



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #17, SEPTEMBER 22ND, 2009

Hello Everyone,

Well we have officially welcomed fall this week with the covering of our tender and young crops with Remay cloth. We are trying to keep the beans producing, and the lettuce and other greens growing. The cooler weather does help the broccoli, cabbage, cauliflower, and Brussel sprouts, which look ready to pick a few weeks ahead of schedule. This week everyone will be getting the staples for leek and potato soup, leeks and potatoes. Along with some yellow squash and zucchini, cucumbers (from the field and greenhouse), a quart of small tomatoes, and a bunch of turnip and collard greens. The turnip greens are the first we've had all year. They are very similar in flavor to broccoli raab. In fact, I cook them the same way, just a simple sauté with a tablespoon of butter, a tablespoon of olive oil, and a couple of cloves of chopped garlic.

Full shares will also receive eggplants, baby bok choy or mustard greens, beets, eggs, and a large cabbage. The baby bok choy can be used in a salad or stir-fry. The beets are delicious roasted at 400 degrees for about 25 minutes, allow to cool and peel. Then you can add to a salad or eat with roasted garlic, either way is great. Beets keep more of their antioxidants and nutrients when roasted compared to boiling.

Our turkeys that we raise for Thanksgiving are ready to be ordered. They are free of growth hormones, steroids, and antibiotics. They need to be ordered in advance and a dollar per pound deposit is required when you order. They are \$3.50/ lb up to 20lbs; and \$3.00 /lb for over 20 lbs. We have forms in the stand and at all markets for you to fill out; you can pick a form up with your share and fill it out soon if you are interested. Last year our list was filled up by Halloween.

Please try to make sure you grab the right box each week and to return your box from last week. The shares that are not picked up on their scheduled day will be left in the CSA barn for a total of 48 hours from the time they are filled. It is your responsibility to pick them up in a timely manner. If you are unable to get your share, please have someone else do so for you. For us to refill shares that have already sat out for days doesn't make sense. If there is a true emergency, please email or call and something probably can be done. However, if we don't know to save your share after 48 hours it will be fed to our cows and pigs.

Thanks, and Enjoy!

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Stacia

Leek and potato soup

1lb of leeks, sliced
1 small onion, chopped
2 stalks of celery, chopped
1 clove garlic, chopped
2 medium potatoes, diced
1 quart chicken broth or water
2 tablespoons butter
Salt and pepper to taste
Cream (optional)

Melt butter in bottom of a 4qt sauce pan. Sauté leeks, onions, and celery until translucent; add garlic and sauté for about 2 more minutes. Stir in potatoes and then add the broth or water. Bring to a boil then reduce heat to medium/low, cook until potatoes are fork tender. Remove from heat and blend, adding cream if desired, until smooth. Serve hot or cold.

Stuffed Cabbage Rolls

From the website of Rebecca Wood

It's so easy to fill a cabbage leaf with any savory concoction and steam, simmer or bake it for an elegant and appealing dish. When I want a wallop of energy, I stuff cabbage with low fat and cholesterol, buffalo. In this dish the sweet and sour flavored vegetables enable you to enjoy a modest portion of meat in a robust but healthful entrée. You can, of course, replace the buffalo with any other ground meat or poultry or with tofu, seitan or tempeh.

10-12 large green cabbage leaves
1 pound ground buffalo, turkey or diced tofu
1 cup cooked rice, quinoa or millet
1 minced onion, large
2 tablespoons minced fresh parsley

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- 1 large egg white
- 1 tablespoon tomato paste
- Sea salt and pepper to taste
- 3 cups chopped canned plum tomatoes with juice
- 1 cup vegetable stock or water
- 2 tablespoons organic sugar (preferably rapadura)
- 2 cups sauerkraut, well drained

Bring 4 quarts of water to a rapid boil. Immerse the cabbage leaves, 3 to 4 at a time, in the water for 1 minute to soften. Drain and pat dry. To enable rolling the leaves, remove the thick, unpliant base of each central rib.

Combine the protein (meat or tofu), with the grain, 1/2 cup minced onion, parsley, egg white, tomato paste, sea salt and pepper. When well combined, place a portion of meat mixture into each cabbage leaf. Fold over, then fold in the sides and roll up. Secure with toothpicks if necessary.

Preheat oven to 350 degrees F.

Combine remaining onions, tomatoes, vegetable stock, sugar, salt and pepper to taste.

Place sauerkraut in the bottom of a large casserole. Lay stuffed cabbage rolls on top. Carefully pour the tomato mixture over all. Cover and bake for about 1-1/2 hours or until cabbage rolls are cooked and sauerkraut and tomato mixture is very thick. Remove from oven and serve. Serves 4 to 6.

May you be well nourished,

Rebecca Wood

Romanian Zucchini-Potato Latkes

From EatingWell: [November/December 1990](#) — [Subscribe Now!](#)

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Zucchini and potatoes combine perfectly in these tasty latkes. Serve with Quick Applesauce or reduced-fat sour cream.

Ingredients

- 2 pounds zucchini squash, peeled and seeded (4 medium)
- 1 pound potatoes, peeled (2 large)
- 1 medium onion
- 1 large egg
- 2 large egg whites
- 1 teaspoon plus 1 tablespoon canola oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2-3/4 cup matzo meal

Preparation

Shred zucchini, potatoes and onions by hand or in a food processor. Place the shredded vegetables in a clean dish towel and wring firmly to remove excess moisture. (You may need to do this in batches.) Place the shredded vegetables in a large bowl. Stir in whole egg, egg whites, 1 teaspoon oil, salt and pepper until well combined. Add 1/2 cup matzo meal and blend well. Add additional meal if needed to help the mixture hold together. Lightly brush a large nonstick skillet with some of the remaining oil and heat over medium heat until a drop of water sizzles when dropped on the surface of the pan. Drop batter by 1/4 cupfuls into the pan and flatten to form pancakes. Cook until the latkes are golden brown and the centers are cooked through, 3 to 4 minutes per side. Repeat until all the batter has been used, brushing pan with oil as needed to prevent sticking. Keep pancakes warm in a 200°F oven while the remaining ones are being prepared. Serve hot.

Nutrition

Per serving: 184 calories; 4 g fat (1 g sat, 2 g mono); 35 mg cholesterol; 31 g carbohydrates; 7 g protein; 3 g fiber; 243 mg sodium; 715 mg potassium.

2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1 vegetable, 1 fat

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