

The Stanton Street Harvest

October 1, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

DIY ED.

VEGETABLES IN THE BRITISH ISLES

zucchini = courgette
eggplant = aubergine
beet = beetroot
arugula = rocket

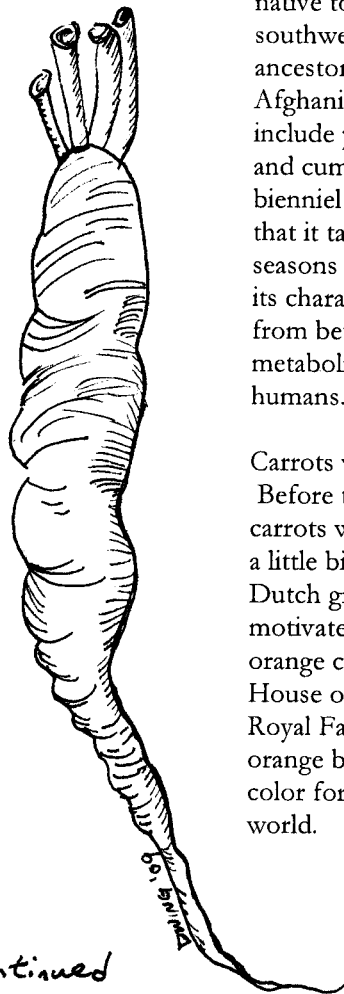
TED'S LETTER FROM THE FARM

HARD TIMES IN THE PUMPKIN PATCH

Jan couldn't find canned pumpkin in the grocery store. A sign told her that they wouldn't have any this year because the cold and rainy summer resulted in such a poor crop. Perhaps you'll have better luck. A beautiful September has helped to finish our pie pumpkin and winter squash crop, but it is much lighter than expected. Soon we'll begin to include some in shares. It's been a season of broken records, with June and July each vying for the coldest and wettest. Oddly, until today's rain, we were on track to break a record of a different sort: the driest of Septembers. Now, after a half-inch of rainfall, it appears we'll just make the top ten. I'd be happy with a year of average weather.

We had visitors from New York this weekend. In addition to the CSAs we serve in Brooklyn and Manhattan, we provide vegetables each week to ten food pantries and soup kitchens in Brooklyn and the Bronx. So far this season,

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SOLID CARROT GOLD

Ah, the carrot. It is probably one of the first vegetables recognized by children and most likely eaten for the first time in the form of baby food. Our beloved Bugs Bunny could be seen chomping on a carrot every episode, before delivering his famous line, "What's up, Doc?"

Celebrated for its medicinal, nutritional, and culinary value, the carrot will always be a vegetable you can count on.

Daucus carota subsp. *sativus* is native to Europe and southwestern Asia, its wild ancestors hailing from Afghanistan. Its relatives include parsley, fennel, dill, and cumin. The carrot is a biennial plant, which means that it takes two growing seasons to go to seed. It gets its characteristic orange color from beta-carotene, which metabolizes into Vitamin A in humans.

Carrots weren't always orange. Before the 17th century, most carrots were purple or red, and a little bitter in taste. Patriotic Dutch growers were motivated to breed a sweet orange carrot, in honor of the House of Orange, the Dutch Royal Family. Eventually, orange became the dominant color for carrots around the world.

The carrot is distinctive in taste and in looks, yet so versatile. It can take center stage in a dish, or it can hum quietly in the background, barely noticed. The taproot is what we eat, although the tops are technically edible (and quite bitter). Count the ways

the carrot may be eaten: raw, juiced, boiled, steamed, fried, baked, mashed, cooked in soups and stews, and massaged (see recipe).

Together with onion and celery, carrots are one of the primary vegetables used in a mirepoix that is the base for various broths and stocks.

Fact: The "baby carrots" that can be found in cellophane pouches in supermarkets aren't really baby carrots.

They are actually pieces of full-sized carrots that have been whittled into uniform cylinders. The "baby carrot" was invented in the late 1980s by a California farmer who found a way to make use of cast-off carrots that were too twisted or knobbly to sell. Today, baby carrots account for over 80% of all retail carrot sales. Before you reach for that bag of baby carrots though, you should know that baby carrots are not as nutritious as whole carrots, because of the peeling and processing they undergo.

For more fun facts about carrots, check out the online World Carrot Museum at www.carrotmuseum.com.

Community Notes.

NEXT WEEK'S VOLUNTEERS

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

Oct. 8 Early Shift (5:00-6:30p.m.)

Rachel Insler, Pierce Woodward, Jeannine Kiely, Susan Bell

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

Severine Mary, Brian Voll, Pat Martin

Is anyone else available? We need one more volunteer for the closing shift next week. Please sign up if you can!

TIME TO ORDER "EXTRAS"!

The next deadline for placing orders for "extras" from our friends at www.csalewiswaitefarm.com is this **Saturday, October 3 at midnight.** All manner of 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, October 8.

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

with the generous support of Just Food, United Way of NYC and the NYS

Department of Health, we've delivered over 28,000 lb of fresh vegetables to low-income New Yorkers, and hope to deliver a total of 40,000 lb by year's end. Our visitors were the staff and volunteers of those pantries who came to see where their vegetables come from.

This week we'll be sending garlic, carrots, shallots or onions, yellow, green or purple mottled snap beans, sweet

GINGER GARLIC GREEN BEANS

from Farmer Ted, Adapted from Gourmet

1 lb. green beans, trimmed
3 garlic cloves
1 tbs. soy sauce
1 tbs. grated, peeled ginger
2 tsp. rice vinegar
1 tbs. vegetable oil
1 tsp. Asian sesame oil
1 tsp. toasted sesame seeds

Cook beans in a 6-quart pot of boiling, well-salted water, uncovered, until just tender 6-7 minutes. Drain in colander, then plunge into ice bath to stop cooking. Drain beans and pat dry. While beans cook, mince and mash garlic to a paste with a pinch of salt, then stir together with soy sauce, ginger, vinegar, and oils in a large bowl. Add beans and toss. Serve sprinkled with sesame seeds.
Serves 4

CREAMY CORN AND SHALLOTS

from Local Flavors, Deborah Madison

6 ears of corn
2 tablespoons unsalted butter
2 shallots, finely diced
salt and pepper
1/4 cup cream
1 tablespoon chopped parsley, torn basil, or chopped dill

Shuck corn and remove kernels with a sharp knife. Reverse your knife and force out the scrapings, keeping them separate from the kernels. Melt butter in a wide skillet. Add shallots and cook over medium heat for 2 minutes. Add corn kernels, sprinkle with 1/2 teaspoon salt, and raise the heat. Cook for 2 minutes, then add the scrapings and cream and cook for 1 minute more. Turn off heat, season with pepper, and stir in the herb.
Serves 4

CARROT AND KALE MASSAGE

Adapted from This Revolution Will Not Be Microwaved, Sandor Ellix Katz

This is a loose recipe. Experiment with different liquids and spices. Get the kids involved. Yummy!

1 bunch kale or other heavy leafy greens
4 carrots, julienned
olive oil
soy sauce
apple cider vinegar
black pepper
sesame seeds
pinch of cayenne pepper
honey

Shred kale leaves as finely as possible, across the stem and put into a large bowl. Dress the greens with your flavorful liquids in the bowl. Add the other ingredients into the bowl, as well as anything that inspires you, like pickles, nuts, fruits, other herbs and seasonings. Mix the vegetables and dressing together with clean hands, and squeeze hard for a few minutes. Squish the vegetables to crush out the juices, until the greens appear wilted and saturated with marinade. Adjust seasoning to taste. Can be eaten fresh or stored in fridge for a few days.

corn or broccoli, lettuce, arugula, Rainbow Swiss chard, celery, chiles, your choice of dill or cilantro, and, perhaps, peppers or eggplants. Next week we'll send potatoes, beets, carrots, onions, fennel, a variety of greens, what may be the last of the year's corn or beans, and a pesto-sized bunch of basil.

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.