

WEEK 16

HAWTHORNE VALLEY FARM



CSA Newsletter



STAR GAZING

SEPTEMBER 24, 2009

This week marks the first week of the fall season, beginning on September 21, the autumnal equinox. It is always hard to fathom that the nights will now be longer than the daylight hours, though it happens the same every year. This year in particular it is sad to say goodbye to summer, as we only had about three weeks of warm, sunny summer weather. But the rotating earth doesn't wait for us to be ready, it just keeps orbiting the sun, spinning on the earth's axis, giving us times of the year where are closer to the sun and further from the sun, a steady rhythm.

The stars have been particularly brilliant and visible with this nice clear autumnal weather. There are constellations to greet and recognize again, almost as if they were on a summer vacation and now back to work, crossing the sky each night. There is also just the incredible beauty of seeing so many stars. I remember growing up in NYC, being able to see Orion once in a while, and Cassiopeia. I learned those constellations from my mom when she showed me them from a vantage point on downtown Sixth Avenue once. And I remember getting out of the city once in a while and seeing the vastness of the stars with a dark sky and no buildings. It was, and still is, truly breathtaking.

A favorite star gazing book around here is *The Stars, A New Way to See Them*, by H. A. Rey. Yes, that's the same H. A. Rey that wrote the Curious George books. He must have been curious about the stars, as well! The book is full of great illustrations and chock full of solid information. It's recommended by The Nature Institute. I've been

plowing through it the last few winters, and I'm looking forward to reading it again this winter.

-farmer Katy



Coming Soon

Next Week's Anticipated Harvest

Potatoes**Carrots****Leeks****Beets****Lettuce****Onions****Loose Rainbow Chard****Hakurei Turnip**

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



Kale & Red Quinoa Pilaf

1 cup Red Quinoa
2 cups vegetable stock
1/2 pound kale, fresh
1 garlic clove, minced
vinegar, to taste

Prepare the quinoa: Rinse the quinoa well and drain. put in a pot with 2 cups of stock. Bring to a boil, then lower heat to low, cover tightly and let steam for 18-20 minutes. Chop the kale, and in a separate pan, fry the garlic in oil, then add the chopped kale and toss until lightly sauteed, then add cooked quinoa and stir thoroughly to combine. Drizzle with vinegar to taste.



Curried Hakurei Turnips

One chopped onion
2 tablespoons oil
5 or 6 hakurei, peeled and sliced thin
2 teaspoons curry powder
1 teaspoon salt
one lemon, cut into wedges

Sauté the onion in the oil for a few minutes until translucent. Add the turnips, the curry powder and salt and cook until everything is tender. Squeeze some lemon juice over the dish before serving and serve with extra lemon wedges.

http://veggieproject.blogspot.com/2008/07/curried-hakurei-turnips_01.html



Verza in Tegame - Savoy Cabbage

2 lbs. fresh Savoy Cabbage
2 cloves garlic
1/4 cup extra virgin olive oil
salt and pepper to taste

Peel away the outer leaves of the cabbage and discard them. Then slice the rest of the cabbage into thin 1/4" strips. Heat the garlic cloves in the oil in a large nonstick pan. When the oil is hot add the cabbage and salt. Mix often until the cabbage is thoroughly cooked. Salt and pepper to taste.

If the cabbage gets to dry while cooking just add a little water to keep it from sticking. Note that the volume will reduce by 60 or 70% when cooked.

<http://www.cookingwithpatty.com/recipes/vegetables/Verza.php>

Baked Chile Cheese Corn

4 cups fresh corn kernels
1 cup Cheddar cheese, grated
8 oz. cream cheese, room temperature
1 can (7 oz.) diced green chiles
2 teaspoons chili powder
2 teaspoons cumin

Preheat oven to 350 degrees F. Butter 1 1/2 -quart baking dish or cast iron skillet.

Mix all ingredients in a large bowl until well combined. Transfer to prepared dish. Bake until bubbling, about 30 minutes.

<http://www.cdktichen.com/recipes/recs/317/Baked-Chile-Cheese-Corn79066.shtml>



Mashed Kabocha Squash with Maple Syrup

1 Kabocha squash, about 3 to 4 pounds, cubed and peeled
2 tablespoons butter
3 to 4 tablespoons maple syrup, grade B if possible
salt and pepper, to taste
Preparation:

Cut squash in half; scoop out seeds. Cut Kabocha squash into 2-inch pieces; peel, rinse, and drain.

Steam the Kabocha squash, covered, over simmering water until tender, about 25 to 35 minutes. Drain squash and transfer to a large bowl. Add the butter and some of the maple syrup. Mash and taste. Add more maple syrup, if desired, and salt and pepper to taste.

The kabocha squash is a large, green, pumpkin-shaped squash with a sweeter flavor and less fibrous texture than many winter squashes. Feel free to substitute butternut squash or acorn squash for the Kabocha squash.

<http://southernfood.about.com/od/wintersquashrecipes/r/bl61124b.htm>

