

# NEWSLETTERS

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OCTOBER 16 2013 NEWSLETTER

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Tuesday October 15, 2013

*"Even if something is left undone,  
everyone must take time to sit still and watch the leaves turn."*

Elizabeth Lawrence

Greetings CSA Members,

Such glorious weather! Is there really anything else to say?

I give you a lovely poem by Mary Oliver this week. Rain is equally as beautiful when M. Oliver sings its praises.

**Remember that we will be offering Winter Vegetable Boxes.**

**Here's the link:** <http://denisonfarm.wsg.net/pdfs/2013-Winter-Vegetable-Box.pdf>

**This is the final week for the 2013 Fruit Share.**

**October 30th marks the final pick-up of the vegetable boxes.**

**Last Night the Rain Spoke to Me**

*By Mary Oliver*

Last night  
the rain  
spoke to me  
slowly, saying,

what joy  
to come falling  
out of the brisk cloud,  
to be happy again

in a new way  
on the earth!  
That's what it said  
as it dropped,

smelling of iron,  
and vanished  
like a dream of the ocean  
into the branches

and the grass below.

Then it was over.

The sky cleared.

I was standing

under a tree.

The tree was a tree

with happy leaves,

and I was myself,

and there were stars in the sky

that were also themselves

at the moment

at which moment

my right hand

was holding my left hand

which was holding the tree

which was filled with stars

and the soft rain—

imagine! imagine!

the long and wondrous journeys

still to be ours.

Wishing you all the best - Justine

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

**A bag of Baby Lettuce**

**Sweet Potatoes**

**Leeks**

**Potatoes**

**Cabbage**

**Sweet Peppers**

**Garlic**

**Tat Soi or Red Russian Kale**

**Dill or Cilantro**

**Final Fruit Share of the 2013 Season! A jar of jam and a half-gallon jug of Apple Cider**

**Bread Share: Multi-grain**

**Tat Soi**

"Before we start: you've almost certainly eaten tatsoi before. The mild, mustardy leaves often show up in mixed salad greens, so -- surprise! -- you're probably already acquainted. What's so great about this green? Once you track it down, (aliases include tat soy, tat soi, broadbeak mustard, spoon mustard, spinach mustard, and rosette bok choy), it'll quickly become one of the most versatile green vegetables you know. It's friendly with a number of cuisines and preparations, much like the rest of its brassica siblings.

Tatsoi is a very versatile green, equally suited to being served raw or lightly cooked. To make it easy, just use tatsoi anywhere you'd use spinach. Lightly steam or sauté it, wilt the leaves with a warm dressing, or add them to a soup at the end of cooking. In Deborah Madison's *Vegetarian Cooking for Everyone*, she lets tatsoi shine in a simple salad with scallions, chives, and a sesame vinaigrette." (source unknown)

**Halibut with Cashews, Tat Soi, and Oranges** (Chef Maya)

2 each 4-6 ounce Halibut fillets

2 cups Tatsoi (Cleaned and Chopped)

2 tablespoons Sesame oil

2 tablespoons Sesame oil  
2 tablespoons Tamari (or low sodium soy sauce)  
1/2 cup Fresh Orange juice (and slices of fresh oranges for garnish)  
1/4 cup chopped cashews  
Salt and pepper to taste  
1 tablespoon Fresh Chopped Ginger

Season Halibut with Salt and pepper.

In a large non stick skillet over medium high heat add sesame oil and halibut. Cook for about 3 minutes until well browned on one side and then flip over and lower heat to medium low.

Add cashews, ginger, orange juice and tamari and allow juices to reduce for about a minute or two until halibut is cooked through. (depending on the thickness of your halibut it shouldn't be more than another 2 minutes)

Remove halibut from pan and add Tat Soi. If the sauce reduces too much, add a little more orange juice, just enough to help the tat Soi wilt. (About 2 minutes more) \*Don't let the sauce reduce to nothing and burn! Add Orange juice to deglaze when necessary.

Remove from heat. Place Tat Soi on the bottom of the plate and top with halibut. Spoon sauce and cashews over the halibut and garnish with fresh orange slices!

### **Cabbage and Potato Casserole** (Molly Watson)

1 to 2 Tbsp. butter  
2 oz. bacon or pancetta chopped or 4 oz. bulk or country sausage (optional)  
1 head green cabbage  
1/2 lb. potatoes  
1/2 tsp. salt  
1/2 cup heavy cream, half-and-half, or broth  
1 tsp. coarse grain or country mustard  
freshly ground black pepper  
1/2 cup freshly shredded melting cheese such as Gruyère, Swiss, or Gouda

Preheat oven to 375°F. Melt butter in a large oven-proof frying pan or stove-proof baking dish over medium heat. Add pancetta, bacon, or sausage, if using, and cook, stirring occasionally, until meat is cooked through and browned.

Meanwhile, remove and discard first layer or two of cabbage leaves. Cut cabbage in half lengthwise, remove and discard core, and chop.

Add cabbage to pan and cook, stirring occasionally, until leaves are wilted, about 5 minutes.

Meanwhile, peel and chop potatoes into small bite-size pieces. Add to pan.

Stir cream or broth, mustard, and pepper to combine. Add to pan and stir to combine. Sprinkle mixture with cheese, cover, and bake 15 minutes.

Uncover and cook until bubbling and browned, about 10 more minutes.

### **Black Bean and Sweet Potato Tacos** (Joythebaker.com)

2 sweet potatoes, peeled and cut into small cubes  
1 tablespoon olive oil  
salt and red chili flakes to taste

juice of 1 lime

For the Cabbage Slaw:

2 heaping cups shredded cabbage  
1/4 cup finely diced yellow onions  
2 heaping tablespoons chopped cilantro  
juice of 2 limes  
salt and red chili flakes to taste

For the Beans:

1 teaspoon olive oil  
1/4 cup finely diced yellow onion  
1 teaspoon ground cumin

1 teaspoon ground cumin  
1 (15-ounce) can black beans, drained and rinsed  
juice of 1 lime  
small corn tortillas

Place a rack in the center of the oven and preheat oven to 400 degrees F. Place peeled and diced sweet potatoes on a cookie sheet. Top with olive oil, salt and chili flakes, and lime juice. Toss together until all of the potato chunks are coated. Place in the oven to bake until softened through and toasted brown. This usually takes about 40 minutes. Remove the cookie sheet once or twice during baking to toss the potato chunks around. This will ensure that the cubes cook evenly. Remove from the oven and let stand when cooked through.

While the potatoes cook, assemble the Cabbage Slaw. In a medium bowl, place cabbage, yellow, and chopped cilantro. Add lime juice, salt and chili flakes. Toss to coat and set aside while the potatoes cook and beans heat. Letting the cabbage slaw sit will help soften the cabbage.

To cook the beans, heat olive oil in a medium saucepan. Add onions and cook until translucent, about 3 minutes. Add ground cumin and stir until fragrant. Add beans and lime juice. Cook until heated through.

Heat corn tortillas in a hot saucepan with just a touch of oil. Heat through and serve with potatoes, beans, and slaw.

### **Sweet Potato Pancakes**

Made with shredded sweet potatoes instead of cooked, mashed potatoes, this savory side dish goes well with chicken, pork or tofu. Cooking in coconut oil adds a tropical flair. Serve with ricotta cheese, cottage cheese or Mascarpone cheese for a special treat.

2 medium sweet potatoes or yams, peeled and shredded (about 4 cups)  
2 tablespoons white or brown rice flour (wheat flour can be substituted)  
Sea salt  
White pepper (optional)  
1 teaspoon granulated garlic  
1 teaspoon dried fines herbs  
1/2 cup minced yellow onion  
2 large eggs, lightly beaten  
2 tablespoons coconut oil or high-heat sunflower or safflower oil

Place shredded sweet potatoes in a large mixing bowl. Sprinkle with rice flour, salt, white pepper if using, garlic granules and fines herbs. Mix well. Toss in minced onion. Pour in egg and mix until egg completely coats sweet potatoes.

Heat 1 tablespoon oil in a large skillet. Working in batches, and using more oil as needed, use 1/2 cups sweet potato batter to make each pancake.

Cook, covered, for 5 minutes on each side, or until lightly browned. Remove to a platter and serve immediately.





You received this email because you are a member of the Denison Farm CSA.

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Denison Farm  
333 Buttermilk Falls Road  
Schaghticoke, NY 12154  
518.664.2510

*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.*