



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #14, SEPTEMBER 2ND, 2009

Hello Everyone,

The vegetable IPM program, that we have been a part of last season and this one, has helped us make many informed decisions about how we grow. One of the main things we do is to scout our fields for signs of insect infestations, by using pheromone traps strategically placed about the fields and by checking rows of crops by getting down on the ground if necessary to check even the undersides of the leaves. We also closely monitor weather patterns and conditions to help determine whether the climate is right for certain pests. If the predetermined threshold is met, then we need to spray to prevent severe damage to that crop. If that threshold is right on the line, we usually make the decision not to do anything about it and take our chances with having a few bugs. This is unfortunately a choice that farmers who grow to sell to grocery stores cannot make, their product has to look perfect all the time, otherwise they won't be paid for that crop. Luckily, we don't have that problem being a CSA farm.

Therefore, to make a long story a little shorter, some of the bell peppers you get this week may have a small worm inside. Don't be alarmed, they rarely eat much of the pepper. They drill into the seed cavity through the stem and mostly eat around the white part of the inside of the pepper. If you see any brown spots on the inside, they can just be cut away.

In addition to multicolored peppers you will also have frying peppers, cucumbers, a bunch of eggplants, leeks, a pint of Juliet tomatoes (they are in between a plum and grape tomato), a half dozen corn, beans, and two bunches of kale. Full shares will also receive more eggplants, cucumbers and peppers; and onions, potatoes, a bunch of Chioggia or regular beets, and a couple of hot peppers.

Enjoy,

Stacia

Eggplant Pulp Facts from *Recipes from America's Small Farms* No one ever said eggplant pulp was pretty, but it's a beautiful base for spreads and salads. To make it, just puncture a large eggplant in a few places and wrap it loosely in aluminum foil. Place it in a 400 degree oven until

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it's soft and mushy – it's usually ready in about an hour, but longer baking won't hurt it. Let it cool completely, then scrape all the flesh off the skin. You'll get about 1 ½ cups of pulp from a medium eggplant. Add whatever other vegetables and herbs you like – the eggplant's mild taste and pleasant texture blends and binds other ingredients.

VEGETABLE AND LEEK SOUP

1 cup	finely chopped white and pale green part of leek, washed well
1 clove	garlic, minced
2 tbsp.	unsalted butter
1 lb.	spinach, cauliflower, broccoli, snow peas, turnips, favabeans, green beans, etc. (pick one)
1 1/4 cup	chicken broth
1/3 cup	sour cream

In a saucepan cook the leek and the garlic in the butter over moderately low heat, stirring, until the leek is softened, add the chosen vegetable, the broth, and 1/2 cup water, and simmer the mixture, covered, until the vegetable is tender. Puree two thirds of the mixture in a blender until it is very smooth, stir the puree into the mixture remaining in the pan, and whisk in the sour cream and salt and pepper to taste. Cook the soup over moderately low heat until it is heated through, but do not let it boil.

Israeli Salad

It's a great way to use up little bits of vegetables and herbs.

I put in mine, carrots, cukes, tomatoes, radishes, green onions. Any vegetable that does not need to be cooked. I don't like raw squash but you could add that. The trick is to cut in small uniform pieces. Toss with 2 T good olive oil, fresh lemon, salt, pepper, cut up parsley. I make this salad towards the end of the CSA week It is the summer version of soup to use up vegetables. Very simple and easy. This is a very popular salad eaten all over Israel, and at every meal, even breakfast! -Lisa Rosenblum

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Calabrian Bruschetta

from *Verdura* by Viana La Place

4 small Asian eggplants
Extra-virgin olive oil
3 ounces provolone or caciocavallo cheese
6 thick slices country bread
2 garlic cloves
3 red tomatoes, cored and thinly sliced
Extra-virgin olive oil

Trim the eggplants and slice them 1/4 inch thick. Arrange the eggplant slices on a lightly oiled baking sheet and brush them with olive oil. Bake the eggplant slices in a preheated 376 degree oven for 10 minutes. Turn the slices over, brush with oil, and cook for another 10 minutes. Remove from the oven and set aside.

Using the large side of a four sided grater (or a potato peeler...); grate the cheese into long, thin strips.

Grill or lightly toast the bread. Rub with the cut side of the garlic cloves and drizzle with olive oil.

Place a few slices of eggplant on each bruschetta, top with some sliced tomato, and sprinkle a little shredded cheese over the top.

Place the bruschetta under a preheated broiler and broil until the cheese melts. Serve immediately.

CHILLED BEET SOUP WITH CHIVES

1 1/2 tsp. olive oil
3 med. carrots, peeled, chopped
1 bunch beets, cut into fourths, tops reserved for another use
1 bunch onion, finely chopped
1 balsamic vinegar
1 1/2 tbsp. sugar
1 tbsp. buttermilk

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2 cups Chopped fresh chives

Heat oil in large non stick skillet over low heat. Add carrots, beets and onion. Cover; cook until vegetables are just tender, stirring occasionally, about 20 minutes. Add vinegar, cover and cook until vegetables are very tender, about 10 minutes longer.

Working in batches, add sugar and carrot mixture to blender or food processor. Puree. Transfer to large bowl. Mix in buttermilk. Season with salt and pepper. Chill until cold, about 3 hours. (Can be made 2 days ahead. Cover; keep chilled.) Top with chives.

Julia's note: I have an immersible blender, it's a GREAT soup tool: just blend the soup right in the pan. I highly recommend this kitchen gadget.

Adapted from *Bon Appétit*, June 1996

Tomato and Sweet Pepper Salad adapted from *The Vegetable Market Cookbook* by Robert Budwig

3 sweet peppers
4 ripe tomatoes
1/4 preserved lemon (or 2 teaspoons grated zest with some of the lemon's juice)
2 cloves garlic peeled and crushed pinch sweet paprika
1/2 teaspoon ground cumin
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon salt
1/2 t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well

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