



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA Newsletter Week #20, October 12th 2009

Hello Everyone,

Well fall is definitely upon us, we had our first light frost of the season this morning. While it burnt the uppermost leaves of our most tender veggies, it didn't touch much below those leaves. Therefore, we are still able to harvest what is left on the plant but the plants won't be producing many more new veggies. On the flip side of that sad news, everything in the brassica family gets sweeter with the frost. This includes Brussel sprouts, broccoli, cabbage, cauliflower, kohlrabi, kale, and collard greens.



Everyone will be getting a bag of Brussel sprouts this week. We start picking the lower sprouts off the stalk after the first frost but leave the upper ones because they will still grow all through November and into December. To prepare them for cooking all you need to do is trim off the stem end and any undesirable leaves. They could then be boiled, steamed, sautéed, or roasted. One of my favorite ways to eat them is roasted. I slice them in half (dividing the stem end), add a sliced red or yellow onion, and toss with olive oil, salt, and pepper. Put in a pan or tray in a 400-degree oven for about 20- 25 minutes. Turn once in the middle of cooking.

This week everyone will also get broccoli, potatoes, beans, a large eggplant, a leek, a bunch of radishes, tomatoes, and a bag of Asian mix or lettuce salad greens. Full shares will also have a head of escarole, cucumbers, colored peppers, turnips, and onions.

Enjoy,

Stacia

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Cream of Broccoli Soup

2 medium potatoes, chopped
1 head of broccoli, cut into pieces
2 T. butter
1 onion or leek, finely chopped
1 clove of garlic
¼ tsp. curry powder
1(14 ½ oz.) can chicken broth
½ tsp. salt
1 cup half-and-half

Cook the potatoes and broccoli together in the broth (add extra water if needed to cover vegetables). Drain vegetables, saving the liquid. Sauté in butter the onion, and garlic. Gradually puree the vegetables along with 1 cup of vegetable liquid. Add this to onion mixture and cook 20 – 30 minutes. Add half-and-half, heat on low. If necessary, more vegetable liquid can be added.

Escarole and Bean Soup

1/4 lb White beans or 1 can
5 c vegetable or chicken broth
2 Tablespoons olive oil
2 Tablespoons minced garlic
1 onion, diced
2 c chopped escarole
Salt and pepper -- to taste
croutons, optional

SOAK THE BEANS OVERNIGHT IN WATER. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add

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garlic, onion, and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. Serves 8

Turnip and Bacon Soup

1/4 lb Streaky bacon, rinds off
1/4 lb Chopped onions
1/4 lb Chopped potatoes
3/4 lb Chopped turnips
2 pt Stock
Fat for frying

Chop and fry bacon and onions. Add potatoes, turnips and stock. Cook gently until vegetables are soft. Adjust seasoning and serve

Au Gratin Turnips and Potatoes

4 c Sliced turnips & potatoes (any combination,) peeled and thinly sliced
1 med Onion peeled and finely sliced,
2 tbs Melted butter
1/2 c Milk
1/8 tsp Grated nutmeg
1/4 tsp Ground white pepper
1/2 tsp Salt
1/2 c Grated Swiss cheese

PREHEAT OVEN TO 375F. TOSS together turnips, potatoes, onion with melted butter and place in a 9-inch square or round baking dish. Cover tightly and place in preheated oven for 30 minutes. In a small pot on top of the stove combine milk, nutmeg, pepper and salt and bring to a boil. Immediately remove from heat. Remove turnip-potato mixture from the oven, remove cover and mix in half the cheese. Pour the milk over the potatoes and sprinkle with remaining cheese. Replace in oven, uncovered, another 20 to 25 minutes. If the gratin is golden brown, it's ready to serve. If not, preheat broiler. Place gratin under broiler about 3 minutes to brown top before serving.

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