

WEEK 10

HAWTHORNE VALLEY FARM



CSA Newsletter



KIDS! CAN! COOK!

AUGUST 13, 2009

To be entirely honest, I have never seen Iron Chef on television. Or Top Chef, Chopped, or any cooking show, beyond a rerun of Julia Child on channel 13 when I was a child. So I can't speak to the excitement of watching high pressure fancy chefs preparing slightly bizarre meals competitively. Apparently, it's quite exciting.

I did, however, read Michael Pollan's article in the August 2, 2009 New York Times Magazine, "Out of the Kitchen, Onto the Couch". If you haven't already read it, I suggest you look it up and read it. Reading it from the perspective of someone intimately involved with food, as we all are, we can have more respect for Community Supported Agriculture and what we sign up to do together. We sign up to receive weekly amounts of raw ingredients. To cook with. This is a revolutionary act. Someone actually has to spend time preparing a meal, rather than buying a pre-packaged meal. There are no food corporations involved with a CSA. We have a direct relationship with the farm. Our families are eating real food. This is a fairly simple but now radical idea: receive the weekly harvests from the farm, cook your meals, enjoy your food.

This summer Rachel Schneider has put into action a new program here on the farm, Kids! Can! Cook!, cooking classes for children approximately ten years old, from farm to table. They use real farm ingredients, the meals smell delicious, the children weave their placemats, set their table, eat together and participate in the cleaning up. The classes seem to be going well. I happened to walk by and saw four kids happily sponging off the table and putting away the placemats – they seemed to be having a great time. I have yet to talk my way into having one of those good meals with the kids, but I am working on it... Two of their recipes were in last week's newsletter, so now they are famous.

The taste of a real cucumber, simple as it is, may be hard to convey on a dramatic television show. Can you imagine? The chef waltzes in, says "Here is a real cucumber, just harvested. I will now slice it up and eat it." Probably not dramatic enough to sell the commercials. But in real life, handing a child a fresh cucumber and saying "here you go, this is for you" is dramatic enough for a good snack.

Here's to good eating, something near and dear to all farmers' hearts.

-farmer Katy



Coming Soon

Next Week's Anticipated Harvest

potatoes
beans
onions
lettuce
rainbow chard
cucumbers and zucchinis

Cucumber Lemonade (Agua de Pepino)

1 cucumber, peeled and cubed
1 lemon
5 cups water
Sugar to taste

Add cucumber and water to a blender and puree. Strain. Add juice of lemon and sugar to taste. Serve over ice.



A DIVERSIFIED
DEMETER-CERTIFIED
BIODYNAMIC FARM LOCATED
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Chocolate Chip Zucchini Pecan Muffins

1 3/4 cups all-purpose flour
1/2 tsp salt
3/4 tsp baking soda
1/2 tsp baking powder
1 1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground nutmeg
2/3 cup granulated sugar
1/2 cup dark brown sugar
2 eggs
1/2 cup vegetable oil
1 1/2 tsp pure vanilla extract
1 tsp grated lemon rind
1 1/2 cups grated zucchini (hand grated preferably - results from a food processor tend to be too wet)
1/4 cup chocolate chips
1/4 cup chopped pecans

1. Preheat the oven to 350 F. Grease 12 large or 18 smaller muffin cups, or line the cups with muffin papers.
2. In a medium bowl, sift the flour, salt, baking soda, baking powder and spices together.
3. In a large bowl, mix together the brown and white sugars and the eggs. Add in the vegetable oil, vanilla and lemon rind. Stir in the

grated zucchini, chocolate chips and pecans. Add the flour mixture, combining everything but not overmixing.

4. Fill the muffin cups two-thirds full and bake about 25 minutes, until a straw or cake tester inserted in the center comes out clean or the muffin feels springy when gently pressed with your finger.

Yield: 12-18 muffins, depending on size
<http://www.dahlshouse.com/recipes/>

Chipotle Corn Chowder

4 tablespoons unsalted butter
2 small chorizo sausages (dried)
3 1/2 cups fresh corn kernels
1 large onion, finely chopped
1 garlic clove, finely chopped
1 1/4 cups chicken stock
2 1/2 cups heavy cream
1 (or more) chipotle pepper, canned, packed in adobo sauce
1/2 teaspoon ground cumin
Salt
Cilantro, chopped, for garnish

Melt the butter in a sauce pot over medium-low heat. Add the chorizo and corn, turning to coat. Cook for about 15 minutes until the mixture starts to brown slightly. Add the onion and garlic, stirring frequently, until the onion is soft and the mixture begins to stick.

Remove from heat, add the chicken stock and scrape the bottom of the pan to loosen the caramelized pieces. Using an immersion blender, blend some or all of the mixture, depending upon your preference, for a chunky or smooth puree.

Add the cream and place the pot on medium-low heat. Bring almost to a boil (when bubbles start to form around the edges of the pot). Season with a pinch of salt and allow the soup to bubble gently until it is reduced by about 1/4.

Finely chop the chipotle pepper into a mash and add a tablespoon at a time to taste. Continue cooking for 5 more minutes.

Serve with chopped cilantro as a garnish to add a citrusy sparkle of flavor.

<http://www.culinarymedianetwork.com/chipotle-corn-chowder/>

Zucchini Chips

- * 1 zucchini
- * Oil for frying
- * Chipotle Flavored Salt

Slice the zucchini into thin slices (no more than 1/4 inch thick). Heat the oil (peanut or grapeseed works well here) over medium high heat. Add the zucchini slices to the hot oil in a single layer and fry for between 1-3 minutes per side depending on heat. You'll know when it is time to turn them because their edges will just start to brown.

Fry the other side for 1-2 minutes and drain on paper towels.

Sprinkle with salt and serve warm.

<http://www.cooklocal.com/?p=1670>



Zucchini & Sweet Potato Bread

2 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
3/4 cups sugar
1/4 cup brown sugar, packed
1/4 cup vegetable oil
1 teaspoon pure vanilla extract
3 eggs
1 1/4 cups grated zucchini
1 3/4 cups peeled sweet potato, grated

Preheat oven to 350° F.

Prepare a loaf pan or muffin tin(s) by greasing the pan with pure vegetable oil and dusting lightly with flour.

Sift the dry ingredients into a medium bowl. In a large bowl, combine sugars, oil, and vanilla. Add the eggs and using a hand mixer, beat for about 1 minute until fluffy. Mix in zucchini and sweet potato. Add the dry ingredients to the zucchini mixture. Stir just until combined. Pour batter into prepared loaf pan.



Bake for 45 minutes to 1 hour (depending on the size loaf pan or muffin tin you use). The bread will be done when a cake tester (or knife) inserted into the middle of the bread comes out clean. Cool bread in pan on rack for 15 minutes. Run a thin, sharp knife between the loaf and the pan to loosen. Turn the bread out onto a rack and cool completely.

Serve when cool.

Recipe and photo by Donna Marie Desfor

<http://www.culinarymedianetwork.com/zucchini-sweet-potato-bread/>