

The Stanton Street Harvest

SEPTEMBER 3, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

VOL. 4, NO. 12

TODAY'S WEATHER
AT WINDFLOWER FARM



54°/81°

Beautiful. Sunny. Warm.
Ah, summer.

TED'S LETTER FROM THE FARM

Back to Work and Digging Potatoes

It is Monday morning and the farm is quiet again. Shareholders representing every one of our sites in the city braved the weather to visit the farm and camp among the remnants of red onions and sunflowers. The hard rains stopped by mid-day on Saturday, and there were 40 or 50 people around our bonfire on Saturday night. Jan and the boys and I had a wonderful time renewing friendships and meeting new CSA members.

Our weekend visitors have returned to the city, and we have returned to the work of growing vegetables. The orange and red globe shades over our packing shed lights and some leftover goodies are the only tangible evidence that we have had visitors, but we feel renewed. The bright shade colors and the Reggae music the crew has chosen to listen to this morning have taken the edge off the chill air. This week, in addition to harvesting, washing and packing, which takes the better part of three days, we will seed fall greens, weed and mulch leeks, clear early crops out of greenhouses to make way for winter greens, and remove the stakes and trellises from blighted tomato plantings.

I'll be heading to Grant, Mich. late in the week. Roeters Farm Equipment has agreed to take my old John Deere Model 25 potato digger on trade for a newer John Deere Model 30. The Model 25, which is about my age, is in

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RAIN BE DAMNED! IT WAS ANOTHER GREAT FARM TRIP

Some fifteen of your fellow Stanton Street shareholders made the trip to Windflower Farm, and the much ballyhooed effects of Tropical Storm Danny weren't much of a factor at all. Ted gave us a scenic walking tour of the farm, showing us crops that will be harvested and delivered soon as well as the improbably tiny seedlings that before long will grow into a bounty of fall greens. He hitched a trailer to his big tractor and towed a crowd of us up onto the hilltop behind his farm where we took in the view of beautiful, unspoiled Washington County. And then it was time to share a potluck supper, chat with folks from other CSAs, and gather around the bonfire as the night got chillier.

Day Two began with one of Ted and Jan's famously delicious and filling hot breakfasts and then a visit to nearby Elihu Farm where Mary and Bob Pratt introduced us to their sheep and their laying hens (that provide the eggs for our egg shares). The Pratts have a stunningly picturesque farm, and we spent almost an hour soaking up the scenery and hear-

ing about life at Elihu. Following that, we returned to Ted's to break camp and head for the county fair. Some of us made a detour to Cambridge, NY to stop at the farmers market in the town center.

The county fair, as always, was a big, happy, dusty, smelly slice of rural New York. We walked through barn after barn admiring prize-winning livestock. We watched pig races and deafeningly loud tuck pulls. And we ate more than a reasonable amount of food—especially in the maple syrup pavilion, where we downed maple milkshakes and softserve cones.

Amber Hewins, who made her first trip to the farm had this to say: "I really enjoyed meeting my fellow share holders from other CSAs—and eating their delightful pot luck offerings. I appreciated getting a broader view of the impact that Windflower Farm has on the lives of New Yorkers. Also, I was glad for a chance to amortize the value of my sleeping bag—not something I get a lot of use from in Manhattan."

Maybe we'll see you there next time?



A few of the prize-winning critters we met at the Washington County Fair.



Community Notes. . .

NEXT WEEK'S VOLUNTEERS

Remember, we need *four* volunteers for each shift, and *two* shifts per season from each member.

Sept. 10 Early Shift (5:00-6:30 p.m.)

A. Kamanetz

Sept. 10 Closing Shift (6:30-8:00 p.m.)

R. DeFranco, W. Staton, S. Blau

. . .

DON'T FORGET YOUR "EXTRAS"!

The **next deadline** for placing orders for "extras" from our friends at www.csalewiswaitefarm.com is this **Saturday, Sept. 5 at midnight**. All manner of delicious meats, cheeses, yogurts, breads, honey, jams and sauces are available for purchase directly from the farms and artisans who produce them. The goods will be delivered next Thursday, Sept. 10.

—Letter from the Farm, from page 1

need of a substantial makeover, and it's not a project I can take on during the growing season. We are currently digging our potatoes by hand, which isn't much fun, and probably doubles my cost of production. We've had have a lovely crop of potatoes this year, and most of it is sitting in "hills" under the ground in our back field. It is too large a crop to dig by hand, and we are running out of time. For a while, the earth will provide adequate potato storage, but eventually insects will find the tubers. As it is, they are becoming weedy, and the extra vegetation makes digging difficult.

Once I return with the Model 30 digger, we will harvest all of the potatoes and store them in burlap bags under the barn's new shed roof. I have a selection of books on tape for the trip. I can't seem to talk either of my boys into joining me. They've been on trips like this before, and know they rarely go as planned. Too many farms to see along the way, too many scenic highways. But, truth be told, I look forward to a bit of time to myself.

The Stanton Street Harvest is published weekly by and for members of the Stanton Street CSA (P.O. Box 971, NYC 10002; <http://stantonstreetcsa.wordpress.com>). Thanks to core groupers Lucinda Sears (for her lovely illustrations) and Laura Schalchli (for her editorial wrangling). Most of the recipes and food info from cookbooks by Alice Waters, Deborah Madison, Farmer John Peterson, and other food geniuses. Please send questions, recipes, letters to the editor or other contributions to stantonstreetcsa@gmail.com.

TOMATO AND PESTO TART

from our very own Farmer Ted

9-ounce puff pastry

All-purpose flour, to dust

1 egg yolk, beaten with 1 tablespoon water, to glaze

1-2 tablespoons pesto

Cherry tomatoes, halved, or small tomato chunks

1 small sprig of rosemary leaves, minced

A few thyme leaves

2 small onions, finely sliced

2 tablespoons freshly grated Parmesan

3-4 basil leaves, roughly chopped

Olive oil, to drizzle

Heat the oven to 425°F. Roll out

the puff pastry on a lightly floured counter to a large rectangle, about 6 x 10 inches. Using a sharp knife, score a 1/2-inch border around the edge, making sure you don't cut through the pastry. Brush the border with egg glaze. Spread the pesto over the pastry (within the border) and arrange the tomato pieces on top. Scatter over the top the rosemary, thyme, Parmesan and green onions. Bake for 20 minutes until the pastry is golden brown and crisp. Scatter over the top the chopped basil and drizzle with a little olive oil. Cut into quarters and serve hot or cold. Serves 4

ROASTED BELL PEPPERS

It sounds crazy to do this on a gas range, but once you try it, you will swear by it. Roasted bell peppers have an irresistible flavor and are very versatile. They are great on sandwiches, a delicious addition to your favorite pasta, perfect on pizzas, and wonderful chopped up and mixed in mayonnaise or hummus. You might like to always have some ready in a jar in your refrigerator; they will keep for weeks if totally covered in oil (save the oil when the peppers are gone—it makes for a great vinaigrette).

Turn your gas burner on high and place the peppers directly on the flame. (This may also be done, with peppers

slightly oiled, in a hot oven or under the broiler.) Using tongs, turn the peppers as their skins blacken; you will want to end up with a pepper that is completely black. Once they're blackened, place the peppers in a paper bag and seal the bag tightly. Let them stand for 10 minutes.

Remove the peppers from the bag, cut them in half, remove the seeds, and flatten each half on your cutting board. Use a knife or your fingers to scrape away the skin. The peppers are now ready for use.

To store your roasted peppers, place them in a container, cover with oil, and seal tightly.

FRESH CORN SALSA

adapted from *Vegetarian Cooking for Everyone* by Deborah Madison

This summer salsa treat is delicious, and it could not be easier to prepare.

1 1/4 cups fresh corn kernels

1/4 cup finely chopped red onion

1/2 finely chopped red bell pepper

1/4 cup finely chopped fresh cilantro

1 1/4 tablespoons fresh lime juice

2 teaspoons chopped seeded jalapeño chili

Salt and pepper

Combine all the ingredients in bowl. Season to taste with salt and pepper.

QUICK PICKLED GREEN BEANS

an oldie but goodie from a shareholder last year

We don't know how long these beans actually keep, because we tend to eat them all by the end of each week.

1 pound green beans

1 cup white wine vinegar

1 cup water

1 tablespoon sugar

1 teaspoon salt

1 tablespoon mustard seeds (optional)

3 or 4 garlic cloves, unpeeled

In a large pot, bring everything but the beans to a boil. Add the washed green beans, and cook until barely done, only a minute or two. Pour the beans and the liquid in a sealable jar and store in the refrigerator. Eat as soon as you'd like.