

WEEK 4

## HAWTHORNE VALLEY FARM

## CSA Newsletter



## MEET ANOTHER APPRENTICE

JULY 2, 2009

Here is a note of good will and true dedication from our wonderful farm apprentice Anne. As a true Midwesterner, she may seem quiet at first, not a boisterous New Yorker, but she is a Power House with a strength of will that is impressive, and we are glad to have her on our farm team. -Farmer Katy



As a new apprentice at Hawthorne Valley Farm, I am learning a great deal every single day. I think I have always secretly known all I really wanted to do was be a part of a farm in some way. It has taken me 25 years to actually make that happen, but I am happy it finally did, and so grateful that I get to do it here, of all places.

I am originally from Wisconsin and spent part of my childhood running around my grandfather's farm. After high school I attended Indiana University and earned a degree in Natural Resource Management. From there I went on to various environmental restoration positions, seeing what kind of organization I would want to work for on a more long term basis. While I really enjoyed this work, there was always something missing for me...something I couldn't quite put my finger on, yet every time I went to my grandfather's farm or a farm my friend was working on and spent the day digging in the soil, I never wanted to leave. Thinking gardening may just be a fun hobby, I continued with my chosen career path for about three years, at which point I hit a fork in the road and chose to go a new direction.

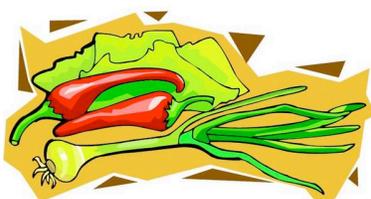
Besides my love of working outside and with plants and animals, local and healthy food is another passion and priority of mine which is brought together in agriculture. I feel knowing where your food is being grown (and hopefully the grower's name) is so important nowadays. I won't ramble on about the importance of supporting local businesses, but this is yet another reason I love this work and can get behind what I do every day. I am excited to be part of this CSA and contribute to getting healthy food to people in neighboring communities.

-Farm Apprentice Anne



This has been a big year of web updates due to feedback & suggestions from our members. Most recent addition, our website now lists the upcoming week's harvest. Next on the list are the CSA newsletters for '09. Please logon to [www.hawthornevalleyfarm.org](http://www.hawthornevalleyfarm.org) Keeping communication open - call or e-mail me anytime!

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Coming Soon

### Next Week's Anticipated Harvest

**Japanese Turnips**

**Cucumbers**

**Zucchini**

**Red Mini-Onions**

**Napa Cabbage**

**Rainbow chard**

**Spring Broccoli**

**Red Beets**

#### Some News From the Fields

It is wet this June, after a nice dry May, and our vegetables are doing well. The weeds, however, are having a picnic and are growing like mad. We may have a fourth of July weeding party here amongst the farmers.... The last three weeks have seen many thunderstorms, showers, and a few real rainbows over the farm. The fields are muddy and we are reluctant to drive tractors over the fields because we don't want to squash the living soil into hard bricks. Water makes the soil heavier and more susceptible to compaction, so we like to tread lightly in the fields. We do walk in the fields, especially for harvesting everything by hand, and we do like our rain pants and rubber boots! The fall brassicas, (kales and cabbages), are waiting patiently in the seedling greenhouse for the soil to be dry enough to plant into. But all in all, we are doing alright with the weather if it dries up a bit this week. After last August's huge once-in-thirty-years (I hope) flood, I have a better perspective on the tenacity of plants, the strength of healthy root systems, and the real value of earthworms. We are not nearly as flooded as we were last August, and many vegetables will be happy for this good drink of water if it gets hot and dry this July and August. Here's to some sunny weather soon!

-Farmer Katy

A DIVERSIFIED  
DEMETER-CERTIFIED  
BIODYNAMIC FARM LOCATED  
IN MID-UPSTATE NEW YORK.



## Rustic Cabbage Soup

1 tablespoon extra virgin olive oil  
a big pinch of salt  
1/2 lb potatoes, skin on, 1/4-inch slices  
4 cloves garlic, chopped  
1/2 large yellow onion, thinly sliced  
5 cups stock  
1 1/2 cups white beans, precooked or  
canned (drained & rinsed well)  
1/2 medium cabbage, cored and sliced  
into 1/4-inch ribbons

extra-virgin olive oil for drizzling  
1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the

amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

Serve drizzled with a bit of olive oil and a generous dusting of cheese.

From Heidi Swanson's  
[www.101cookbooks.com](http://www.101cookbooks.com)

<http://www.101cookbooks.com/archives/rustic-cabbage-soup-recipe.html>



## Sauteed Spring Peas

2 tablespoons butter  
1 teaspoon olive oil  
1 shallot, chopped  
1 lb. shelled peas  
1/4 cup vegetable stock  
juice of 1/2 lemon  
fresh chopped herbs for garnish

Melt the butter in a saute pan & add a quick swirl of olive oil (so the butter won't burn). Saute the chopped shallots. Add peas, saute about 2-3 minutes (to al dente). Add a bit of chicken stock and simmer 2 minutes or so. Take off the heat, and add a quick swirl of lemon juice (for acid). Sprinkle chopped herb of your choice before serving (thyme or lemon basil are nice).



## What to do with (more) Turnips

*From a discussion on "Cooking Away My CSA" listserv on Google Groups:*

"Slice them thinly, toss them in olive oil, and bake for 15 minutes at 400. I particularly like them tossed with some sort of spicy rub like smoked paprika or something spicy like habanero sea salt."

-Patricia

"I browned mine in a little bit of oil, and then braised them in chicken stock. Then I made a whole-grain mustard sauce (added mustard and arrowroot powder - or cornstarch - to the remaining stock) to top them. They were great!"

-Katie

"What about making mashed turnips? Make as you would mashed potatoes - can add butter & milk, maybe some sweetener, or a cheese like parmesan or gorgonzola? Kind of a fall-like dish, but still tasty."

-Amy

"We always just eat our turnips raw! Just slice them and eat them with your lunch or throw them on your green salad! Believe me before my first CSA, I would have never eaten a turnip. Who knew you could eat them raw? We have also thrown them in cole slaw."

-Leslie

*Send Chef Mark your thoughts on what to do with the last batch of Japanese Turnips and Snap Peas we'll be getting next week!*

## Zucchini Feta Pie

### Zucchini Filling

2 teaspoons extra-virgin olive oil  
2 medium zucchini, grated  
1 small onion, halved and sliced thin  
1 garlic clove, minced  
1/4 teaspoon salt  
1/4 cup chopped fresh basil  
1 1/2 teaspoons all-purpose flour

### Custard and Pie Crust

2 large eggs  
1 cup heavy cream  
1/4 teaspoon ground nutmeg  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded fontina cheese  
1 Pie Crust

1. For the filling: Adjust oven rack to lower-middle position and heat oven to 350 degrees. Heat oil in large skillet over medium-low heat until shimmering. Add zucchini, onion, garlic, and salt and cook, covered, until vegetables are tender and have released their liquid, about 6 minutes. Uncover and cook until bottom of pan is dry, about 3 minutes. Transfer zucchini mixture to bowl and let cool 5 minutes. Toss with basil and flour until combined.

2. For the custard and crust: Whisk eggs, cream, nutmeg, salt, and pepper in large bowl. Stir in zucchini mixture and cheese and pour into pie crust. Bake until crust is golden brown and center of quiche is just set, 30 to 35 minutes. Cool on wire rack for 15 minutes. Serve.

