

WESTCHESTER CSA

OCT. 21, 2007
WEEK 24

WWW.WESTCHESTERCSA.ORG

Stoneledge Farm News

Dear CSA Member,

Thank you for being part of our farm and CSA. Lately we have been reminded over and over of the importance of supporting local communities and economies, the importance of local agriculture, being consumers that consider all of the vast choices that we have to make and the implications.

CSA accomplishes these goals and has been for years. It was a long and hard fought battle the first couple of years explaining the CSA concept over and over. As farmers, we were met with so much skepticism by many other farmers that we knew we would have to prove ourselves with years of hard work. Many of the members that first took that step with us are still involved with CSA and we are thankful for their commitment and enduring friendships. CSA could not exist without the volunteers that coordinate and run the sites and we are thankful for everyone's effort. For members that have recently joined the CSA, we are thankful for you helping us grow CSA. Farmers and members are willing to think of the relationship between farm and community just a little differently than they have in the past.

Again, we would like to give thanks for all of our blessings from the abundance of food that we are able to produce to the friends that we have met, our family and the wonderful men and women that work with us throughout the year. Enjoy the vegetables-Pete and Deb

"It is good to give thanks, at all times and in many ways. My long and fitful journey in understanding what it means—economically, practically and spiritually—to be a "renewer" rather than a "consumer" became much clearer when I realized that gratitude was a key personal choice." Greg Bowman Managing Editor The New Farm, Rodale Institute

WHAT'S IN THE SHARE?

Brussels Sprouts-2 stalks-take the small, but delicious, sprouts from the stalk. Clean them of any old leaves and the hard end that attaches to the stalk. Use them in your favorite dish. What the Brussels Sprouts lack in size they make up for in flavor.

Red Ace Beets-2 pounds-you must be really full of beets. They will keep very well in the vegetable drawer of the refrigerator. Some time in January when the weekly deliveries for CSA are behind us, the beets will taste fabulous.

Carrots-1 pound

Butternut Winter Squash-2

Shallots-2

Red Russian Kale-1 bunch

Collards-1 bunch

Parsley-1 bunch

Sage-1 bunch

Potatoes-3 pounds

Bosc Pears, Mutsu Apples, Fuji Apples, Empire Apples

Steamed Brussels Sprouts

Serves 4

1 pound Brussels sprouts, trimmed and washed
2 teaspoons chopped fresh thyme
1 tablespoon balsamic vinegar
Freshly cracked black pepper

Steam the Brussels sprouts in a steamer, over a large pot of boiling water until tender, about 10 to 12 minutes. Cut in half, and transfer to a bowl. Add the thyme, vinegar, and pepper. Toss to coat, and serve.

Roasted Brussels Sprouts 1999, The Barefoot Contessa Cookbook

1 1/2 pounds Brussels sprouts
3 tablespoons good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Roasted Potatoes, Carrots, Parsnips and Brussels Sprouts

3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles	1 tablespoon dried oregano
1 1/2 cups Brussels sprouts (about 1/2 pound), halved	1 tablespoon dried rosemary
4 cups red bliss potatoes (about 1 pound), cut into 1 1/2-inch thick slices	1 teaspoon dried thyme
3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices	1 teaspoon dried basil
1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices	1/4 cup sea salt
1/2 cup extra-virgin olive oil	2 tablespoons freshly ground black pepper

Preheat oven to 400 degrees F. In a large bowl, add the carrots, Brussels sprouts, red bliss potatoes, parsnips and sweet potatoes. Toss well with olive oil, herbs, salt and pepper. Spread the vegetables evenly on a large baking sheet. Place on medium rack in oven and bake for 35 to 40 minutes.

HAPPY THANKSGIVING



Dear CSA Member:

2008 Season

As the 24 week season comes to an end, we would like to take this opportunity to thank you for your commitment and involvement this year. We hope that you found the experience to be enjoyable, convenient and rewarding. As CSA (Community Supported Agriculture) members we gain access to the freshest, quality, locally grown vegetables, and become part of a growing movement to eat healthier food, while supporting our regional farmers. To keep this effort going we ask that you spread the word locally in your community and register early yourself. Early signups are highly recommended. We know that some people were not able to join this year because the site filled up so quickly.

A special thanks to all of you who volunteered your time, we could not do this without your help. It was a wonderful year! Any questions or comment are always welcomed, please call Nicole at 914-788-1779. Enjoy the winter months and holidays. We hope to see you all again next year.

Stay well.

Nicole and Danielle, Core Members

2008 EARLY ENROLLMENT DISCOUNT

Anyone that wants to take advantage of the early enrollment discount needs to get their registration form and deposit in by Dec 31, 2007. Please mail your registration form and payment to:

**CSA Core Group
c/o Discovering Wellness
3199 Albany Post Rd., Suite 217
Buchanan, NY 10511**

****Please make checks payable to Stoneledge Farm***

Vegetable Share Price:

- \$440 for the season (24 weeks)
with a \$100 deposit before Dec. 31, 2007*

Vegetable Share Price:

- \$465 for the season (24 weeks)
after Dec. 31, 2007 in full.*

Fruit Share Price:

- \$210 for 20 weeks
(only available with vegetable share)*