

The Stanton Street Harvest

October 15, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

DIY ED. #2



Komatsuna

TED'S LETTER FROM THE FARM

THE BEGINNING OF THE END

Tonight's weather will probably be the season's coldest so far, with the overnight low expected to be about 28 degrees. Jan and I have just come in from covering carrot, celery and celeriac beds, which were the last on our list. It was cold, the wind was howling, and we're happy to be indoors. The colors are just beyond peak, and still very pretty, with yellows and oranges predominant, and reds almost completely gone. Late last week, the farm crew covered lettuces, arugula, komatsuna, choy, spinach, kale, chard, and root crops. Our front field is now cloaked in white. The covers shimmer and roll like waves. The tractor left in the field appears to be floating on a sea of white. Twenty eight degrees is cold enough to kill virtually every crop in the field. The cover, which is a spun-bonded polyester fiber, should provide four to six degrees of frost protection. So long as temperatures don't go much below 26 degrees, the acre of crops we have under cover should be enough to provide you with greens and root crops for another five weeks. The tentative harvest list for this week: carrots, onions, celery, lettuces, parsley, broccoli or corn (the season's last), arugula, purple komatsuna, and another item or two.

WHERE TO BUY OTHER LOCAL GOODS

Supporting local agriculture is something we all agree on, being that we are all members of a CSA. For your local grain, bean, soap, mushroom, and miscellaneous needs, below are some vendors, farms, and shops. The asterisk indicates that the farm has a stand at the Union Square Greenmarket. Please use the power of the Google to find more info.

***Cayuga Pure Organics.** Wednesday Greenmarket. Grows local beans and grains (some heirloom). Also sells flour and cornmeal.

***Wild Hive Farm.** Friday Greenmarket. Grows oats, cereal grains, flour, cornmeal, sometimes shiitake mushrooms. Also sells baked goods.

Stonehouse Olive Oil. Store in South Street Seaport, 150 Beekman Street. Its signature extra virgin olive oil is not local per se, but the olive oil is from California, which is pretty local for our olive oil purposes. Also sells other local products.

Green Depot. 222 Bowery. For your non-toxic and biodegradable household cleaning needs. You can bring your own bottle and pay by the ounce. Soaps are made in NY. Also sells other Earth-friendly products.

***Honey Hollow Farm.** Wednesday Greenmarket. Sells unusual edible wild mushrooms that have impressed many a mycologist.

***Northshire Farm.** Saturday Greenmarket. Wild mushrooms, raw honey, slightly unusual meats, cardoons. Something different every week.

***Norwich Meadows Farm.** Monday and Saturday Greenmarket. Sunday at Tompkins Square Park. Friend of Farmer Ted. Sells organic fruits and vegetables, eco-halal meat, and Evans Farmhouse Creamery butter, milk, and yogurt.

***Ronnybrook Farm.** King of sustainable milk in NYC. Wednesday and Saturday Greenmarket, store and café in Chelsea Market. Milk in glass bottles, ice cream, butter, crème fraiche, yogurt.

Community Notes...

NEXT WEEK'S VOLUNTEERS

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

Oct. 22 Early Shift (5:00-6:30pm)

Kelly Browne, Cynthia Singiser, Eileen Slamin, Jim Taylor

Oct. 22 Closing Shift (6:30-8:00pm)

Debbie Hefka, Amber Hewins, Chris Dufault

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 from our friends at www.csalewiswaitefarm.com is this Saturday, October 17 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 22.

WE NEED BAGS!

We've run out of cheapie plastic bags again. You know the drill: bring your own bags to pick-up, and donate that armageddon-sized ball of plastic bags you've been storing under the sink.

Where To Buy Other Local Goods, from Pg. 1

***Milk Thistle Farm.** Friday and Saturday Greenmarket. Young farm that follows biodynamic principles. Milk and drinkable yogurt in glass bottles.

4th Street Food Co-op. 58 East 4th Street. Food Co-op that is open to the public, 7 days a week. Members get a discount. One-stop shop for many of your local needs at very reasonable prices. Carries many Wild Hive Farm and Cayuga Pure Organics products. Working on getting wheat gluten for all you seitan makers out there. Reusale small cloth bags also sold. Full disclosure: Catherine (this week's DIY newsletter editor) is a working member of the 4th Street Food Co-op.

APPLE CRISP
from Farmer Ted, from Joy of Cooking

4 cups tart apples
½ cup flour
½ cup packed brown sugar
¼ cup butter
1 tsp. cinnamon

Preheat oven to 375 degrees. Peel, core and slice the apples and put in a 9" pan or dish. Blend with fingertips all the ingredients except the apples. Spread the crumbly mixture over the apples. Put in oven and bake for 30 min. Serve hot or cold. Alternatives: You may substitute flour for 1 ½ cups crushed ginger snap cookies. Or you may add 1 cup rolled oats and reduce flour to 1/3 cup.

FREEKEH PILAF
From Cayuga Pure Organics
Cayuga is selling a limited amount of freekeh, which is roasted green spelt berries. A little bit is left at the 4th Street Food Co-op as well. If you can't find it, substitute it with another delicious local grain.

2 cups Freekeh
5 cups chicken broth
1 medium onion, chopped
½ cup red pepper, chopped
½ cup cut broccoli or other veg.
1 big clove garlic
2 tbl. extra virgin olive oil
½ tsp salt
½ tsp chili powder
½ tsp cumin
pinch of turmeric
¼ cup chopped parsley
2 tsp. lemon or lime juice

In a large saucepan, place broth and freekeh with a teaspoon of salt and 1 tablespoon olive oil. Cover and bring to boil on medium heat, stirring occasionally. Lower heat and simmer 40-45 minutes until almost all water is absorbed. Heat big skillet over medium flame. Add olive oil and onion and saute 2-3 minutes. Add garlic and spices. Saute 2 minutes. Add vegetables and season with salt. Saute until vegetables are tender, about 5 minutes. Mix in cooked freekeh and allow flavors to infuse, 2-3 minutes. Stir in lemon or lime juice. Serve with baked meat or lentils/legumes.

For freekeh info, go to <http://www.greenwheatfreekeh.com.au>

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.