



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## CSA NEWSLETTER WEEK #15, SEPTEMBER 8<sup>TH</sup>, 2009

Hi Everyone,

This first week after Labor Day, the unofficial end to the summer, we are still in full swing harvesting the summer veggies. Our summer squashes and cucumbers are the best they've been all season, and the eggplant plants are absolutely amazing. Our cantaloupes and honey dew melons are ripening at full speed with the watermelons soon to follow. The peppers are ripening with all the beauty of the rainbow, and we are also able to start harvesting our first fall veggies; cabbages (green and Chinese), bok choy, and mustard greens. It seems like any sign of the rainy, cloudy start of the season has disappeared, well almost. Our red onions don't seem to have fared that well and aren't storing good. This week everyone will have some red onions, a lot of these will have some soft spots and discolored layers. We think this has something to do with how wet it was when they were growing. When you get them home you should clean and cut out the bad spots. After a rinse in the sink, store them in a Ziploc bag in the refrigerator and they should last a couple of weeks. We didn't want them to become a total loss, hope you can put them to good use.

This week everyone will have red onions, a green cabbage, zucchini, cucumbers, ½ dozen corn (Kristine is the name of this awesome bi-color), a melon, eggplant, and a bunch of Tuscan (dinosaur) kale. Full shares will also have tomatoes, sweet peppers (fryers and color bells), Chinese cabbage or bok choy, a dozen eggs, and collard and mustard greens.

We are still offering box specials on cucumbers and zucchini, \$15/ ½ bu. Box. Frying and green bell peppers and eggplant are available by the bushel. \$15/ bu. Corn is available by the bag for freezing or canning. It is only \$22.50/ bag (65 ears) , please place an order and we will have it ready when you come to pick it up.

Enjoy,

Stacia

[www.stonegardensfarm.com](http://www.stonegardensfarm.com)

Feel free to contact us with your questions at [stonegds@comcast.net](mailto:stonegds@comcast.net)



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## **Eggplant Caviar**

Combine in skillet:

- 1 small eggplant
- 1/3 cup chopped green pepper
- 1 med. Onion
- 1/4lb mushrooms sliced (optional)
- 2 garlic cloves, crushed
- 1/3 cup olive oil

Cover and simmer 15 minutes.

add and stir in

- 1 tsp salt
- ½ tsp pepper
- ½ tsp oregano
- 1 ½ tsp sugar
- 3 T pignolis (pine nuts)
- 6 oz tomato paste
- 2 T wine vinegar
- ¼ cup water
- ½ cup green and or black olives
- ¼ cup capers (drained and washed)

Simmer 25 minutes

Serve hot or cold with crackers. Freezes Beautifully!!! Also great on pizza dough.

[www.stonegardensfarm.com](http://www.stonegardensfarm.com)

Feel free to contact us with your questions at [stonegds@comcast.net](mailto:stonegds@comcast.net)



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## Dinosaur salad

- 1 bunch dinosaur kale
- 1 large color pepper (purple, yellow, or red)
- 1 large or 2-3 small cucumbers
- 1 medium onion

Slice kale very fine, sliced pepper, onion and cucumber. Toss to combined. Serve with balsamic vinaigrette. I think it tastes best when made a day ahead and allow to sit with the dressing on it in the fridge.

## CHINESE CABBAGE

Printed from [COOKS.COM](http://COOKS.COM)

---

- 6 c. Chinese cabbage, thinly sliced
- 1/4 c. scallions, thinly sliced
- 1 1/2 tsp. caraway seeds
- 2 tsp. sesame oil or vegetable oil
- 1 tbsp. soy sauce

In a large skillet, heat the oil over medium heat and sauté the Chinese cabbage. Stir constantly for 3 or 4 minutes until tender and crisp. Stir in the rest of the ingredients; season to taste. Yields: 2 servings.

## Corn Bread Stuffing with Greens from [Chez Panisse](#) Vegetables by Alice Waters

- 1 recipe corn bread (see below)
- 1 bunch greens (chard, kale, etc.) 1/2 to 3/4 of a pound
- olive oil
- 1 small onion
- 2 cloves garlic
- 1/2 pound bacon or smoked sausage (vegetarians can substitute celery)

[www.stonegardensfarm.com](http://www.stonegardensfarm.com)

Feel free to contact us with your questions at [stonegds@comcast.net](mailto:stonegds@comcast.net)



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

1 sprig thyme  
a few sage leaves  
a few sprigs parsley  
1 egg  
1/4 cup milk  
S & P

Crumble the corn bread into a large mixing bowl.

Wash and trim the greens, chop roughly, and cook until tender in a little olive oil. Peel and dice the onion. Peel and chop the garlic. Dice the bacon (if using sausage or celery, cut it into chunks) and sauté it in a tablespoon of olive oil. When it has begun to render its fat, add the onion and cook until softened, but not too brown, about 2 to 3 minutes. Add the garlic, stirring quickly to prevent it from burning. Remove from the heat and add to the corn bread. Finely chop the leaves of the thyme and sage; there should be about 1/2 teaspoon each.

Finely chop enough parsley to make about 2 teaspoons. Add the herbs; the cooked greens; the egg, lightly beaten; and the milk to the bowl with the corn bread. Mix well. Add more milk if the mixture looks too dry. Season with S & P. Makes 4 cups, enough for 2 chickens.

## **Alice's corn bread (or you can use any recipe you have)**

3/4 cup flour  
1 1/2 teaspoons baking powder  
1 1/2 tablespoons sugar  
1 teaspoon salt  
1 1/4 cup cornmeal  
1/4 pound butter (1 stick) plus more, for greasing the pan  
1 cup milk  
1 egg

Preheat the oven to 400 degrees. Place a 9 inch cast iron skillet in the oven from the start of preheating.

In a large bowl, thoroughly combine the flour, baking powder, sugar, salt and cornmeal. Put the butter and milk in a small saucepan and heat until the butter is melted.

Break the egg into another bowl, beat lightly, and whisk in the milk and butter. Make a well in the flour mixture, pour in the liquid ingredients and stir until just smooth.

Take the skillet out of the oven, put in a lump of butter, and swirl it around to coat the pan. Pour in the batter. Bake for 25 minutes, or until a toothpick or skewer inserted in the corn bread comes out clean.

[www.stonegardensfarm.com](http://www.stonegardensfarm.com)

Feel free to contact us with your questions at [stonegds@comcast.net](mailto:stonegds@comcast.net)



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## **SPICY RICE AND KALE**

2 1/4 cups canned low-salt chicken broth or vegetable broth

1 1/2 teaspoons Creole or Cajun seasoning

1 cup converted white rice

4 ounces kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

Serves 4.

Per serving: calories, 204; total fat, 2 g; saturated fat, 0.5 g; cholesterol, 1 mg.

Bon Appétit

[www.stonegardensfarm.com](http://www.stonegardensfarm.com)

Feel free to contact us with your questions at [stonegds@comcast.net](mailto:stonegds@comcast.net)