



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
203-929-2003 · stonegds@comcast.net

CSA NEWSLETTER WEEK #18, SEPTEMBER 29TH 2009

Hello Everyone,

This week shares will be getting a beautiful head of broccoli, a small bag of Asian greens salad mix, a bag of beets, yellow squash and zucchini, small and large eggplant, cucumbers, and a bunch of Tuscan kale. Full shares will additionally receive a cabbage, a leek, sweet peppers, a quart of small tomatoes, and more cucumbers, squash, and zucchini.

This time of year we always seem to have an abundance of broccoli, so if you want to freeze, it is \$14/bushel for CSA members. Email and let us know how many you want.

We have decided to start taking applications for our 2010 CSA. It will run from the first week in June to the last week in October, the same as this year. The application can be found on our website, www.stonegardensfarm.com, all the info is the same as last year.

Just another reminder, our turkeys that we raise for Thanksgiving are ready to be ordered. They are free of growth hormones, steroids, and antibiotics. They need to be ordered in advance and a dollar per pound deposit is required when you order. They are \$3.50/lb up to 20lbs; and \$3.00 /lb for over 20 lbs. We have forms in the stand and at all markets for you to fill out; you can pick a form up with your share and fill it out soon if you are interested. Last year our list was filled up by Halloween.

We also have beef shares available that will be ready to be picked up within the next couple of months. The price is \$3.00/lb hanging weight for the meat, plus packaging and other fees paid to the butcher. If anyone is interested please email.

Thanks and Enjoy,

Stacia

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Broccoli over Pasta

2 tablespoons olive oil
1 onion, halved and sliced
1 or 2 cloves of garlic, minced
1 or 2 heads of broccoli, chopped in 1 " pieces
Parmesan cheese
Pasta

Sauté onion and garlic in oil. Add broccoli and stir. Add a little water to the pan and cover with a lid to steam it. Check, stirring every few minutes until broccoli reaches desired tenderness.

Put broccoli over pasta and top with parmesan cheese.

Eggplant Pulp Facts from *Recipes from America's Small Farms* No one ever said eggplant pulp was pretty, but it's a beautiful base for spreads and salads. To make it, just puncture a large eggplant in a few places and wrap it loosely in aluminum foil. Place it in a 400 degree oven until it's soft and mushy – it's usually ready in about an hour, but longer baking won't hurt it. Let it cool completely, then scrape all the flesh off the skin. You'll get about 1 ½ cups of pulp from a medium eggplant. Add whatever other vegetables and herbs you like – the eggplant's mild taste and pleasant texture blends and binds other ingredients.

Chilled Summer-Squash Soup with Curry

Ingredients

- 2 teaspoons curry powder
- 1 1/4 pounds yellow squash, cubed
- 1/2 cup chopped onion
- 1 (14 1/2-ounce) can vegetable broth
- 1 3/4 cups low-fat buttermilk
- 1 tablespoon chopped fresh mint
- 1/2 teaspoon salt

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Preparation

Cook curry powder in a large saucepan over medium heat 1 minute or until toasted. Add squash, onion, and broth. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender. Place squash mixture in a blender; process until smooth. Pour mixture into a bowl; cover and chill. Stir in the buttermilk, mint, and salt.

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