

From the Roots Up...

A Gazy Brothers Farm Newsletter

May 18, 2009, Spring CSA Week 6

Farmer's Markets

The farmer's markets are opening! You're probably thinking, "Why go to a Farmer's Market when I have a CSA share?" The answer is that farmer's markets sell more than just vegetables. Some vendors sell beef, chicken, pork, or salmon. Some sell baked goods, honey, fruit or flowers. Check out a market close to you and give your support to local producers.

Here is a schedule of local markets and their locations:

Markets that have opened:

- **Seymour:** Tuesdays 12pm - 6pm at the community center on Pine Street
- **Darien:** Wednesdays 11am - 6pm on Mechanic Street behind the firehouse
- **New Canaan:** Saturdays 10am - 2pm on the corner of South Ave, Maple Street and Main Street
- **Greenwich:** Saturdays 9:30am - 1pm downtown, moving this week.

Markets that are opening soon:

- **Westport:** Opening Sunday, May 31st at the Saugatuck Congregational Church at 245 Post Road
- **Fairfield:** Greenfield Farmers Market opening Saturday June 6th at Bronson Road / Hillside Avenue
- **Shelton:** Opening in June on Wednesdays from 3pm - 6pm on the corner of Cornell / Howe Ave
- **Monroe:** Opening in June on Fridays from 3pm - 6pm on the green on Route 111 in front of the town hall

- **Stratford:** Opening on Monday, June 29th from 1pm - 6pm at DeLuca Field on Main Street
- **Middlebury:** Opening in July, details TBA
- **Fairfield:** Opening in July, details TBA
- **Oxford:** Farm stand on Route 67 at Little River Power Equipment, details TBA

Feedback

What are your favorite resources for fresh-from-the-farm recipes? We'd like your input to create a list of the websites and cookbooks you use most. We'll publish the results in an upcoming newsletter. Please drop us an email with your lists! Thanks!



Recipe Corner

Do you sometimes find vegetables in your farm share that you haven't cooked with before? Or maybe you're looking for a new recipe for an old favorite. Share your recipes with other customers through this newsletter. Email your recipes to: gazybrothersfarm@sbcglobal.net.

Thanks to everyone who has contributed recipes. We'll continue adding them to the newsletter as they arrive.

Bar Pickles (1 gallon batch). *Courtesy of CSA customer Dawn*

Sliced cucumbers to fill 4 1-quart jars
4 cups white vinegar
4 cups sugar
1/4 cup salt (regular table salt or coarse pickling salt)
1 tsp celery seed
1 tsp mustard seed
1 tsp turmeric (ground)

1. Fill jars with sliced cucumbers.
 2. Pour seeds/spices over the top.
 3. Mix vinegar, sugar and salt till dissolved.
 4. Pour over cucumbers to cover.
- Let stand at least 5 days in refrigerator before serving.

Savory Bread and Cheese Bake, *Courtesy of CSA customer Dawn*

3 tbsp butter
12 oz crusty bread (French, Italian, or sourdough)
1 cup grated cheese, such as Cheddar, Swiss or Monterey Jack
1 cup chopped leeks
6 eggs
2 cups milk
1 tsp salt
1/4 tsp black pepper
1 generous tbsp Dijon mustard

Preheat the oven to 375°. Put the butter in a 2-quart baking dish and place in the oven to melt. When the

butter is melted, swirl it around to coat the dish. While the butter melts, cut the bread into 1-inch cubes (about 6 cups, loosely packed). Place the bread cubes in the buttered baking dish. Sprinkle evenly with the cheese and leeks.

Puree the eggs, milk, salt, pepper, and mustard in a blender, or beat the eggs in a bowl and then whisk in the other ingredients. Pour the custard over the bread and use a spatula to push the bread down into the custard. Bake covered with aluminum foil for 25 to 30 minutes (depending on the shape and depth of the baking dish). Remove the foil and bake until puffy and golden brown, about 5 minutes.

Ingredient note: This recipe provides a great way to use up stale, dry bread. It is also good made with rye, pumpernickel, or whole wheat.

Potato Leek Soup, *Submitted by CSA customer Carrie*

1 tbsp olive oil
2 cups chopped leeks
2 1/2 cups potatoes
3 cups vegetable stock
1 tsp dill
1 cup half and half
Salt and pepper to taste
Chives to garnish



Sauté the leeks in the olive oil for about 10 minutes, stirring occasionally. Add the potatoes, stock, and salt and bring to a boil. Cover and simmer about 30 minutes until vegetables are tender. Add the dill and half and half. Puree the soup in a blender or food processor until smooth. Add salt and pepper to taste and sprinkle with chives to serve. *Serves 4*

Inspirational Quote

“Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.” — Henry Van Dyke

Henry Van Dyke was an American author, educator, and clergyman.