

The Stanton Street Harvest

OCTOBER 22, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

VOL. 4, NO. 19

TODAY'S WEATHER AT WINDFLOWER FARM



68°/37°

Partly cloudy.

A lovely day, but bundle up after dark!

TED'S LETTER FROM THE FARM

Windflower Farm Goes Undercover

I spent the day working on our newest greenhouse. When finished, we'll use this structure to grow tomatoes, peppers, and cucumbers during the summer. Our hope is to get a cover on it on Tuesday, and then to plant it to winter greens on Wednesday. But before we can do that, I need to finish some work on the steel trusses. Greenhouses are like big Erector Sets, and the work I was doing required climbing along the roof ridge. From there, I can see the Taconic Mountains of southern Vermont and northern Massachusetts. I can see Jack Brownell's farm. I've heard Jack, our neighbor to the east who lets us use two of his fields, cutting wood in preparation for the winter heating season. Wood smoke rises through the chimney on his old brick house. I can see that he has moved his cattle into the cornfield he just harvested where they are contentedly feeding on the stover and spilled grain.

Signs of fall are everywhere. The corn that was deep green just a couple of weeks ago, has been bleached a bluff color by the freezing cold. Now that so many leaves have fallen, I can just make out Jacob's camp. He has been doing some carpentry on the farm, and has been living in a tent since his arrival in April. Temperatures during October have often been a full 20 degrees colder than normal, and the whole farm team feels it, but no one more than Jacob. To

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WE'RE SUPPOSED TO GET CELERIAC TODAY! THEREFORE, A FEW WORDS IN PRAISE OF THE HUMBLE CELERY ROOT

It's surprising that a vegetable that is so delicious, hearty, and eminently storable—and makes such a boldly verdant show in the garden—is practically unrecognized in the United States. In Europe, however, celeriac is a favorite. (Oh, those Europeans!)

The vegetable's classic employment is in the cold French salad *celerie remoulade*, in which the root is peeled, grated, "cooked" in lemon juice to lose a bit of its rawness, then dressed with a mustard mayonnaise. In case that doesn't appeal to your sensibilities, we've included a diverse selection of our favorite celeriac recipes from season past on the next page.

You'll want to store your unwashed celeriac in a plastic bag in the refrigerator, where it will keep for several weeks. Before using the celeriac, soak it briefly in warm water and then scrub it with a stiff brush. Take a thin slice off the top and bottom and peel it with a sharp paring knife or a vegetable peeler. A few deep crevices will remain which you can leave

or slice out. Remove the core if it seems pithy or hollow.

WINTER SHARE UPDATE! The winter enrollment forms are out. Sign up soon, because shares are limited and reserved them on a first come, first served basis.

Talk to a core group member if you have any questions, or mail your form and payment to: Stanton Street CSA c/o Kevin Walter, P.O. Box 971, New York, NY 10002 or bring it to the next distribution.

**COME BY
ON SATURDAY!** One more reminder about the annual It's My Park Day in our community garden. It's this Saturday,

October 24, from noon to 4 p.m., and the not-so closely guarded secret, it that it's less of a day of chores and more of a season-ending garden party. There will be work to lend a hand with if, but there'll also be lots of food and fellowship. It's a great chance to give back to the garden and, if you're interested, to learn about how to get more involved (with your own plot, for instance!) next season.

Great Flavors Sometimes Come in Unlikely Packages



Community Notes. . .

NEXT WEEK'S VOLUNTEERS

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

Oct. 29 Early Shift (5:00-6:30 p.m.)

A. Prinn, A. Frederick, B. Sutzle, L. Leung

Oct. 29 Closing Shift (6:30-8:00 p.m.)

D. Hefka, F. Kao, A. Kusmenko

NO MORE BREAD SHARES, FOLKS!

That's it! Tonight was the last Hot Break Kitchen bread share delivery. If we may say so ourselves, the bread share was a great addition to our offerings, and we'll be enthusiastic about welcoming HBK back next year. In the meantime, we're offering a smaller, once-a-month bread share through the winter. Take a look at the details on the winter share enrollment form.

—*Letter from the Farm, from page 1*

make him more comfortable, we recently hauled a small renovated chicken coop out to his camp site, which he has turned into a kitchen, and to which he has recently added a wood stove.

The colors—golds, oranges, and greens—would probably make awful carpeting, but are lovely in our late fall landscape. Every once in a while I take a moment to peer out from my vantage point atop the greenhouse. I am only able to see a small corner of our own farm—it's the one where we planted raspberries last spring. It is where our early squashes grew, and where we located our tomato tunnels. It's where our garlic will go in the next few days. I am reminded that it is time to mow the fall berries, which will bear their fruit on first-year canes beginning next year. Our fall berries are yellow, purple and red. The summer berries, which make up half of this planting, are red, and they will grow on second-year canes. Just out of sight below Jacob's encampment is our black raspberry planting, which, despite a few weeds, did very well this year. Next year, with some good weather, we should be able to include our own organic raspberries in your fruit shares. Just below the black raspberries is another field, and, although I can't see them, I can hear the chatter of the Medinas as they harvest and bunch leeks. It is cold outside, but

AUTUMN VEGETABLE SOUP

from our very own Farmer Ted

2 tablespoons olive oil
3 medium carrots, diced
1 large onion, diced
2 cloves garlic, minced
2 cups winter squash, peeled and cubed
1/4 teaspoon allspice
Cayenne pepper and salt, to taste
1 quart chicken stock
1 14-oz. can diced tomatoes
4 sprigs fresh thyme
2 cups chopped kale
1 cup canned chickpeas

Heat the oil in large pot over medium heat. Add the carrots and onion, and cook until they begin to soften. Add the garlic and cook for a minute more. Add the squash, allspice, cayenne, and 1 teaspoon of salt. Stir. Add the stock, tomatoes with juice, and thyme. Bring to a boil, reduce heat to medium, cover and simmer for ten minutes. Add the kale and chickpeas. Cook uncovered until the squash is tender and the kale is wilted. Discard the thyme sprigs. Season with more salt and cayenne to taste.
Serves 6 to 8

APPLE & CELERIAC SALAD

If you've never thought, Yum, celeriac!, this recipe could change that.

1 bulb celeriac, peeled and shredded
2-3 teaspoons lemon juice
1 teaspoon walnut oil (optional)
1 apple, thinly sliced

3 tablespoons mayonnaise
2 teaspoons Dijon mustard
1 tablespoon parsley, chopped
Salt and freshly ground black pepper
Mix everything together, chill for several hours, and serve.
Serves 3 to 4

CELERIAC & LEEK SOUP

1 1/2 pounds celeriac
3 leeks
1 potato
3 tablespoons butter
4-5 cups chicken stock
Light cream (optional)
Salt and freshly ground black pepper
Wash the leeks and slice the white and light green parts to make 2 cups. Peel and chop celeriac into 1/2-inch cubes, enough to make 3-4 cups; place

in acidulated water (i.e., water with lemon juice). Peel and chop the potato; add to the celeriac in the water.

In a large pot, melt butter, and stir in leeks. Cook until wilted. Drain celeriac and potatoes; add to leeks. Add 4 cups of stock. Bring to boil, reduce heat, cover, and simmer until vegetables are tender, about 20 minutes. Purée in a blender. If necessary, thin with cream and more stock. Season with salt and pepper.
Serves 4 to 6

ROASTED CELERIAC

2 bulbs celeriac
2 tablespoons olive oil
2 tablespoons olive oil or butter
2 springs of thyme
1 teaspoon minced garlic
Heat oven to 375°F. Scrub the celeriac and pat dry. Rub them with oil and set in a baking dish. Bake for 45 minutes or until completely soft, turn-

ing halfway through. While these are baking, warm the olive oil/butter in a small pan and add the thyme and garlic, cooking and turning often until the garlic softens. Remove from heat and set aside; take out the thyme sprigs. Halve the cooked roots and drizzle with oil/butter garlic mixture. Finish with salt and pepper to taste.
Serves 4 to 6

it's also beautiful, and I'm happy to have good work.

The cold, gray weather is bringing our outdoor season to a rapid close. Summer vegetables are gone now, the season for warm-weather vegetables one of the shortest in memory. Shares during these final weeks will consist of greens from under our row covers, and the root crops, bulbs and tubers that we've

already tucked away. I hope you'll enjoy your share.

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.