

WEEK 13

HAWTHORNE VALLEY FARM



CSA Newsletter



FOR THE LOVE OF FOOD

SEPTEMBER 3, 2009

In 1995 I became a first-time CSA member with Angelic Organics while I was living in Chicago, teaching art classes to children. I started reading the newsletters that farmer John wrote every week. I became interested in farming through my experience of eating the good farm food and reading the newsletter, finding out about farming through my belly and my brain. So, watch out CSA members, what can happen to you fourteen years later. Maybe some of you will be farming and writing a CSA newsletter yourself! Some of you have even been reading the newsletter from Hawthorne Valley Farm for fourteen years, from when farmers and members started this particular CSA together. The CSA movement and the local food movement have grown tremendously, especially in the past few years. This seems to be a positive direction for everybody's bellies and brains, and for our culture as a whole. We can become less dependent on huge, so-called food or agricultural

industries, enjoy our local, yummiest food more, and be grateful for a more beautiful ecology to boot. (I think farmers like that expression, "to boot". Where does it come from?)

*In gratitude for all,
- farmer Katy*



"Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity."

~Voltaire

"There is no love sincerer than the love of food."

~George Bernard Shaw



Coming Soon

Next Week's Anticipated Harvest

sweet corn
carrots
basil
red torpedo onions
kale
zucchinis
peppers or eggplants
lettuce

Flatbread with Winter Squash, Cremini & Camembert



This beautiful photo is the work of Lisa from Lisa is Cooking. She's a member of my "Cooking Away My CSA" group, and she posted about a great recipe she adapted last week using her winter squash, a basic pizza dough recipe, mushrooms, and some great cheese! Check out her blog and the post at:

<http://lisaiscooking.blogspot.com/2009/08/flatbreads-with-winter-squash-cremini.html>

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



Chunky Celery Soup

From Heidi Swanson's 101Cookbooks



1 large onion
1 large russet potato
3-4 small -medium carrots
10 medium-length stalks of celery, washed well
3 tablespoons extra-virgin olive oil
2 cloves garlic, chopped
5 cups of lightly-flavored, great tasting, vegetable broth (or water)
2 cups cooked wild rice, brown rice, barley, or wheat berries
1/3 cup celery leaf pesto (optional)
Parmesan cheese, freshly grated

Chop the onion, potato, carrots, and celery into pieces that are about 1/2-inch or smaller. Do your best to cut everything roughly the same size, this will keep cooking time across the ingredients somewhat uniform. You should end up with about 2 1/2 cups of chopped celery. In a large thick-bottomed soup pot over medium high heat combine the olive oil, onion, potato, carrots, celery and a few big pinches of salt. Saute for about ten minutes or until the onions and celery soften a touch and expel some water. Stir in the garlic and add the stock. Bring to a simmer and let cook for another 10 minutes or until the celery, carrot and potatoes are just cooked through - resist the urge to over cook them into mush. Stir in the rice a few minutes before the potatoes and carrot are cooked though. Remove the soup from the heat and ladle into soup bowls. Top each with a generous drizzle of the celery leaf pesto (opt) and/or some Parmesan cheese.

<http://www.101cookbooks.com/archives/chunky-celery-soup-recipe.html>

Genovese Style String Beans- Fagiolini alla Genovese

2 pounds string beans, tips trimmed
2 tablespoons freshly minced parsley
1 clove garlic, minced
4 salted anchovies, rinsed and boned
4 tablespoons olive oil
1/4 cup unsalted butter
Salt and pepper

Blanch the beans in abundant salted water, drain them, and set them aside. Heat the oil or oil and butter in a pan and sauté the herbs and the anchovies, stirring everything around until the anchovies dissolve, and then add the beans and cook briefly over a brisk flame, stirring to coat them with the sauce. Check seasoning and serve.

<http://italianfood.about.com/od/stringbeansandpeas/r/blr1031.htm>

Serafino's Sofrito

1 large purple eggplant (or 2 small)
2 large onions
4 white potatoes
2 red peppers
2 garlic cloves
3 tablespoons extra-virgin olive oil
Salt and pepper, to taste

Slice the eggplant, potatoes, peppers and onions into lengthwise strips, rustic style.

Heat a large skillet over medium high heat and add the olive oil. It should shimmer. Sauté the potatoes, onions and peppers for about 10 minutes, or until the potatoes begin to soften and the onions are translucent. Add the eggplant and allow the mixture to cook until the vegetables begin to caramelize, stirring occasionally. Add olive oil if the pan becomes too dry. Add garlic just before finishing and cook for another minute or so, being careful not to let it burn. Serve immediately.

Recipe by Jennifer Iannolo

<http://www.culinarymedianetwork.com/serafinos-sofrito/>

Herb Roasted Root Vegetables

3/4 pound rutabaga
1/2 pound carrot
1/2 pound onion
1 pound winter squash
8 large garlic cloves, whole
7 sage leaves, fresh
2 rosemary sprigs, fresh
2 tablespoons olive oil



Preheat the oven to 425 degrees F. Peel the rutabagas, carrots, onions, and winter squash. Cut them into large evenly sized pieces. Place all vegetables in a large bowl with whole garlic cloves. Mix them well along with the sage and rosemary leaves. Drizzle the root vegetables with olive oil and toss to coat well. Add 1 tbsp olive oil to the pan and pour the vegetables in. Season with salt and pepper. Roast vegetables for about 20 minutes. Remove pan from oven and stir gently so that all sides get color. Return the pan to the oven and continue to roast the vegetables until caramelized and tender when pierced with a fork, about 30 to 40 minutes longer. Remove and cool slightly before serving.

You can easily substitute any root vegetables in this recipe, from potatoes to yams to pumpkin. Be sure to cut yams or potatoes a bit larger as they cook faster than the other vegetables.

<http://www.culinarymedianetwork.com/oven-roasted-winter-vegetables/>