

The Stanton Street Harvest

AUGUST 13, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

VOL. 4, NO. 9

TODAY'S WEATHER AT WINDFLOWER FARM



63°/80°

Looks like another short break from the rain. Partly cloudy skies.

TED'S LETTER FROM THE FARM

Come Up and Visit Windflower Farm!

You're invited to our open house on the farm at the end of the month. This is your chance to visit the place where your vegetables come from, meet some of the folks who grow them, and meet CSA shareholders from elsewhere in the city. We cannot offer beds, but you are welcome to pitch your tent anywhere on the farm. We have bathroom facilities, but no shower. (Your core group will also be able to provide a list of nearby lodging options, if camping out doesn't appeal to you.)

Those who arrive early might head off to the Battenkill River for a swim. We expect most everyone else to arrive mid-day on Saturday. We'll tour our farm and one or two other farms in the area that we work with. Then we'll take a tractor ride to the top of the mountain behind the farm, followed by cocktails, a potluck dinner and a bonfire. Please bring a dish to share. We'll make a stove, grill and microwave available should you need it. We'll also provide place settings and soft drinks. Jan and I will make breakfast omelets on Sunday with our own fresh eggs. And we'll all find lunch on our own at the Washington County Fair, an event that showcases the county's agriculture.

We hope you'll consider joining us on Saturday and Sunday, August 29th and 30th. But one caveat: Please don't make the trip if it looks like it's going to be a

—continued on page 2

WE'VE GOT FARM TRIP DETAILS FOR YOU AND LOTS MORE

First things first: Ted and Jan have once again graciously invited us up to visit and camp out at their beautiful and amazingly productive farm. Please read Ted's letter in this issue for details about the schedule and the loose approximation of an agenda. As anyone who has been on a prior farm trip can tell you, it's a great time and fun for the whole family.

The weekend itself is rather low-key and self-organizing. So the only real task at hand is to figure out transportation for people who need it. **We need everyone who's interested in making the trip to e-mail us.** Please let us know if you have your own transportation, and, if so, do you have room to take anyone else? If you don't have a means to get upstate, let us know, and we'll work to find you a ride. Also, if you need camping equipment, your faithful editor has a limited number of extra tents, sleeping bags and the like. Let us know your needs, and we'll accommodate you if we can. And, likewise, if you have camping gear that you're willing to lend, please let us know.

Windflower Farm is about 3 to 4 hours north of the George Washington Bridge. (Full directions available upon request.) If you want to make the trip, but don't want to camp, consider these options: In Cambridge, NY: the Blue Willow Motel (518-677-3552) and the Cambridge Hotel (518-677-5626). In Greenwich, NY: the Sunshine Inn (518-692-2997). Information about the always delightful Washington County Fair can be found at www.washingtoncountyfair.com.

SOME GOOD READS: Did you happen to see the recent *New York Times* Op-Ed by the chef and co-owner of Blue Hill about the late blight crisis that's killing tomato crops all over New York (including Farmer Ted's)? It was published on August 8, and it's worth a read. You can find it at www.nytimes.com; search for "late blight." (When's the last time you remember so many regular New York city dwellers talking and reading so much about crop disease and ag policy?)

And while you've got your browser open, you might want to also check out a really interesting interview with Joel Salatin recently published by TreeHugger.com. (Just search the site for "Joel Salatin.") Salatin is one of America's most outspoken and influential organic farmers. You may have seen him in the recent *Food Inc.* documentary. In the interview, he's got a lot of smart things to say about Big Organic, the future of our food system, Whole Foods stores, and a lot more. Read it and let us know what you think.

A third web feature that we'll recommend to you is the absolutely adorable post about your very own Stanton Street CSA on the popular AmateurGourmet.com blog. (Thanks to shareholder Rachel Zoe Insler for the very generous shout-out.) We won't toot our own horn, but the piece is fun to read, includes some nice pictures, and is a great article to share with friends and family to show them exactly why you're so excited about CSA. You'll find it at www.amateurgourmet.com/2009/08/post_2.html.

Community Notes. . .

NEXT WEEK'S VOLUNTEERS

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

Aug. 20 Early Shift (5:00-6:30 p.m.)

Stuart Frankel, Rocky Bernstein, Tara Smith

Aug. 20 Closing Shift (6:30-8:00 p.m.)

Sarah Pritchard, Julie Pfahler, Lizzie Pfahler

Is anyone else available? Notice that we need one more volunteer for each shift next week. Please sign up if you can!

WANT TO ORDER BREAD?

You're hereby reminded about Hot Bread Kitchen's online store. Just visit: hotbreadkitchen.org/hbkcsamenu.htm. It's simple to use, and you can pay for your order with PayPal. Even if you don't have a bread share, you can buy HBK's delicious stuff a la carte, and they'll deliver it every other week along with the shares. (Order deadline is Thursday before 10 a.m.)

WE NEED BAGS!

We've run out of cheapie plastic bags at the garden. So that means one of two things. Either everyone has to remember to bring their own bags to pick-up, since none are available. Or maybe some of you have been saving up huge hordes of bags at home and want to bring them to the next distribution? If so, we would welcome it.

—*Letter from the Farm, from page 1*

rainy weekend.

We have had an excellent garlic harvest this year, but this week's garlic will come from our boxes of #2s. They are not pretty, but they taste good. And they won't keep, so use them right away. I hope you enjoy your share. Our organic inspection takes place this week. I'll give you a full report next week.

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.

HERBED SUMMER SQUASH CHIPS

from our very own Farmer Ted

- 1 1/2 to 2 pounds squash, sliced 3/8-inches thick
- 3 to 4 tablespoons extra virgin olive oil
- 4 garlic cloves
- 2 tablespoons chopped fresh herbs (such as parsley, basil, cilantro)

Salt and freshly ground black pepper

Prepare a medium-hot fire in the grill (a grill rack is best). Combine all of the ingredients in a bowl and toss gently to coat. Grill the squash chips until grill-marked and tender, about 5 minutes for the first side and 4 minutes for the second side. Serve hot. Serves 4 to 6

SIMPLE MIDDLE EASTERN SALAD

from *World Vegetarian* by Madhur Jaffrey

- 1 medium cucumber, peeled and cut into 1/4-inch dice
- 1 medium tomato, cut into 1/4-inch dice
- 1/2 cup finely chopped parsley

1 teaspoon salt
Freshly ground black pepper

3 tablespoons olive oil

1 to 1 1/2 tablespoons lemon juice

Combine all the ingredients in a bowl and mix well. Taste and adjust the seasonings, if required.

Serves 4

LEMON COLESLAW

from *the Gourmet Cookbook*, Ruth Reichl, ed.

Cabbage is too often overcooked and underloved. Cool, crisp (and easy) salads like this are perfect for hot weather.

- 2 tablespoons sour cream
- 2 teaspoons mayonnaise
- 1/2 teaspoon finely grated lemon zest
- 4 teaspoons fresh lemon juice
- 1 teaspoon sugar
- 3 tablespoons water
- 4 cups cabbage, thinly sliced

2 carrots, coarsely grated

1 bunch scallions, thinly sliced

1/2 cup chopped fresh flat-leaf parsley

Salt and freshly ground black pepper

Whisk together sour cream, mayonnaise, zest, lemon juice, sugar, water, salt, and pepper in a large bowl until sugar is dissolved. Add cabbage, carrots, scallions, and parsley and toss well. Chill, covered, 1 hour to allow flavors to develop. Season coleslaw with salt and pepper.

Serves 4

SUMMER SQUASH & ROASTED CORN FRITTATA

an old favorite from shareholder Anya Kamanetz

- 2 cloves of Ted's #2 garlic
- 1 small onion
- 4 small summer squash or zucchini
- 2 ears of corn
- 4 eggs
- Milk or cream
- Grated semihard cheese, like cheddar, swiss, asiago, fontina
- Fresh herbs, such as dill, rosemary, basil, oregano in any combination
- Salt and freshly ground black pepper

Husk and rinse off the corn. You can roast it directly on the oven rack at 450°F. for 10 to 15 minutes, turning once until a few kernels are browned on each side. Or you can microwave

it in a shallow dish with a little bit of water at the bottom for 4 to 5 minutes. When it's done, slice off the kernels. Set aside.

Saute the onion and garlic in olive oil and/or butter over low heat in a cast-iron skillet or other broad flatbottom pan. Slice the squash very thin; add to pan and saute until translucent.

Beat the eggs with half a cup of milk. Pour over the vegetables in the pan and add the grated cheese. Fold gently with a spatula to mix.

When the eggs are almost set, scatter the chopped fresh herbs and the corn over the surface and press down with the spatula to make an even layer. Cover so the top of the eggs can set. Serves 4