

# NEWSLETTERS

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JULY 03 2013 NEWSLETTER

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Monday July 1, 2013

Greetings CSA Members,

On Saturday night, Brian and I were invited to raise a glass and celebrate Kirk, a young man who passed at too early an age and whom at this table we all held very dear to our hearts. Kirk angered some in our community of growers, but he was never daunted and was always fearless. At age 24, he was the first chef to "graze" at our farmer's market stand, always seeking the highest quality for his customers at One Caroline. Sometimes our arugula did not have the appeal or spice he was looking for, but we trusted one another and his support was undying. Long before Field Goods or home delivery, Kirk created the first liaison between colleges, homes, and businesses with the farmer. His business failed, but my fondness for him only grew stronger. His passion for this work and for life will always inspire me.

I am including a link to a short documentary called "Radical Roots" that includes footage of our farm and crew, but whose starring role is held by Kirk.

With much sorrow, but with great joy (for Kirk wouldn't have it any other way), I celebrate Kirk's life – Namaste!

<http://vimeo.com/9339357>

Enjoy your share – Justine

This week in your share, you **will most likely receive:**

**A head of Lettuce**

**Swiss Chard**

**Cucumbers or Summer Squash/Zucchini**

**Snow or Sugarsnap Peas**

**And some combination of the following:**

**Green Beans**

**Cabbage**

**Chinese Cabbage**

**White Turnips**

**Fennel**

**Lavender**

**If you have signed up for a fruit share, the fruit share will begin next Wednesday July 10th!**

**Bread Share: Fresh Basil Loaf**

**Fennel** (motherwouldknow.com)

What is fennel? A perennial vegetable, fennel is a member of the carrot (technically the Apiaceae or Umbelliferae) family, along with anise, dill, parsley, caraway and coriander. It is native to southern Europe and the Mediterranean area, but is now also grown in the U.S. and elsewhere. The most surprising fact I've learned about fennel is that it is an ingredient of absinthe, an alcoholic drink popular in 19th Century France.

#### **Shaved Fennel Salad (Alice Waters)**

1 bulb of fennel  
10 or so clean, fresh white or small Portabella mushroom caps (no stems)  
Small amount of good quality Parmesan cheese in a block, preferably Parmigiano-Reggiano  
Extra virgin olive oil  
Salt (preferably kosher or sea salt) and pepper to taste  
Juice of half a freshly squeezed lemon

Cut off the top stalks and rough bottom of the fennel bulb. Reserve the feathery fronds at the end of the stalks. Wash and dry the bulb. (If any of the outside is bruised or browned, gently cut it off without hacking through the bulb.) Cut the bulb in half, then cut out the small triangle core at the bottom of each half. Shave or thinly slice the fennel and spread it in a thin layer at the bottom of the serving dish. My mandoline is nifty, but you can thinly slice the fennel with a large knife if you don't have a mandoline.

Dribble 2 or 3 thin streams of olive oil over the fennel. Sprinkle with salt and pepper.

Shave or thinly slice the clean, dry mushroom caps, and add them as a thin second layer.

Again dribble olive oil and add salt and pepper.

Using a vegetable peeler, grate parmesan cheese over the fennel and mushrooms.

Add a touch more oil. Cut a lemon in half through the fat middle (not end-to-end), take out seeds and squeeze half over the salad.

Optional: For garnish, sprinkle clean, dried feathery fennel fronds (say that 10 times fast!), over the salad.

Leave the salad at room temperature for about an hour. I think that timing improved the taste because it gave the flavors a chance to meld. In any event, the cheese should be at room temperature when the salad is served because it has more taste than if served straight from the refrigerator.

#### **Frittata Bites with Chard, (Sausage), and Feta (Bon Appetit June 2010)**

1 12-ounce bunch Swiss chard, stems and center ribs removed  
1 tablespoon olive oil  
1 cup chopped onion  
(8 ounces mild Italian sausages, casings removed, sausage broken into 1" pieces - Optional)  
1/4 cup heavy whipping cream  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 cup crumbled feta cheese (about 4 1/2 ounces)  
Fresh Italian parsley leaves (Chives or Basil will work well)

Preheat oven to 325°F. Grease glass baking dish. Bring large pot of salted water to boil. Add Swiss chard and cook just until wilted, about 2 minutes. Drain. Finely chop chard, then place in kitchen towel and squeeze dry. Set chard aside.

Heat oil in large skillet over medium-high heat. Add onion to skillet and sauté until soft, 4 to 5 minutes. Add sausage and sauté until brown and cooked through, breaking up with fork, 5 to 7 minutes. Remove from heat and cool.

Whisk eggs, cream, salt, and pepper in large bowl to blend. Add chard and cooled sausage mixture, then feta; stir to blend. Transfer mixture to prepared baking dish.

Bake frittata until set in center, 45 to 55 minutes. Transfer baking dish to rack and cool frittata 15 to 20 minutes. Place platter atop dish with frittata. Using oven mitts, hold baking dish and platter firmly together and invert frittata onto platter; place another platter atop frittata and invert again so that frittata is right side up. Cut frittata into 20 pieces.

**DO AHEAD** Can be made 1 day ahead. Place frittata pieces on rimmed baking sheet. Cover and chill.

Rewarm in 325°F oven until heated through, about 10 minutes

Remove from heat, cover and reheat enough, about 10 minutes.

Transfer frittata pieces to platter. Garnish each piece with parsley, chives, or basil.

Serve warm or at room temperature.

### Cabbage Pancakes

1/2 small head cabbage, very thinly sliced (1 pound or 5 to 6 cups shreds) 4 medium carrots, peeled into

ribbons with a vegetable peeler

5 swiss chard leaves, stems and leaves cut into thin ribbons

4 scallions, thinly sliced on an angle

1 teaspoon kosher salt

1/2 cup all-purpose flour

6 large eggs, lightly beaten

Canola, safflower or peanut oil for frying

Make the pancakes: Toss cabbage, carrot, swiss chard, scallions and salt together in a large bowl. Toss mixture with flour so it coats all of the vegetables. Stir in the eggs. Heat a large heavy skillet on medium-high heat. Coat the bottom with oil and heat that too.

To make a large pancake, add 1/4 of the vegetable mixture to the skillet, pressing it out into a 1/2- to 3/4-inch pancake. Gently press the pancake down flat. Cook until the edges begin to brown, about 3 minutes. 30 seconds to 1 minute later, flip the pancake with a large spatula. (If this is terrifying, you can first slide the pancake onto a plate, and, using potholders, reverse it back into the hot skillet.) Cook on the other side until the edges brown, and then again up to a minute more (you can peek to make sure the color is right underneath).

To make small pancakes, grab a small amount in your fingers, letting a little batter drip back into the bowl, and depositing them in piles on the skillet easier, to form 3 to 4 pancakes. Press down gently with a spatula to flatten them slightly, but no need to spread them much. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath.

Regardless of pancake size, you can keep them warm on a tray in the oven at 200 to 250 degrees until needed.

### Lavender Honey Ice Cream (Martha Stewart)

2 cups whole milk

1/4 cup dried lavender

1/3 cup honey

5 large egg yolks

1/4 cup sugar

1 cup heavy cream

In a medium saucepan, combine milk, lavender, and honey. Bring to a gentle boil, cover, and remove from heat. Let steep for 4-5 minutes. Strain mixture, reserving milk and discarding lavender.

Combine egg yolks and sugar in the bowl of an electric mixer. Beat on medium-high speed until very thick and pale yellow, 3 to 5 minutes. Meanwhile, return milk to a medium saucepan, and bring to a simmer over medium-low heat.

Add half the milk to egg-yolk mixture, and whisk until blended. Stir mixture into remaining milk, and cook over low heat, stirring constantly, until mixture is thick enough to coat the back of a wooden spoon.

Remove from heat, and immediately stir in cream. Strain mixture into a medium mixing bowl set in an ice-water bath, and let stand until chilled, stirring from time to time. Freeze in an ice-cream maker according to manufacturer's instructions. Store in an airtight plastic container up to 2 weeks.





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*Community Supported Agriculture (CSA) is a unique collaboration connecting people to a local farm and farmer. When you become a CSA member, you agree to support the costs of running the farm in exchange for a share of the harvest.*

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