

WEEK 14

## HAWTHORNE VALLEY FARM



## CSA Newsletter



PONDERING

SEPTEMBER 10, 2009

Our irrigation pump, having sat idle for most of the summer, is now being put to use again. Our young fall seedlings, with young root systems, need some water from the farm creek.

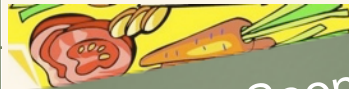
Yesterday I got to help Dan-the-farm-maintenance-man fix the irrigation pump. It turns out the float in the carburetor was sticking. Like most people, I didn't know what a float in a carburetor was, nor that it could stick. I did, however, know what a carburetor does in general. It mixes fuel and air to the right amounts so that the spark plug can spark. From Dan, and from looking up a carburetor on wikipedia, I now know that a float valve in the carburetor adjusts the amount of fuel that sits in a bowl ready to get mixed with the air. Strangely enough, I like learning about how things actually work. Nuts and bolts, valves and pressure vents, containment and expansion, inside and outside, mechanical things follow a steady logic.

I also like looking up electricity in the encyclopedia. Here is something we use every day in our culture, but what is it, actually? I can follow circuits and wires, but I have never seen an electron. Why do electrons move the way they do? Why do things, material stuff, have a positive and negative force of attraction or repulsion? I don't know. This is what I think about as I drive a tractor up and down the beds in the vegetable fields. But my pondering is only for a few seconds at a time, not even really long enough to be a proper pondering, as I have to pay attention to the living plants and soil while I maneuver the tractor. Farming is always interesting, a mixture of tending to the living, breathing, natural world and also figuring out the mechanical tools to do a good job of tending to the living, breathing, natural world.



Dan unstuck the float valve, and the pump works now. The young plants have water, and the earthworms are probably happy to have some water, too. Maybe next I should look up water. That's an important topic to think about!

-farmer Katy



Coming Soon

### Next Week's Anticipated Harvest

**potatoes**  
**maybe more string beans**  
**leeks**  
**Italian Basil**  
**lettuce**  
**kale**  
**maybe more winter squash**



The best thing ever is fresh roasted CSA corn w/butter, salt, pepper and cayenne pepper. If you're not firing up the grill, you can roast it under the broiler in your oven until nearly blackened. Drizzle with a little olive oil first, with just a dash of the spices, and turn once each side has blackened. Don't be afraid of getting it black! To serve, use butter and more of the spices!

<http://audioboo.fm/boos/48881-fire-roasted-corn-chef-mark-s-daily-cooking-tip>

A DIVERSIFIED  
 DEMETER-CERTIFIED  
 BIODYNAMIC FARM LOCATED  
 IN MID-UPSTATE NEW YORK.



## Kasha & Kale

1 cup buckwheat, kasha  
2 cup vegetable stock  
1 egg  
1 tablespoon butter  
1/2 pound kale, fresh  
1 garlic clove, minced  
vinegar, to taste

Prepare kasha: Boil the vegetable stock with butter and salt and pepper, coat the kasha with the beaten egg, fry in a pan until egg is dry on kasha, then add boiling stock and lower heat to low, cover tightly and let steam for 7-10 minutes. Chop the kale, and fry the garlic in oil, then add the chopped kale and toss until lightly sauteed, then add cooked kasha and stir thoroughly to combine. Drizzle with vinegar to taste.

You may substitute bulgur, quinoa or even couscous, omitting the egg.

## Eggplant Catalana

4 large eggplants  
1 medium size onion, peeled & chopped  
garlic to taste, minced  
1 cup oil  
1 pound fresh tomatoes  
6 walnuts  
fresh parsley  
1 cup stock



Cut the eggplant in slices crosswise, with their skin, sprinkle with salt and let rest 10 minutes. Drain, dry and fry in hot oil. Put aside. In an earthenware pot with a little oil, fry the garlic with the onion. When done, add the peeled tomatoes cut in small pieces, and when cooked, add the eggplant.

Salt and pepper to taste, and then add the walnuts, processed coarsely in a food processor and stirred in the cup of stock.

Cook at very low heat until not too liquid. It is served in the earthenware pot in which it was cooked, and can be served with a fried egg per person if desired.

<http://www.aubergines.org/recipes.php>

## Green Beans with Mushroom Madeira Sauce

3 tablespoons butter  
6 ounces Shiitake mushrooms, sliced  
3/4 teaspoon thyme, dried  
3 tablespoons shallots, chopped  
1/2 cup Madeira wine  
1 cup whipping cream  
1 pound green beans

Melt 2 tablespoons butter in skillet over med-high heat. Add all mushrooms & thyme, saute 5 min. Add 3 tablespoons shallots, saute until mushrooms are tender, about 3 min. Add Madeira & simmer until almost all liquid evaporates, about 2 min. Add cream & simmer until slightly thickened, about 2 min. Set sauce aside. Steam or blanch green beans until just crisp tender, and add to sauce.

## Lemon Basil Potato Salad

2 1/2 pounds small Yukon gold or red potatoes, cut into eighths  
2 tablespoons olive oil  
1/4 cup fresh squeezed lemon juice  
4 garlic cloves, finely minced  
1/2 cup chopped fresh lemon basil  
1 tablespoon Dijon mustard  
1 teaspoon salt  
1/2 teaspoon freshly ground pepper  
2/3 cup olive oil

1/2 purple onion, thinly sliced  
3-4 thick bacon slices, cooked and crumbled (optional)

Toss potatoes with olive oil and place on a foil-lined jellyroll pan. Roast at 450°F stirring occasionally, 20 to 25 minutes or until tender and golden.

Whisk together lemon juice and next 5 ingredients; whisk in 2/3 cup olive oil in a slow, steady stream. Gently toss potato and onion with vinaigrette.

Sprinkle with bacon if desired. Serve immediately.

Source, *Southern Living*

## Butter Baked Corn

6 ears fresh corn  
2 tsp kosher salt  
4 TB unsalted butter  
1/4 tsp kosher salt (for the top)

Preheat your oven to 400° Fahrenheit. Using a corn creamer placed over a large, wide bowl remove the meat and juices from the corn. Make sure you scrape the corn a few times on each side, working closely to the cob.

Once you have finished the corn, add the salt and stir to combine. Pour the corn into a clean 7 x 11-inch baking dish, being careful of the sides, as any bits that splatter up tend to burn.

Smooth it out carefully, add the butter and sprinkle with a bit more salt.

Bake for 40 to 45 minutes, or until the corn is bubbling and the edges turn golden brown. Once done, remove from the oven and let rest for a few minutes before serving.

Video recipe at <http://rouxbe.com/recipes/87/preview>

