

The Stanton Street Harvest

JUNE 25, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

VOL. 4, NO. 2

TODAY'S WEATHER AT WINDFLOWER FARM



63°/90°

A chance of scattered thunderstorms,
and hot, hot, hot.

IT'S ONLY WEEK TWO, BUT A FEW SUMMER FAVORITES ARE ALREADY HERE!

TED'S LETTER FROM THE FARM

Ted's Beautiful Dream: Bearing Fruit

Organic vegetable acreage has risen steadily in the Northeast over the last twenty years, and organic vegetables are now even grown on some fairly big farms. But organic fruits don't seem to have kept pace. The demand for organically grown fruit is strong, so you might expect production to increase, but growing fruit organically is very difficult, and the labor to harvest it is hard to find. We have said that we'd add organic fruits to our fruit share when they became available, but, with the possible exception summer blueberries, organic fruits in our price range and quantity just haven't become available.

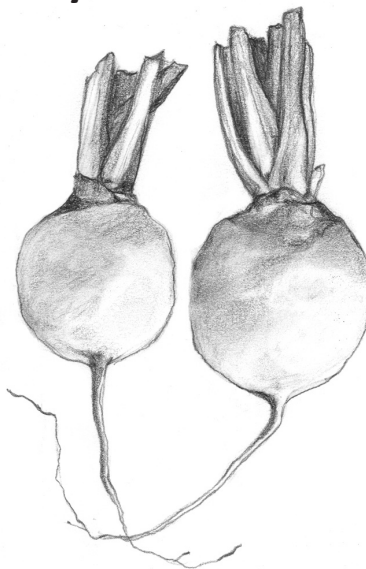
So two years ago we decided to establish our own berry patch, and early in the spring of this year we went to work. We planted yellow, red and purple raspberries in a quarter acre block in our front field. They look wonderful, and should begin to bear fruit next year, and achieve maximum production in their third year.

In another corner of our front field, we planted 5,000 strawberry plants, making fifteen 350-foot rows. Some berries will be ready later this year, and a good-sized harvest is expected next spring. In another quarter acre block, at the base of our Hill Field, we planted black raspberries. They too appear to be off to a good start, and should yield on the same schedule as the other raspberries.

—continued on page 2

In the opinion of your faithful editor, one of the best things about CSA is that it gets us to try, learn about, eat and enjoy vegetables that we'd otherwise probably pass right by in the market. Cases in point: kohlrabi and turnips. These are decidedly not grocery store best-sellers, but they're delicious and versatile and they're CSA favorites.

Japanese Turnips Are Early Summer Gems



If we had a nickel for every time we've heard a shareholder say: "I never thought I'd like turnips . . . and then I tried these!" They're sweet, tender and easy to prepare. Ted's advice is to add oil and minced garlic (or scapes) to a pan, toss in your sliced turnips, and cook for a few minutes until tender. We're including another can't-miss turnip recipe on p. 2.

The only trick is becoming familiar enough with a few different ways of

preparing them. Both of them are great cooked or raw (which is a nice in the hottest part of summertime, when the thought of turning on the stove or—god forbid, the oven—is too much to bear). We're sure a number of folks still have some kohlrabi around from last week, so we're including recipes this week for both turnips and kohlrabi, so you can all make the most of it.

TIME TO RE-POT. If you haven't repotted your oregano and thyme from last week, they've probably already gotten wilted. Take the time to transfer them into a larger pot, and you'll be able to enjoy fresh herbs—and that goes for this week's basil, too—well into the fall. Just put the pots in a sunny window and water enough to keep the soil moist.

MAKE YOUR FLOWERS LAST. Ted's wife Jan advises us that the keys to flower longevity are clean vases and fresh water (changed every three days). Jan spends half a day each week (!) washing those buckets that she uses to send the flowers down to us. "They should be clean enough to drink from," she says. A quick snip from the bottom of each stem before you put them in water helps too.

SHOWTIME! Two films you might want to check out: *Food, Inc.* is an eye-opening investigation of the dangers of a food system controlled by corporations that don't want you to see, think about or criticize how our food is made. It's currently playing at Film Forum. And also: *What's On Your Plate?*, a documentary that was in part shot at the Stanton Street CSA last season. It's screening for free this Saturday at 8:30 p.m. in Fort Green Park as part of BAMcinemaFEST.

Community Notes. . .

NEXT WEEK'S VOLUNTEERS

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

Jul. 2, Early Shift (5:00-6:30 p.m.)

J. Oriol, B. Mitchell

Jul. 2, Closing Shift (6:30-8:00 p.m.)

C. Haynes, Z. Goldblatt, R. Schoenberg-Jones

—*Letter from the Farm, from page 1*

And in an unused back field, we planted blueberries. They will take longer to deliver their little gems—not starting for another three to five years—but they'll be worth it. We'll mulch with wood chips in another week or two.

Next year, after we've done a little more homework, we'll be adding my favorite small fruits to our farm: seedless table grapes. This summer we are preparing a south sloping field that is protected from winter winds, and in the spring we'll plant the most hardy vines we can find. I can envision a time in the not so distant future when your fruit share is every bit as organic as your vegetable and flower shares are now.

A WORD ABOUT BLANCHING!

Blanching vegetables is easy. And it's also the simplest way you can prep surplus produce for storing so it won't go to waste: Just blanch, pay dry, pop into a Ziploc bag, and save it in the freezer. You'll have fresh greens (or whatever) after CSA season is over.

Add vegetables to rapidly boiling water and boil until just barely tender. Don't cover the pot. The idea is to cook just long enough to set the color and partially soften the texture. Then drain the vegetables and plunge them into a bowl of ice water to stop the cooking process. If the vegetables aren't bound for the freezer, they can be quickly finished in a saute.

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.

CARAMELIZED TURNIPS

from *Chez Panisse Vegetables* by Alice Waters
This is the classic recipe that has turned many shareholders into turnip lovers.

Preheat the oven to 425°F.

Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-top turnips will need to be peeled. Cut the turnips into halves or quarters. Big ones should be cut in half lengthwise and the halves sliced into wedges.

Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in a layer on a baking sheet and roast them for 10 minutes, then toss them once. (If they are turned more frequently, they tend to break apart as they become tender.) Roast for 5 minutes more and check for doneness—depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized.

KOHLRABI SALAD

from five-season shareholder Diana Lyon

1 large kohlrabi head, peeled and cut into matchsticks

1 carrot, peeled and cut likewise

1 turnip, peeled and cut likewise

1 teaspoon salt

1 tablespoon lemon juice

1 tablespoon white wine vinegar

1 tablespoon olive oil

Fresh dill, chopped

Fresh mint, chopped

Salt and pepper

Put the kohlrabi, carrot, and turnip in a bowl. Add salt and mix well. Set aside for 30 minutes. Drain the extracted liquid. Add the lemon juice, vinegar, oil and seasonings. Toss and taste, adjusting seasoning as necessary.

Serves 4

QUICK-COOK KOHLRABI

from shareholder Greg Lippmann

1 1/2 pounds kohlrabi

1 tablespoon butter

1/4 cup Parmesan cheese

Salt & pepper to taste

Fresh parsley, chopped, for color

Trim the stem and root ends off the kohlrabi. Slice off the thick skin, and grate the bulb with a hand grater or in

a food processor.

In a large skillet, melt the butter until shimmery on medium. Add the kohlrabi as it's prepped, stirring with each addition to coat with fat and distribute the heat. Cook for about 10 minutes or until tender. Stir in cheese and parsley. Season with salt and pepper. Serve immediately.

Serves 4

HEARTY PUNGENT GREENS

from *Local Flavors* by Deborah Madison

Like salad mix, jumbles of cooking greens will be a fairly regular feature of Ted's CSA offerings. These typically include mustard or turnip greens, small chard and beet greens, dandelion, different kales, tatsoi, and other Asian greens. If they're really small and tender, simply saute the greens in olive oil flavored with garlic, pepper flakes, and—if you like—anchovy. If the greens are larger and tougher and need further tempering, drop them into a big pot of boiling salted water, keep them there long enough to wilt them to near tenderness—maybe a minute or two—then drain. Press out the bulk of the moisture, then finish them in the pan.

Four cups of hearty cooking greens, very loosely packed, weighs about 1/4 pound and will cook down to a cup.

1 pound or more cooking greens

Sea salt

Olive oil

1 or 2 plump garlic cloves, chopped

4 anchovies, optional

Good pinch red pepper flakes

Red wine vinegar

Wash the greens well. Remove any stems that seem tough. If needed, par-boil the leaves as described.

Heat 2 tablespoons oil in a saute pan over medium heat with the garlic, anchovies, and pepper flakes. Mash the anchovies with a fork until they disappear into the oil. Before the garlic colors, add the greens, raise the heat to high, and saute, turning frequently, until tender. Taste for salt—they may not need any if you've used the anchovies. Douse lightly with vinegar, and serve immediately.

Serves 4