Dharma Ridge Farm

CSA Newsletter Week 17 October 1, 2008

Cabbage*carrots*mizuna*French breakfast radish*red onion*garlic*kale*autumn herb salad blend*beets*French fingerling potatoes*salsa tomatoes

Greetings!
This week I have to keep it short and sweet because I have a million things to do!! As I mentioned last week our interns have all gone for the season and we are down to just the family as the crew with our pal Dannan filing in on harvest days. We are in the midst of our annual fall clean up which always feels really good. Bringing in the harvest and putting the fields to rest for the season is so very satisfying in this beautiful fall weather!

I am including some recipes that you can keep coming back to; switching ingredients based on what you haveavailable. Curries are great this time of year, served over steaming rice they warm you up and are so savory and delicious. You can make a curry with almost any vegetable as the baseand they can be jazzed up with a little yogurt or apple chutney. You must try the polenta lasagna! Polenta is a coarsely ground cornmeal that you can buy in bulk, cooked like a porridge and then spread out on a cookie sheet it will firm up as it cools and can then be cut into squares and used in many recipes. It is also perfect topped with stir fried veggies and black beans; you can also grill the polenta and add it to scrambled eggs or use it as an egg substitute for a vegan scramble. Enjoy!!!!!!!!

Spicy Vegan Potato Curry yields 6 servings from:"allrecipies.com"

4 potatoes* peeled and cubed
2 Tablespoons vegetable oil
1 onion, diced
3 cloves garlic, minced
2 teaspoons ground cumin
11/2 teaspoons cayenne pepper
4 teaspoons curry powder
4 teaspoons garam masala **(an Indian spice mixture you can find at most health food stores)
1 (1 inch) piece fresh ginger root, peeled and minced
2 teaspoons salt
1 15 ounce can diced tomatoes or equivalent in fresh tomatoes
1 15 ounce can garbanzo beans, rinsed and drained
15 ounces canned, frozen or fresh peas (depending on season)
1 can coconut milk

1.Place The potatoes in a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and let steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas and potatoes. Pour in the coconut milk and bring to a simmer. Simmer for 5-10 minutes. Serve hot over basmati rice.

* Yukon gold or red nordland potatoes are best for this recipe if you have some left, if not go ahead and use the fingerlings.

Mizuna with hot garlic dressing Gourmet Magazine

1/3 cup olive oil
4 garlic cloves, minced
¼ cup cider vinegar
1 ½ # mizuna or other tender greens

Heat oil and garlic in a small sauce pan over moderate heat until fragrant, about 1 minute. Stir in vinegar and immediately pour over washed/ prepared greens. Season with salt and pepper and toss well, serve right away

Polenta Lasagna with feta and Kale serves 6

To make polenta: boil 2 ½ cups water, stir in 1 cup polenta, turn heat down to avoid spattering, stir briskly until thick, add salt and spread onto a cookie sheet, let cool on the counter or in the fridge, cut into squares. If you are strapped for time just buy a tube of the prepared polenta sold in the pasta aisle at the food coop.

1 (18 ounce) package store bought polenta or equivalent homemade
1 cup marinara sauce
1 cup pecorino Romano cheese shredded
2 T olive oil
½ onions finely chopped
5 garlic cloves, minced
1 small carrot, diced
1 bunch kale, washed and shredded
¼ cup feta cheese mashed with a fork
¼ cup pitted kalamata olives, sliced
1 t rosemary
Sauté onions and rosemary in olive oil till the onions brown. Add garlic and carrots, sauté till garlic fragrances the oil; 2 minutes. Add kale and sauté till tender then remove pan from heat. Grease an 8x8 baking dish, cut polenta into slices no thicker than ¼ “.

Line the bottom of the dish with ½ of the polenta slices, overlapping them slightly to cover the bottom of the pan, pour ½ cup of the marinara sauce over the polenta and spread evenly, distribute mashed feta cheese and scatter the olives, top that with an even layer of kale, then layer again as with any lasagna. Top with the pecorino Romano cheese. Bake at 375 for aprox. 25 minutes; or until cheese is browned on top. Let sit for 5-10 minutes before serving.

Creamy Borscht

This soup can be cooked on medium-low in a crock pot all day if you like, otherwise just cook it in a big kettle.

1 ½ # peeled and diced beets
1 small cabbage, thinly sliced
1 small carrot chopped
6 cloves garlic, finely chopped
2 onions chopped
6 cups stock (vegetable or beef)
1 ½ T vinegar (more or less to taste)
Sea salt to taste
Garnish with yogurt or sour cream and grated cucumber

Method: Place all ingredients(except vinegar) in a slow cooker and cook at least 4 hours on medium or sauté the onion, garlic, carrot then add beets and cabbage, pour in the stock and cook until all ingredients are very tender and well cooked. Blend the soup before serving, adding vinegar, salt and pepper while blending. Serve garnished with the yogurt or sour cream.

Braised Fingerling Potato Medallions adapted from an Alice Waters recipe

2 # fingerling potatoes
2 cups water
¾ stick of butter cut into bits
3 T flat leaf parsley (steal a bit from your autumn herb salad mix)

Cut a round of parchment paper to fit just inside a 12 inch heavy skillet and butter 1 side. Slice potatoes 1/8' thick using a slicer. Arrange them in the skillet, add water, ¾ t salt and ½ t pepper, dot the top with butter, cover the potatoes with the parchment butter side down, briskly simmer till tender and most of the liquid is gone 30-35 minutes. Serves 8 as a side dish.
❦ So much for keeping the newsletter short!!! ❦