



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #10, AUGUST 4TH 2009

August 4, 2009

Hello Everyone,

It's finally August and we are almost harvesting our full crop! We are glad to announce that peppers have finally started coming in and eggplant will be quick to follow. As of now we are picking green bell peppers and a little bit of purple peppers, it will be a little while until our purple and colored peppers come out in full force, and hot peppers are in their first round of harvesting. As for eggplant, while we were able to have some for this past weekend, it is still a little small but we should be able to pick some soon!

This week everyone will find the first potatoes of the season in their box, accompanied by onions, radishes, zucchini or squash, beans, corn, kale, and tomatoes. Our tomatoes are coming in full force now so we were able to put a few in everyone's boxes. Full shares will also receive Hakurei salad turnips without the tops, a few pickling cucumbers, and both green bell peppers and a few hot peppers (the Hungarian hot wax are a light yellow, the Italian long hots are a darker green and funky shaped, and jalapenos – the peppers will be assorted so you may not get all three types). Please note to read the sign in the barn as you will receive some herb pots as well and will have to pick those up, the sign will give you instructions.

The boxes should be the same numbers as last week, but we ask that you always look for your name and not just the number. We appreciate your cooperation during this time. **Also, due to our abundance of pickling cukes, we are now selling boxes of cucumbers for pickling, if you are interested they come in a half bushel and will be available for sale at \$18 a box.**

We hope you enjoy your box this week!

Stacia

I know most of you are saying "UGH" more kale, but there are still more recipes to try kale in. I was talking to my sister this weekend and she suggested "Stuffed Kale". Kind of like stuffed cabbage but a

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little different. An easier way to do this (instead of rolling the kale leaves) is to make it into a casserole as described in the recipe below, just replace the cabbage with kale.

STUFFED CABBAGE (KALE) CASSEROLE

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- 1 lb. ground beef
- 3/4 c. rice
- 1 lg. onion chopped
- 2 cloves garlic
- 1/4 tsp. pepper
- 1/2 tsp. salt
- 1 28 oz. can tomato sauce
- 1/4 c. cider vinegar
- 2 tbs. brown sugar
- 1 tbs. dry mustard

8 c. coarsely chopped cabbage or kale

Brown meat, onion, garlic. Drain well, add rice, salt, pepper. In small bowl mix together tomato sauce, vinegar, brown sugar, dry mustard. Layer 1/3 of cabbage in 3 qt. deep casserole. Arrange 1/2 beef mixture on top, cover with another 1/3 of cabbage. Top with remaining beef mixture and remaining cabbage. Pour tomato sauce mixture over the top, do not stir. Casserole will be quite full. Let it stand at room temperature for about 20 min. Bake in a 325 degree oven for 2 hours without stirring.

SHISH KABOBS

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Cut into bite-size pieces:

- 2 med. green peppers
- 2 med. onions
- 3 med. tomatoes, cut in wedges
- 1/2 lb. mushrooms, do not cut

***You can also cut up squash or zucchini, potatoes, and eggplant.
Use any type of meat you like too. (beef, pork, chicken, turkey, or
lamb)***

MARINADE SAUCE:

- 1 1/2 c. oil
- 3/4 c. soy sauce
- 4 tbsp. Worcestershire sauce
- 1/2 c. wine vinegar
- 2 tsp. parsley flakes
- 2 cloves garlic, crushed
- 2 tbsp. dry mustard
- 2 tsp. salt
- 2 tsp. pepper
- 1/3 c. lemon juice
- 1 can tomato soup (undiluted)

Combine all marinade ingredients; blend well. Add meat; cover and refrigerate overnight or make in morning and refrigerate until dinner time. To prepare, alternate ingredients on skewers and grill or broil 4 inches from heat 7 minutes or until done on each side. Brush with marinade while cooking. Serve with rice.

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