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Stoneledge Farm News

Dear CSA Member,

The leaves are changing colors, the weather is colder and the garlic is ready for your share. I guess Fall really is here. Garlic takes a year to go from planting to harvest to use. Some of the garlic is used as seed garlic for next years crop and the rest is distributed to CSA members. We have just finished breaking the heads of garlic that we are going to use as seed into their individual cloves. The cloves are planted in October and stay under the garden soil until next spring time when they will be some of the first green that we see. Each clove will yield a head of garlic next summer. The plants will first send up leaves followed by the garlic scape that we all enjoy early in the spring. The plant continues to grow throughout the summer and we dig the bulbs in July. The bulbs are hung to dry and cure in the upstairs of the barn until October when they are then either divided into cloves for planting or distributed to the CSA members. A year of care but well worth it. Enjoy-Pete and Deb

WHAT'S IN THE SHARE?

- Acorn Winter Squash-2
- Butternut Winter Squash-1
- Siberian Kale-1 bunch
- Garlic-2 heads
- Red Cabbage-1 head
- Orange Carrots-2 pounds
- Celariac (celery root)-1 head-use freshly grated in slaw or google for more ideas
- Sage-1 bunch
- Graffiti Cauliflower- 1 head

Fruit Share –apples and pears

BUTTERNUT SQUASH WITH SHALLOTS AND SAGE

2 tablespoons olive oil
3 shallots, halved lengthwise, then cut crosswise into 1/4-inch-thick slices (3/4 cup)
1 (1 3/4-lb) butternut squash, peeled, halved lengthwise, seeded, and cut into 1/2-inch cubes (4 cups)
1/2 cup reduced-sodium chicken broth or water
1 tablespoon packed brown sugar
1/2 teaspoon finely chopped fresh sage
1/2 teaspoon salt
1 teaspoon balsamic vinegar
1/4 teaspoon black pepper

Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook shallots and squash, stirring, until shallots are softened, about 5 minutes. Add broth, brown sugar, sage, and salt, stirring until sugar is dissolved. Simmer, covered, stirring occasionally, until squash is tender, 8 to 10 minutes. Remove from heat and stir in vinegar, pepper, and salt to taste. Makes 4 servings. *Gourmet October 2005 A soup this hearty calls for wedges of crusty country bread alongside. For the salad, arrange sliced pickled beets on romaine leaves and sprinkle generously with fresh dill. Apple strudel is just right to finish up.*

RED CABBAGE AND ONIONS

1 teaspoon olive oil
1 1/2 lb red cabbage, cored, cut into 2-inch pieces, and layers separated
1/2 lb red onions, cut into 1-inch pieces and layers separated
2 teaspoons finely chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté cabbage, onions, thyme, salt, and pepper, stirring, 3 minutes. Cover skillet and reduce heat to moderate, then cook, stirring occasionally, until cabbage is tender, about 12 minutes more. Each serving contains about 68 calories and 1 gram fat. Makes 4 servings.

Gourmet December 2002

KALE WITH SAUTEED APPLE AND ONION

