

# The Stanton Street Harvest

JUNE 19, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

VOL. 3, NO. 1

## TODAY'S WEATHER AT WINDFLOWER FARM



69°/51°

Cloudy with evening showers.  
Chance of precipitation 30%

## WELCOME (BACK) TO THE STANTON STREET CSA!

# THE WAIT IS OVER

## AND WE HOPE THAT YOU'RE HUNGRY

### TED'S LETTER FROM THE FARM

## Off to a Good Start

*Over the course of the CSA season, Ted finds the time—despite his unbelievably busy schedule of farm labor—to regularly send us letters with news from Windflower Farm, stories about his wonderful farm staff, and even a few recipe tips. Here's his first installment.*

By Ted Blomgren

Greetings from Windflower Farm. Jan and I would like to express our thanks to you for your support of our CSA. We've been working hard this spring to grow a wide range of vegetables, salad greens, herbs and cut flowers to make yours an enjoyable CSA experience.

We're happy to report that most of our crops look very good. May was unusually cool and, for those of us living north of the Capital District, very dry, but, so far June has brought a good mix of rainfall, warmth and sunshine. Everything in this week's share was irrigated at least three times, which is fairly unusual for spring crops. It's odd to be irrigating here while listening to reports of the worst flooding in decades coming from the Midwest.

I'm writing this on the evening of a hectic first harvest day. Our local weatherman called for widespread hail this afternoon, and we took a couple of hours between harvesting and packing your vegetables to place protective row covers over the scallions, greens, tomatoes and onions. (It has yet to come off

—continued on page 2

IT'S BEEN OVER SIX MONTHS since the 2007 CSA season wrapped up last November. We survived the long, dark winter, and here we are again on the cusp of the best food months of the year. For the next 22 weeks we'll be sharing in the bounty of Windflower Farm, and we'll watch the menu change as we move from the early season to the

that brim with color, freshness, and vitality, and there's the understanding that their produce was raised using sustainable farming practices. There's also the knowledge that our food choices positively impact the environment, the local economy, and our health.

This newsletter will strive to serve as a user's manual for your share each week. We'll do our best to anticipate what Ted will be delivering, and we'll put as much useful information, in the form of storage and preparation tips and recipes, as we can fit onto a single sheet of paper. We hope you'll find it a useful part of the CSA experience, and we encourage shareholders to contribute recipes, suggestions or questions. The more you chip in, the better the newsletter will be.

**SO WHAT'S IN SEASON?** In a word: greens. We'll be getting lots of lettuces, salad mixes, cooking greens, and braising mixes in these early weeks of summer. Salad greens you already know what to do with. If you're not in the habit of cooking up bunches of greens, we've included some basics on the next page.

Keep dry, unwashed greens in a sealed plastic bag in the refrigerator for up to a week. Just prior to use, swish leaves in a large basin of cool water. After any grit has settled to the bottom, lift the leaves out carefully. Additional washing may be necessary. A "salad spinner" can be handy for cleaning gritty greens.

**AND ABOUT THOSE SCAPES.** The curly shoots of the garlic plant are trimmed in order to encourage the bulbs to keep growing. They have a delicious mellow garlicky taste. Sauté them with your greens, make pesto, blanch them and eat them straight. They're delicious.

### It's Greens Season



hot months of the summer peak and then into the cool late season.

Most CSA members say that what they bring home with their weekly harvest shares is much more than just food. There are a lot of rewards that emanate from their connection to a farm. There's the joy of bringing home bags of food

## Community Notes...

### THE COMPOST QUESTION

Should our CSA have a program to collect members' compostable kitchen waste? Would **you** be willing to save your peels, trimmings, and scraps and bring them along on Thursdays? We have the budget to buy a pair of "Urban Compost Tumblers," and we have permission from the garden to install them. All we need to know is: Is this something our members want? And, are there a few especially enthusiastic souls who would volunteer for a compost committee to help things run smoothly? Please register your support for a composting program by sending us an e-mail or leaving a comment on the most recent post on our website.

### PAY A VISIT TO THE CSA LIBRARY

Now there's something else you can take home along with all your CSA produce: A cookbook full of ideas about what to make for dinner. We've stocked a lending library with some of our favorite produce-centric cookbooks, and they're available to members for browsing or borrowing every Thursday. You'll find *Chez Panisse Vegetables*, *Farmer John's Cookbook*, *The Produce Bible*, and many others. And it's not only cookbooks. We've got great books about local food, sustainable agriculture, and classic works on the environment and conservation. Ask a volunteer for help with checking out.

### NEXT WEEK'S VOLUNTEERS

June 26, Early Shift (5:00-6:30 p.m.)

L. Gold, C. Greenstein

June 26, Closing Shift (6:30-8:00 p.m.)

R. Silver, J. Kohn, D. Shepardson

—Ted's Letter, from page 1

our peppers, squashes and cucumbers.) The hail was widespread, but missed our farm. It was the third serious threat of hail since late May. So long as cold weather systems continue to collide with warm weather from the south, we'll keep the covers close at hand. Last year's disastrous hailstorm here took place in early June, and we're on edge. The covers will come back off tomorrow morning, however, because the humidity might otherwise result in disease. It probably comes as no surprise that none of our farm staff has need of a gym membership.

### GREENS 101

*This is a simple approach you can take with any of the cooking greens you'll get this season: kale, chard, collards, turnip or beet greens—even the radish greens. It's a great way to give them an added richness while preserving their fresh taste and delicate texture. Greens mix well with almost anything: toss them with cooked grain or pasta for a main course, serve them as a side, or dress them with a vinaigrette and have a warm or cool salad. If you are using greens with hearty stems, such as chard, cut out the stems, chop, and sauté them before adding the leaves to give them enough time to cook.*

3 tablespoons butter or olive oil  
1 teaspoon minced garlic (or scapes!)  
1 bunch greens, rinsed, torn or chopped  
Salt and pepper

Heat the butter or oil in a large skillet over medium heat. Add the garlic and sauté for 1 minute. Add the greens immediately after rinsing them, with water still clinging to the leaves. Cover; cook for 1-2 minutes. Uncover, add salt to taste, and give the greens a good flip and stir. Cover again and continue cooking until they are bright green, tender, and wilted to your taste—from just a few minutes to 15 minutes depending on their maturity.  
Serves 4

### A SIMPLE RADISH SALAD

(from *Chez Panisse Vegetables* by Alice Waters)

*Sliced radishes are a classic compliment to a tossed green salad, but you can also build a crisp, refreshing salad around the radishes themselves. Chopped or grated radishes also make an excellent garnish for cold summer soups.*

1 bunch large crisp radishes  
4 stalks celery  
1 bunch Italian parsley  
Salt and pepper

1 or 2 lemons

Wash and trim the radishes and, using a sharp knife, slice into thin rounds. Trim the celery crosswise on a long diagonal, as thin as possible. Pick the leaves off the parsley stems. Wash and dry the leaves. Just before you serve the salad, toss the vegetables and parsley leaves together and arrange on plates. Season lightly with salt and squeeze lemon juice over all. Finish with ground black pepper.  
Serves 4

### CHOI WITH GINGERY BUTTER

2 medium bunches of choi, sliced crosswise into 1-inch strips  
6 tablespoons butter  
2 tablespoons soy sauce or tamari  
1 tablespoon grated or finely chopped fresh ginger  
1 clove garlic, minced (or use those lovely scapes)  
1 tablespoon finely chopped fresh cilantro  
Salt and pepper  
Bring a large pot of water to boil. Add

the choi; cook until the choi is tender but still crisp, 2 to 3 minutes. Drain the choi in a colander and immediately run under cold water to stop the cooking. Drain well.

Melt the butter in a large skillet over medium heat. Add the soy sauce, ginger, garlic, and choi; cook, stirring constantly, until the choi is well coated and heated through. Remove the skillet from heat. Stir in the cilantro. Season with salt and pepper to taste. Serve immediately.  
Serves 4

Your fruit shares almost didn't start this week. When trying to place the fruit order, I learned that hail fell on nearby Yonder Farm's fruit crop for a full twenty minutes this afternoon. It was their second hailstorm of the season, and a devastating event. Somehow, most of their strawberries survived the storm. (The hail that did so much damage here last year lasted only a few minutes.) Peter, the 60 year-old farmer that owns Yonder Farm, figures they lost three-fifths of their tree fruit. They are a highly diversified farm and have provided most of the

contents of our fruit share over the years. They'll know better by next week what impact the storm has had on their other crops, and we'll have a better sense of our alternatives for your fruit 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 shareholder Lucinda Sears for the lovely illustrations. We plundered most of the recipes and food info from cookbooks by Alice Waters, Deborah Madison, Farmer John Peterson, and other food geniuses. **We heartily encourage all shareholders to send questions, recipes, letters to the editor or other contributions to [stantonstreetcsa@gmail.com](mailto:stantonstreetcsa@gmail.com).***