

# Share

The weekly newsletter of Stone's Throw CSA  
October 9, 2008 <http://stonestrowcsa.wordpress.com/>

Mass Department of Ag Resources  
Workshop:

## Keeping Farms in Your Community

Farmers and municipalities can take advantage of a variety of tools for preserving agricultural landscapes. Learn about the historic, economic and environmental significance of agriculture. Find out how to establish an agricultural commission, use land preservation tools such as chapter 61 and Agricultural Preservation Restrictions, and create municipal policies that are agriculture-friendly. Featuring Cris Coffin, New England Director, American Farmland Trust; Cheryl Lekstrom, Director of Member Relations, Massachusetts Farm Bureau; and Bonnie Parsons, Principal Planner/Manager, Historic Preservation Programs, Pioneer Valley Planning Commission.

This workshop will be offered twice:

Thursday, October 9, 6:30 – 8:30 pm  
- Blackstone River & Canal Heritage  
State Park/River Bend Farm Visitor  
Center, 287 Oak St., Uxbridge, MA

Thursday, October 30, 6:30 – 8:30 p.m -  
Sturbridge Town Hall, 308 Main Street,  
Sturbridge, MA

Directions available upon request.  
Workshops are free and open to all,  
but pre-registration is required. Please  
register at least two  
days in advance by  
e-mailing or calling  
Joanna Doherty,  
Blackstone Heritage  
Corridor ([joanna\\_doherty@nps.gov](mailto:joanna_doherty@nps.gov) or  
401-762-0250) or Bob  
Levite, Quinebaug-  
Shetucket Heritage  
Corridor ([boblevite@hotmail.com](mailto:boblevite@hotmail.com) or 508-  
831-1223 x244).

See [www.nps.gov/blac/parkmgmt/heritage-landscape-inventory.htm](http://www.nps.gov/blac/parkmgmt/heritage-landscape-inventory.htm)



## Farm updates

Jane LaForce writes from **Jade Hill Farmstead**: "It was good to meet some of the shareholders at the Harvest Dinner. Thank you to all who worked so hard to put this event together and have it come out so well; it was a delightful evening. I did come home with someone's silver serving spoon with a K monogram. Give me a call at 508-476-7081 if it is yours.

"I, for one, would love J. Anderson's recipe for the golden beet dish to be printed in our *Share* recipe section ASAP. No pressure, of course.

"Jade Hill is essentially done harvesting for the season, UNLESS shareholders would like green paste tomatoes, with which we are abundantly blessed. Some slow ripening is happening, but unlikely to be soon enough and/or of sufficient quantity to make distribution equitable. I am happy to bring them on a pre-order basis (as I did with the mega zukes - still have a few) if you will give me a call. If you get the machine, just leave your share name and amount desired.

"Sorry to say I will not have honey bottled for this next distribution, but should have some by the 16th. So much honey, so little time."

The fall harvest season is in full swing here in the Blackstone Valley. **Silvermine Farm** has experienced some frost damage, according to Martha Cole. Her root vegetables are thriving in the dropping temperatures, though. Expect to see beets, carrots, potatoes, squashes, pumpkins and rutabagas in your shares.

The hot peppers at **Sweet Birch Farm** in Douglas haven't been affected by the frost...yet. Farmer Katherine Anderson will have chard and baby kale next week, and is still harvesting "maddeningly few eggplants." She and Martha are disappointed in the unexpectedly low eggplant yield. Learn more on the blog [<http://stonestrowcsa.wordpress.com/2008/10/03/eggplant-woes/>]. On a recent morning, to submit this report Katherine took a break from spraying her baby kale with a natural insecticide: garlic juice. The application of the pungent bug repellent won't alter the kale's delicate flavor.

## Harvest Dinner

A grand time was had by all the members who attended the Harvest Dinner on Saturday, October 4. Denise Minor kindly hosted the event in her beautiful Sutton Carriage House. Members and their guests, numbering over fifty people, brought tantalizing appetizers, main and side dishes made with Stone's Throw produce; beverages, and desserts. Though unable to attend, Erinn Klatt prepared games and activities for children in the weeks preceding the dinner; member/event co-chair Cindy Litchfield's niece Eva put her camp counselor skills to good use in leading the fun. Martha Cole summarized the season's yield and distribution, reporting that the CSA financial target was met through the 3/4-year mark. Jean McMurray, from the Worcester County Food Bank, drew applause when she told the group the membership donated nearly 900 pounds of fresh vegetables to the Food Bank this summer. Many thanks to Denise for welcoming Stone's Throw in her wonderful facility, and to Cindy, her co-chair Cathy Goodwin, Erinn and all volunteers for preparing a lovely evening.

**Please share your recipe with the group! Email to [katherine.anderson@verizon.net](mailto:katherine.anderson@verizon.net) or visit <http://stonestrowcsa.wordpress.com/2008/10/08/harvest-dinner-wrapup>.**

*It's the Great Pumpkin! Many members hazarded guesses as to the weight of the huge Silvermine pumpkin, ranging up to a whopping 91 pounds. Richard Allen guessed closest to the actual weight of 38-pounds. Congratulations, Richard!*

# Recipes

## Winter Mash

From the book *Kitchen Sense* by Mitchell Davis

A combination of root vegetables gives this wintry side dish a deep flavor and a beautiful color. I prefer the texture when the whole thing is passed through a food mill, but if all you've got is a masher, use that instead. Do not use a food processor, which produces a gummy mess.

3 medium sweet potatoes (2 pounds), peeled and cut into 2-inch chunks

2 to 3 medium all-purpose white potatoes (1 pound), such as Yukon Gold, peeled and cut into 2-inch chunks

1 medium celery root or large rutabaga (1 pound), peeled and cut into 1 1/2-inch chunks

4 medium carrots (1 pound), peeled and cut into 1-inch chunks

Kosher salt

1 small bay leaf

1 cup (2 sticks) unsalted butter

1/4 cup heavy cream

Freshly ground nutmeg (optional)

1. Place the sweet potatoes, white potatoes, celery root, and carrots into a large pot. Cover with cold water. Add 2 tablespoons of salt and the bay leaf and bring to a boil. Reduce the heat and simmer until the vegetables are very tender, about 35 to 40 minutes. Drain. Remove the bay leaf. Pass the vegetables through a food mill or mash well with a potato masher. Beat in the butter and cream. Season with another tablespoon or so of salt and a pinch of nutmeg, if using.

### Notes

**ADVANCE PREP:** The vegetables can be peeled and cut in advance. Only the potatoes need to be submerged in cold water until cooking. Once made, the mash will keep warm, covered in a pot near the stove, for about 30 minutes.

**LEFTOVERS:** The mash will keep for about two weeks in the fridge. It can also be frozen for up to a month. To reheat, I find the microwave works best. Leftovers are good as a binding

for croquettes or a filling for a savory potato pie.

### VARIATION

Root Vegetable Puree Baked with Cheese

For a delicious dish, and a good way to use up leftovers, layer the chilled winter mash in a baking dish with Cream Sauce (page 404) and a combination of shredded Cheddar and Swiss cheeses. End with a layer of cheese, sprinkle with paprika, and bake in a 375-degree oven for 35 to 40 minutes or until the mash is heated through and the cheese has browned.

This content is from the book *Kitchen Sense* by Mitchell Davis.

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## Beet Greens with Yogurt

From the book *The Glorious Foods of Greece* by Diane Kochilas Copyright © 2001 William Morrow Cookbooks

Culinate editor's notes: There are no substitutes for thick, rich Greek yogurt, which serves as this dish's unlikely sauce. If you do not have beet greens, use chard (and its stems, removed and cut into squares) or just about any leafy green that is not too tough. The length of time you'll need to parboil the greens will vary depending upon their age and texture. This variation of Kochilas' recipe originally appeared in the *New York Times*.

1 lb. beet greens, trimmed and washed

1 large clove garlic, peeled

1 tsp. lemon juice

1/2 cup Greek yogurt

3 Tbsp. unsalted butter

1 small red onion, chopped, approximately 1 cup

Salt

1. Bring a large pot of water to boil. Salt the water generously and boil the greens until tender. Drain and shock the greens in ice water, then drain again.

2. Pound the garlic to a paste in a mortar. Add the lemon juice and let sit 5 minutes. Stir in the yogurt.

3. Heat half the butter in a large skillet over medium heat. Add the

greens and cook, stirring, for about 5 minutes. Season to taste with salt and transfer to a serving platter; set skillet aside. Spoon the yogurt like a sauce over the hot greens.

4. Heat the remaining butter in the same skillet and cook the onions over high heat, stirring, until brown and crisp at the edges. Season with salt and spoon the onions over the yogurt.

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## Gypsy Soup

Recipe By: Mollie Katzen, "Moosewood Cookbook"

**NOTES:** The vegetables used in this soup are flexible.

Any orange vegetable can be combined with green...for example, peas or green beans could replace the peppers.

Carrots can be used instead of, or in addition to the squash or sweet potatoes, etc.

3-4 tablespoons olive oil

2 cups chopped onion

2 cloves chopped garlic

2 cups winter squash, chopped & peeled (or sweet potatoes)

1/2 cup chopped celery

1 cup chopped fresh tomatoes [canned or dried work well, too]

3/4 cup chopped sweet peppers

1 1/2 cups cooked chickpeas

3 cups stock or water

2 teaspoons paprika

1 teaspoon turmeric

1 teaspoon basil

1 teaspoon salt

dash cinnamon

dash cayenne

1 bay leaf

In a soup kettle or large saucepan, saute onions, garlic, celery and sweet potatoes in olive oil for about five minutes.

Add seasonings and the stock or water. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so until all the vegetables are as tender as you like them.