

# Share

The weekly newsletter of Stone's Throw CSA  
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## Homemade baby food

Making baby food from locally organically grown fruits and veggies is easy and a healthy choice for babies. Simply peel the produce and steam or cook in a small amount of water. When the food is cooked so a fork will easily pierce it, take it off the heat and let it cool a bit. Puree the produce using as little of the cooking water as possible. Pop in to containers and cool. If you cannot use the puree in two to three days, you can freeze it either in baby cube containers (<http://babycubes.com/>) like CSA Member Christine McCabe or ice cube trays. You can thin the puree when it defrosts.

Even if you don't have a baby in the house pureeing produce might be a solution to the sometimes overwhelming bounty of the season. Once frozen, carrot or squash puree can be easily turned into soup and cauliflower puree can be added to a cheese sauce or to baked mac-n-cheese.



## Farm updates

### Silvermine Farm

"The greens are continuing to flourish, beets and carrots are winding down. Potatoes and onions will be the mainstay this week. Fall crops have been put in and I am in the process



of planting some crops for next spring that will overwinter and hopefully provide better variety for early shares next year, beets, carrots and bunching onions.

I am also preparing beds for garlic planting later this month. I'm planning on increasing my planting to include enough for Stone's Throw next year. "

### Sweet Birch Farm

"We'll be delivering the last of our tomatoes this week. We were lucky to get a crop this year, but sadly the season will end early for tomatoes," reports Katherine. "The hot, dry weather set back our fall greens production a week or two, but now that the weather has cooled off the seeds are germinating well, although they do need daily watering."

### Stockwell Farm

Paul's season for the CSA is winding down. He might be able to get a couple more tomatoes and he's looking at green beans for next week. We will be looking forward to winter squash from him in a few weeks.



# Recipes

## Roasted Potatoes, Shallots, and Kale with Caramelized Garlic Dressing

Adapted from Gourmet | November 1995

Notes: You can reduce the amount of shallots, or substitute onions, with good results. Don't stress about using the correct size of potatoes. What you get from the CSA is fine! Just cut them up into bite-sized pieces.

1 pound small red or Yukon gold potatoes (preferably about 1 inch in diameter)  
1/2 pound shallots, cut lengthwise into eighths (about 1 1/2 cups)  
1 tablespoon olive oil  
4 large garlic cloves, unpeeled  
1/2 pound kale (about 1 small bunch), rinsed and stems and tough ribs discarded  
1 teaspoon red-wine vinegar  
Preheat oven to 450°F.

Quarter potatoes and in a bowl toss with shallots, 1 1/2 teaspoons oil, and salt and pepper to taste. Transfer mixture to a shallow baking pan. Wrap garlic tightly in foil and put in pan with potatoes.

Put in oven and roast for 12-15 minutes. Check on the progress, stir the vegetables, and return the pan to the oven for another 15 minutes or so.

While the potatoes roast, in a large bowl toss kale with remaining 1 1/2 teaspoons oil and salt and pepper to taste until combined well. Arrange kale in one layer in another shallow baking pan. After checking on the potatoes, put the kale in to roast for the final 10-15 minutes or so of cooking. Check it around the 10 minute mark, give it a stir, and leave it in a few more minutes if you like the kale crispy.

Transfer vegetables (except garlic) to a bowl and season with salt and pepper. Carefully remove garlic from foil and peel. In small bowl, mash garlic and vinegar with a fork until smooth and season with salt and pepper. Add dressing to vegetables and toss. Potatoes may be made 4 hours ahead.

Serve potatoes hot or at room temperature.

## Savory Swiss Chard

Recipe courtesy Rachael Ray, 2008

2 tablespoons extra-virgin olive oil  
1 large bunch red or green or rainbow chard, stemmed and coarsely chopped  
Freshly grated nutmeg, about 1/4 teaspoon  
1/2 teaspoon smoked sweet paprika or ground cumin  
Salt and freshly ground black pepper  
1 teaspoon Worcestershire sauce  
1/2 cup chicken stock

In a large skillet heat extra-virgin olive oil over medium-high heat. When oil is hot, add the greens to the pan and wilt. Season the greens with nutmeg and smoked sweet paprika or cumin, salt and pepper and a dash of Worcestershire sauce. Add the chicken stock and simmer for a few minutes then serve.

## Grilled Kale and Swiss Chard

From [dailyunadventuresincooking.com](http://dailyunadventuresincooking.com)

3 handfuls of greens per person  
aluminum foil  
salt and pepper  
olive oil  
fresh lemon

Wash the greens and chop or tear into large bite size pieces. Lay out two pieces of aluminum foil perpendicular to each other to form a cross.

Pile the greens in the center and sprinkle with salt, pepper and olive oil. Tighten up the aluminum foil to form an air tight pouch by gathering

first the inner sheet then the outer sheet. When you are ready to grill, throw your pouch on and close the lid. I grilled mine for about 12 minutes over medium heat with the lid down. Remove to a plate, and carefully unwrap package. Drizzle the lemon juice on top and toss. Plate and serve.

## Marinated Zucchini and Summer Squash

This recipe was featured on the Food Network Show "Everyday Italian" with Giada De Laurentiis and reproduced on [culinate.com](http://culinate.com)

2 Tbsp. white wine vinegar  
2 Tbsp. fresh lemon juice  
1 Tbsp. minced garlic  
2 tsp. chopped fresh thyme leaves  
Salt and freshly ground black pepper  
1/3 cup extra-virgin olive oil  
1 lb. zucchini (about 3 large), trimmed and sliced diagonally about 1/4-inch thick  
1 lb. yellow crookneck squash (about 3 large), trimmed and sliced diagonally about 1/4-inch thick

1. Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil. Spoon 3 tablespoons of the marinade into a small bowl. Cover and set aside.

2. Add the zucchini and yellow squash to the remaining marinade in the large bowl and toss to coat. Transfer the mixture to a 13 by 9 by 2-inch glass baking dish. Cover and marinate at room temperature at least 3 hours or cover and refrigerate up to 1 day.

3. Prepare the barbecue for medium-high heat. Grill the vegetables until they are crisp-tender and brown, turning occasionally, about 8 minutes. Transfer the vegetables to a platter. Drizzle with the reserved marinade and serve hot or at room temperature.