



# Stone Soup

August 29, 2005

Stearns Farm CSA • Community Supported Agriculture  
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## WHO GETS THE REST? By Cecelia Parks, Stearns Farm CSA Secretary

Have you ever wondered what happens to all those beautiful vegetables still on the stand after you've filled your hod with your share of the day's harvest? For many years now, Kathy has intentionally planted a slight surplus, over what is committed to the sharers. As a not-for-profit farm, we have recognized our obligation to share our abundance with our neighbors. Every Tuesday the surplus veggies left on the stand at the end of the pick up are loaded up and taken to the Food Pantry at St. Bridget's church. Early on Saturday morning, the surplus from the Friday pick up is divided into three lots and delivered to three shelters in Framingham and Ashland. Two of the shelters are post-release shelters, the other is a short-term homeless shelter. Between them, they house fifty or more people at any given time. The cooks at these shelters are excited to see what's in the bags each week and the residents are always enthusiastically appreciative of the fresh, organic food. Volunteers from one of the shelters have come to the Farm to help Kathy with harvesting, in the past, and she plans to call on them again. Last summer she sent them home with lots of tomatoes after they had helped harvest. It seems the perfect way to round out the satisfaction we sharers get from the produce by sharing it with others.



**WHAT'S NEW THIS WEEK:** Early winter squashes - spaghetti, acorn and carnival  
**PYO:** What you can use of chard, kale, field herbs, cherry tomatoes, plum tomatoes, tomatillos and hot peppers. 24 stems flowers. (sunflowers count as 4 stems).  
**WHAT'S ON THE WAY:** Red and yellow storage onions, potatoes, leeks, more corn, raspberries



## FROM THE FIELD By Kathy Huckins, Farm Manager

### SQUASH IS ON THE HORIZON

This week we are beginning to harvest our winter squash. First to come out of the field are the thinner skinned, less storage-hearty types--spaghetti, with its string like consistency, great with a topping of tomato sauce; acorn, carnival, delicata and sweet dumpling you can bake in the shell. Later we will harvest sunshine, buttercup and butternut, as well as our New England pie pumpkins for eating and our other pumpkins for carving. It is a colorful season.

### FRUIT SHARE

Our partnership with Autumn Hills Orchard begins Tuesday, August 30<sup>th</sup>. If you have paid for a fruit share, you can pick it up when you pick up your regular share. You will receive a 1/2 peck bag (about 5 lbs.) of fruit, mostly apples. Autumn Hills is also open for "pick your own" in September and October, weekends 10AM to 5PM and will give VIP treatment to Stearns Farm CSA customers if you visit them this fall. They are located in Groton, about 45 miles northwest of Boston just outside of route 495. For more information go to [www.AutumnHillsOrchard.com](http://www.AutumnHillsOrchard.com)

### WORK COMMITMENT

Many of you have completed your work hours for the 2005 season. Thank you for your timely manner, energetic attitude, and willingness to do whatever needs to be done. Those of you still owing hours, this is the time to come by or schedule your remaining hours. You can show up Tuesday through Saturday at 9 AM or 2 PM or schedule them with Natalie Mason at [nathalie66@comcast.net](mailto:nathalie66@comcast.net). If your life or body will not allow you to complete your work commitment, you can buy out your hours at \$8 an hour. Leave your payment in the box at pick-up. Please do not wait until the end of October. Since it is sometimes more fun to work with a group, I will let you know when a work day is scheduled. Once the frost hits, we will have lots of beds to clean out and prepare for the winter. GARLIC is the last crop we will plant this year. We need lots of people for that day. It is scheduled for October 22. We need your help. We are look forward to many conversations and dirty knees this fall as we put our fields to bed.



## HARVEST FESTIVAL SUNDAY, OCTOBER 2<sup>ND</sup> STARTS AT NOON

Save the date! Our annual Harvest Festival is coming soon! It will include a pot luck spread celebrating our bountiful season, our annual meeting, dedication of a sitting area in the flower garden to former longtime board members Laurie and Dick Daley, activities in the herb garden and children's garden, a bee keeper's demonstration, music and wagon rides. Start thinking of a favorite recipe you would like to bring. More details will come later. It will be a great family day for all ages and a way to thank our garden for its generous food gifts to us.

### CHILDREN'S TEA-TUESDAY AT 4

How well do your children know the Children's Garden? Bring crayons and scissors and we'll explore the garden and make a map to take home. Even the very young can enjoy this activity with a parent's help. See you there!

**CHICKEN AND ANDOUILLE SAUSAGE GUMBO**[www.comeaux.com/cajun\\_recipes](http://www.comeaux.com/cajun_recipes)**Serves 8**

1 (5 pound) chicken, cut into 10 pieces  
 Salt and freshly ground pepper  
 Cayenne pepper  
 Garlic powder  
 2 1/2 cups all purpose flour  
 1 cup oil  
 2 cups chopped onion

2 cups chopped green pepper  
 1 1/2 cups chopped celery  
 6 cups chicken stock  
 1 pound andouille sausage, diced  
 1 1/2 teas. minced fresh garlic  
 Oysters, optional  
 Steamed rice

Arrange chicken on a baking sheet and season evenly with salt, cayenne and garlic powder. Let stand 30 minutes at room temperature. Combine chicken pieces and flour in a large paper bag and shake until chicken is well coated. Heat oil in large skillet over medium high heat. Add chicken (reserve remaining flour) and brown on all sides. Remove with slotted spoon and set aside. Loosen any brown bits on bottom of skillet. Using whisk, add 1 cup reserved flour and stir constantly until roux is very dark brown. Remove from heat and add onions, green pepper and celery, stirring to blend thoroughly and prevent burning. Transfer to large saucepan. Stir in stock and bring to boil over medium high heat. Reduce heat, add sausage and garlic, and simmer 45 minutes, stirring occasionally. Remove chicken from bones and cut meat into small pieces. Return to sauce pan and cook thoroughly. Season with salt and pepper and serve immediately over steamed rice in individual soup bowls. Oysters may be added last 5 minutes of cooking.

**COOKED TOMATO AND GREEN PEPPER SALAD**[www.recipe-ideas.co.uk](http://www.recipe-ideas.co.uk)**Serves 4**

6 tbs. olive oil  
 3 large green bell peppers, halved  
 6 large tomatoes  
 1 garlic clove, finely chopped

1/2 tsp. cumin  
 1/8 tsp. hot red pepper  
 Salt and pepper  
 Juice of 1/2 lemon

Heat olive oil in a large skillet. Saute the halved peppers until soft and just beginning to change color. Halve the tomatoes and gently squeeze out the seeds and juices. Place cut side up in the skillet and continue to cook, shaking the skillet from time to time. Turn the peppers occasionally. Cook until the tomatoes are cooked through. Transfer peppers and tomatoes to a serving dish. Pour off half the olive oil and return skillet to the heat. Add garlic and saute at a high heat for 1 minute. Remove from heat and season with remaining ingredients. Spoon this sauce over the vegetables. Serve warm or cold.

**VEGAN BELL PEPPER SOUP**[www.malenaskitchen.com](http://www.malenaskitchen.com)**Serves 12**

8 cups water  
 3/4 cup Basmati brown rice  
 1 1/2 cups diced yellow onions  
 1 1/2 cups diced red or green peppers  
 2 1/2 cups chopped red or green peppers  
 2 cups chopped celery  
 3/4 cup diced carrots

6 garlic cloves, minced  
 2 tsp. crushed oregano leaves  
 1/2 tsp. ground celery seed  
 12 oz. tomato paste  
 2 1/2 tsp. mild chili powder  
 3 tbs. tamari soy sauce

In a 5-6 quart pot bring to boil water, rice onion and diced bell pepper. Reduce heat, cover, and simmer for about 25 minutes, or until rice is tender. Add celery, chopped bell pepper, carrots, garlic, oregano, basil, celery seed and tomato paste. Continue simmering for 20-30 minutes, until all veggies are tender and rice is fully cooked. Combine mixture with chili powder, tamari and salt to taste. Simmer for 5 minutes, letting flavors blend together. NOTE: Adding a few tablespoons of powdered vegetable broth will make the soup creamier.

**TOMATO SALSA**[www.texmextogo.com](http://www.texmextogo.com)**Yields 3 cups**

2 c diced unpeeled plum tomato  
 1/2 c diced green bell pepper  
 1/4 c chopped purple onion.  
 1 tbsp finely chop jalapeno pepper  
 2 tbs. fresh lime juice

1 tbs. finely chopped fresh cilantro  
 1 clove minced garlic  
 1/4 tsp. salt  
 1/8 tsp. ground pepper  
 1 tbs. olive oil

Combine all ingredients in a bowl. Stir well. Serve at room temperature or chilled. Use a slotted spoon to serve with corn tortilla wedges, poultry, or fish.