



Stone Gardens Farm

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

CSA NEWSLETTER WEEK #6, JULY 7TH 2009

Hi Everyone,

It was good to see the sun finally, but we still need a lot more! This week everyone will have a head of cauliflower and a bag of green or yellow beans. You will also have leaf lettuce, kale, and Hakurei turnips without their tops (the last month of rainy, cool weather took its toll on them and they are not worth saving). Everyone will also have a dozen of eggs in their box. Full shares will have a bunch of kohlrabi, beets, and radishes, a small bag of peas, and a bag of Asian mix. If you are ever missing anything just come into the stand and let us know next time you are here and we will give what you need.

Due to the cool, rainy growing season we have had so far, our earliest corn is unfortunately another week and a half away, even though we have covered it with a remay cloth. The lack of sun has pushed the expected picking date back. Our greenhouse tomatoes are just starting to show color and the field tomatoes are still growing to their full size. Our cucumbers and squash are growing slowly so that we are unable to pick enough to split between CSA share members but there are some available for sale in our stand.

In case you haven't heard yet there is late blight in the Northeast. It is an extremely dangerous disease to professional farmers and home growers alike. If you have vegetables growing in your yard you should read this article to be aware of how you could prevent the spread of this deadly disease.
<http://www.growingproduce.com/news/avg/?storyid=2111>

Some of our Westport members have started a blog for the CSA, mostly recipes. Here is the link if you'd like to check it out.
<http://community.livejournal.com/ucwcsapioneers/>

Enjoy,

Stacia

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Cauliflower , Beans, and Squash Sauté

½ head of cauliflower cut into florets
½ lb green or yellow beans cut to bite size pieces
2 small zucchini or yellow squash cut to bite size pieces
4-5 leaves of kale finely sliced
1 small onion sliced or chopped
3 cloves garlic chopped
Sprig of rosemary and Thai basil (finely chopped)
1 tablespoon butter
2 tablespoons olive oil
Salt and pepper to taste

Add butter and oil to sauté pan, turn heat to medium and add onions. Stir for a few minutes until onions become soft, then add cauliflower and stir for a few more minutes. Next add beans and garlic, stir to combine and put lid on pot to steam for about 5 minutes. Add squash, kale, rosemary, and basil, stir them in and if it needs some extra water to steam the veggies add a little of that too. Put the top back on the pan and let steam for about 5 min, stirring occasionally until veggies are tender enough for you to eat. Season with salt and pepper and enjoy.

This is from me experimenting in my kitchen

CAULIFLOWER "MASHED" POTATOES

1 head cauliflower
1/8 skim milk
Salt & pepper
Paprika

Cook cauliflower until fork tender. Place cauliflower (in pieces), skim milk, salt and pepper in blender. Whip until smooth. Pour cauliflower into small baking dish. Sprinkle with paprika and bake in hot oven until bubbly.

From Cooks.com

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Indian-Spiced Kale and Chickpeas

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)
- 1 cup reduced-sodium chicken broth or vegetable broth
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garam masala (see Ingredient note)
- 1/4 teaspoon salt
- 1 15-ounce can chickpeas, rinsed

Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1 to 2 minutes.

NUTRITION INFORMATION: Per serving: 202 calories; 5 g fat (1 g sat, 3 g mono); 1 mg cholesterol; 32 g carbohydrate; 9 g protein; 6 g fiber; 415 mg sodium.

TIP: Tip: A 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

Ingredient Note: Garam masala, a ground spice mixture traditionally including coriander, cumin, cinnamon, peppercorns, cardamom and cloves, is commonly used in Indian cooking. Find it in the specialty-spice section of large supermarkets.

From Eatingwell.com

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