

WEEK 6

## HAWTHORNE VALLEY FARM

## CSA Newsletter



MIDSUMMER DAYS

JULY 16, 2009

The middle weeks of July are a change in the harvest routine on the farm. The snap peas, much as we love them, are finished, as are the spring Japanese turnips. (We will see more Hakureis in September and October.) The crew here is happy to see the passing of the seasons, the passing of picking 300 pounds of peas by hand each week, even in less-than-ideal (wet!) conditions. Now we are well into the zucchinis and cucumbers, going through the fruiting rows every Monday, Wednesday and Friday until the frost comes. Harvesting all the ripe and ready vegetables takes more of our time, as planting new seedlings takes less of our time the deeper we get into summer. The first spring green of the pastures has passed, and now the pastures are a darker green, still quite lush after all that rain in June. The cows are continually grazing, munching their way through the seasons, experiencing the change in sunlight hours, plant growth, weather, the summer campers, calves born, and the passage of time, all in their calm stride.

-Farmer Katy

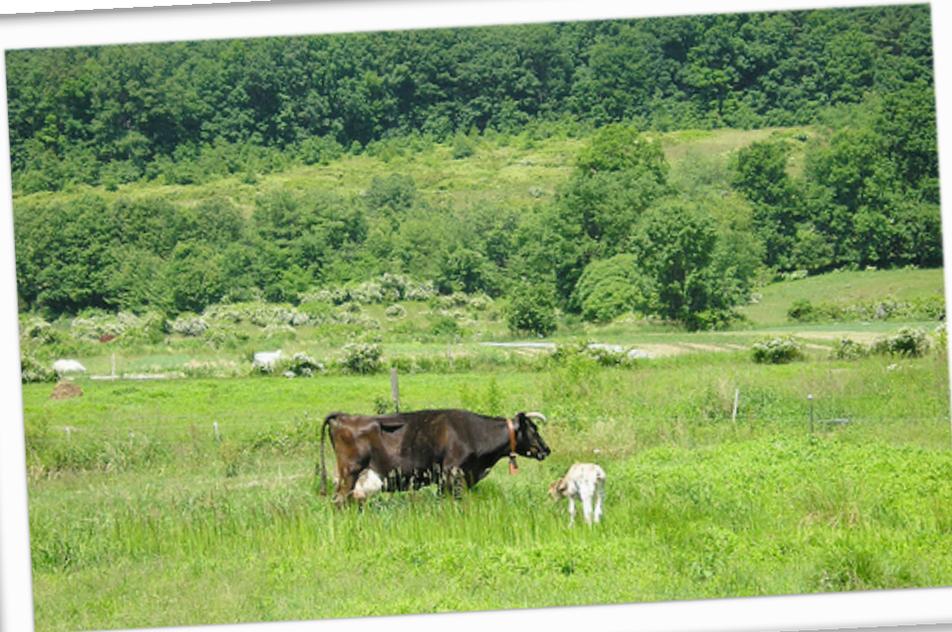


Photo by Nancy Badertscher  
<http://mamanance.blogspot.com/>



## Member Stories

**Do you have stories to share of how you're using your CSA vegetables? We know you love the fresh veggies you get each week, but we're wondering what you've been doing with your shares. What you may see as ho-hum may bring another member out of a cooking rut! Please send a quick note, even just a few lines, to Chef Mark: [remarkablepalate@gmail.com](mailto:remarkablepalate@gmail.com) and we'll publish it in an upcoming newsletter.**

## Lettuce

**"It is said that the effect of eating too much lettuce is 'soporific'"**

-Beatrix Potter



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



## Cucumber Granita

4 large cucumbers  
1/4 c sugar  
3 T chopped fresh dill  
1/4 t salt

Peel the cucumbers, slice them in half lengthwise, and scoop out the seeds with a spoon. Roughly chop the cucumbers and place them in a food processor with the sugar, dill, and salt. Process until completely smooth, stopping to scrape down the sides of the work bowl as necessary. Refrigerate until cold or overnight.

Stir the chilled mixture, pour into ice cube trays, filling only half way, and freeze until firm. Before serving, process the cucumber ice cubes in a food processor until chopped and slushy. Serve in small, chilled dishes.

<http://www.lpl.arizona.edu/~bcohen/cucumbers/recipes/granita.html>

## Baked Pasta with Zucchini & Mozzarella

3/4 pound pasta, (Fusilli or orecchiette)  
olive oil  
5 small zucchini, 1/2 inch slice  
salt and pepper  
1 28 oz. can Italian plum tomatoes, drained and chopped  
10 black olives, sliced  
3 tablespoons Parmesan cheese, fresh grated  
1 teaspoon rosemary, fresh, chopped  
1/2 pound Mozzarella cheese, shredded

Cook pasta in boiling salted water. Preheat oven to 350° F. In a large frying pan, heat oil and saute zucchini until lightly browned, about 5 minutes. Season with salt and pepper and transfer to an oiled shallow casserole dish.

When pasta is almost cooked, drain and add to zucchini. Add tomatoes, olives, Parmesan, rosemary and 1/2 of the mozzarella. Sprinkle with a little more salt and pepper if desired and gently mix together. Cover with remaining mozzarella and bake until cheese is melted and the top is slightly browned, about 15 minutes.

## New Potatoes with Butter and Mint

4 pounds red potatoes, small, scrubbed with skins on

3-4 mint sprigs, fresh

2 tablespoons butter, unsalted

Place potatoes in a pot with cold water. Salt to taste and bring to a boil over high heat. Add several mint sprigs and simmer until potatoes are tender, 20-40 minutes depending on size of potatoes. Drain potatoes and return pot to stove over lowest heat possible. Add butter and cook, shaking pan occasionally, until all liquid is absorbed, about 5 minutes. Garnish with minced mint leaves.



## Minted Pea Puree Apps

3 cups freshly shelled Spring peas  
2 tablespoons unsalted butter  
2 tsp freshly grated lemon zest  
Juice of 1 lemon  
2 tsp finely chopped fresh mint leaves  
Additional fresh mint sprigs for garnish  
Thin radish slices, for garnish  
Puff Pastry shells or cocktail croustade cups

In a large heavy skillet, melt butter over moderate heat, and cook the peas with salt and pepper to taste, stirring occasionally for 5-7 minutes, until crisp tender.

Purée the peas in a food processor with the lemon zest until smooth and slightly cooled. Stir in the lemon juice. The purée may be made 2 days ahead and chilled, covered.



Service: Bring the pea purée to room temperature. Stir in the chopped fresh mint and season with salt and pepper to taste. Spoon the pea purée into a pastry bag fitted with a star tip. Pipe the purée into the pastry shells, and garnish each with a slice of radish and a mint sprig. (You can also serve the pea puree as a side for a nice lamb chop or other main dish.)

From **The Gilded Fork: Entertaining At Home**  
<http://bit.ly/GFCookbook>

## Swiss Chard Potato Casserole

2-3 Cups White sauce (follow the first 4 steps of the [Creamy Yellow Tarragon Sauce](#)).  
6 Small Russet potatoes, peeled and sliced into 1/4-inch thick rounds  
1 Tbsp Fresh tarragon, chopped  
1 1/2 Tsp Fresh summer savory, chopped  
1/2 Tsp Black pepper  
1 Tsp Garlic granules or powder  
1 Tsp Sea salt  
1 Bunch Swiss chard, stems removed  
2 Bunches Beet greens, stems removed  
1/2 Cup Water  
1/2 Cup Grated cheese



Preheat oven to 375. Prep the potatoes and layer them into a steamer. Steam for 15 minutes. While spuds are steaming, prep the greens and make the white sauce. Stir the spices into the sauce and set aside.

When the potatoes are done, run some cold water over the slices to make them easier to handle. Spray oil into a 9x13 baking dish. Layer half of the greens into the baking dish, overlapping the leaves to completely cover the bottom. They will stick up quite a bit, but don't worry about that. The hot spud slices will wilt them somewhat, and baking will knock them down to a thin layer. Layer half of the spud slices over the greens. Pour half of the white sauce over the potatoes and spread around evenly with the back of a big spoon. Repeat the process with a layer of greens, spuds, and sauce. Pour the water over the top of the final layer so the ingredients will bake together more evenly.

Sprinkle grated cheese over the top.  
Bake uncovered for 35 minutes.

From James Byrd's [The Logical Half](#) Blog

<http://www.logicalhalf.com/2009/07/swiss-chard-potato-casserole.html>