

Share

The weekly newsletter of Stone's Throw CSA
August 11, 2009 stonestrowcsa.org



Don't think you'll use everything in your share this week?

Shareholder Exchange Box

Too much broccoli? Had enough scallions? Can't feed any more kale to your family? Please take the portion of your share that you just positively cannot bear another morsel of and toss it into the Shareholder Exchange Box. This way some one who lusts after more kale will have an opportunity to add to their stash. Like most things in life, when your hand is open to give to others, it is also open to receive and you never know what delicious goodies might be in the Exchange Box to tempt you next time!

We're collecting data!

In order to help make the pick up process run as smoothly as possible, we will be asking everyone to make a mark on a sheet on the bulletin board indicating what time you picked up your share. We will start collecting information on Saturday and will continue for a couple of weeks. If you have any questions please contact the steering committee at info@stonestrow.org.

Farm updates

Stockwell Farm

Paul reports that a couple of volunteers came out and he could still use some help. Most of what he's been doing lately is a lot of weeding in the tomatoes, eggplants, and peppers. Weeds love rain and we've had a lot of rain lately. The tomato plants are small but bearing fruit and he's been picking a few pounds each week. Looking into the next few weeks, he has beans that are starting to flower and the zucchini and summer squash are still small but have lots of flowers.

Hidden Hill Farm

Last week I delivered my onions for CSA. They were smaller than I had hoped for, but that's the way the year has been going. I've been bringing some summer squash to help out until the major crop from the other growers comes in. I'm watching the eggplant very closely. There are a few fruits, and a lot of blossoms. Keep your fingers crossed....they are later than expected, but I'm hoping for a successful crop.

Silvermine Farm

At Silvermine Farm the weeds are becoming a real issue. If they are not removed soon Martha reports that we may loose some later crops (so if you have time, contact her about spending some time weeding). Beans are continuing to produce like mad. Corn on the other hand was attacked by crows earlier in the growing season and "is still growing but there's not much hope that it will produce before frost. On the other hand, kale is going like gang busters!" says Martha.

National Honey Bee Awareness Day

In honor of National Honey Bee Awareness Day, we wanted to bring your attention to the new honey available in our very own farm store. Beekeepers Michael Greenslit and Bruce Seaman, along with their bees, were featured in the Millbury Sutton Chronicle on August 13, 2009. If you'd like to purchase Be My Honey honey, it will be available on pick up days in sizes from 4 oz baby bears to 1 lb papa bears. And if you'd like the rest of the story, check it out here: http://www.millburysutton.com/news/2009/0813/front_page/002.html

Note:

While we love the flexibility in having two pick up days, we would appreciate if you would communicate your schedule. If you are scheduled to pick up on a Tuesday and would like to pick up on Saturday instead to accommodate your vacation, illness, business trip or whatever, please let us know at info@stonestrow.org. This will help make sure there is plenty of kale for everyone but none goes to waste!

Recipes

Potato and Green Bean Salad

By Carrie Floyd, from the Cullinate Kitchen collection

Red potatoes will stay more intact in this salad than yellow potatoes, which tend to break down more. It's your choice whether or not to leave on the skins. As for the dressing, this recipe makes a fair amount, so dress to taste and store any leftovers in the fridge for future green salads.

Dressing

Zest of one lemon

¼ cup fresh lemon juice

1 Tbsp. Dijon mustard

½ cup extra-virgin olive oil

Salt and freshly ground black pepper to taste

Salad

2 lb. red or yellow potatoes, washed, trimmed if necessary, and halved (if small) or cut into 1-inch pieces (if large)

Salt to taste

2 cups green beans, topped, tailed, and cut into 1-inch lengths

4 Tbsp. freshly snipped chives

1. Place the potatoes in a medium-large saucepan and cover with water. Add a pinch of salt and bring to a boil, then reduce to a simmer and cook until tender, about 10 minutes. Drain potatoes.

2. To cook the green beans, add enough water to a saucepan to fill it halfway. Add a pinch of salt and bring to a boil. Add the beans, reduce heat to a simmer, and cook until tender (neither crunchy nor mushy), about 10 minutes. Drain beans, rinse with cold water, then drain again to remove excess water.

3. While the potatoes and green beans are cooking, prepare the dressing. In

a medium bowl, whisk together the lemon zest, lemon juice, and mustard. Slowly add the olive oil, whisking all the while, until the dressing is smooth.

4. In a large bowl, place the potatoes, green beans, and chives. Drizzle the dressing over the vegetables and toss. Season to taste with salt and freshly ground pepper.

Notes: This salad is good served either warm or cold.

Pasta al Cavolfiore (Pasta with Cauliflower)

Martha Cole of Silvermine Farm swears by this recipe as a good way to use up "distressed" cauliflower!

From Moosewood Cookbook by Mollie Katzen (1977 ed.)

¼ c. olive oil

2 Tbs. butter

1 medium cauliflower, broken into one-inch florets

3 medium cloves crushed garlic

1 bay leaf

2 tsp. basil

2 c. tomato puree

salt and lots of black pepper

2 c. mixed, grated Parmesan and cheddar cheeses

1 lb. thin spaghetti

1. Heat 2 Tbs. olive oil in a deep, heavy skillet. Add crushed garlic, bay leaf and basil. Saute about one minute, then add cauliflower, and sprinkle it with about 1 tsp. salt. Saute until the cauliflower is just tender. You might want to add some water (1/2 – 1 cup) to steam it along. When cauliflower is tender, add tomato puree, and lower to a simmer. Simmer 15 minutes or so.

2. Cook the spaghetti in plenty of boiling water. (8-10 minutes) Drain and toss with the remaining olive oil, butter, and half the cheese.

Spread onto a platter and pour the cauliflower sauce over. Top with more cheese. Serve immediately.

Penne With Heirloom Tomatoes, Basil, Green Beans and Feta

CSA member Christine McCabe forwarded this recipe from NYTimes.com.

By MARTHA ROSE SHULMAN

Sweet, juicy heirloom tomatoes lend themselves well to uncooked tomato sauces. In summer, I make quick meals out of chopped ripe tomatoes, pasta and green vegetables.

6 to 8 ounces fresh green beans, trimmed, strings removed if necessary, and broken in half if very long

2 cups chopped fresh ripe tomatoes

2 tablespoons extra virgin olive oil

1 plump garlic clove, minced (more to taste)

Salt and freshly ground pepper to taste (I like to use a very good coarse sea salt or fleur de sel for this)

1 teaspoon balsamic vinegar (optional)

2 tablespoons slivered basil

2 ounces crumbled feta (about 1/2 cup)

3/4 pound pasta (penne or fusilli are good choices)

1. Combine the olive oil, tomatoes, garlic, basil, salt and pepper in a large bowl, and let sit for 15 to 30 minutes (or longer).

2. Bring a large pot of generously salted water to a boil. Fill a bowl with ice water. Add the green beans to the boiling water, and boil four to five minutes, depending on how crunchy you like them. Remove with a strainer or skimmer, and transfer to the ice water. Allow to cool for a few minutes, then drain and set aside.

3. Bring the water back to a boil, and add the pasta. Cook until al dente, about eight minutes. When the pasta is ready, drop the green beans back into the water (to heat, then drain the pasta and beans and toss at once with the tomato mixture and the feta. Serve hot or room temperature.