peppers

From The Ultimate Cookbook

1 large eggplant  
Salt  
1 lb small zucchini  
1 green pepper  
1 red pepper, or another green pepper  
1/2 cup olive oil  
1/4 cup lemon juice or wine vinegar  
1 clove garlic, minced  
1 tsp basil  
1/4 tsp freshly ground black pepper

Cut the eggplant into slices about 1/2 inch thick. Sprinkle both sides lightly with salt and let drain on paper towels for about 1 hour. Meanwhile, cut the squash in half lengthwise; set aside. With a vegetable peeler, peel the peppers – do the best you can, but don't worry about removing every bit of skin. Quarter the peppers and remove the ribs and seeds. Flatten each quarter slightly. Pat the eggplant slices dry. In a jar with a tight lid shake together the oil, lemon juice or vinegar, garlic, basil, black pepper, and 1/2 tsp salt. Grill all the prepared vegetables for about 7-10 minutes, until tender and lightly browned, turning two or three times with a spatula and brushing with the oil mixture.

## Raita Refresher

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*This recipe is an accompaniment for Summer Vegetable Curry.*

1 cup plain nonfat yogurt  
1/4 cup diced (1/4 inch) hothouse (seedless) cucumber  
1 tablespoon orange zest  
1 tablespoon olive oil  
1/2 teaspoon minced garlic  
1 scallion, sliced thinly  
1 teaspoon snipped chives  
Black pepper, to taste

Combine ingredients; cover and refrigerate for at least 1 hour but no longer than 3. Stir well before serving.