

# The Stanton Street Harvest

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THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

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## TODAY'S WEATHER AT WINDFLOWER FARM



80°/54°

Sunny. (Finally!)  
Chance of precipitation 20%

### ONLY IN NEW YORK, KIDS

## Kosher Goes Upscale

By Kathy Wang

Tuesday marked the grand opening of Pomegranate on Coney Island Avenue and Avenue L—all 20,000 square feet of it. A mega-supermarket modeled on gourmet food stores like Whole Foods, Pomegranate caters to food aficionados craving organic produce. But there's a twist—located in the heart of an Orthodox Jewish community, the store and everything available in it is kosher-certified.

Rabbis are on-duty full-time in the store's three kitchens—one for dairy, another for meat and a third for parve (fish, vegetables, fruit and grains). Customers can have their pick of everything from freshly baked challah and homemade cheeses to aged prime beef-rib steaks to an olive bar and sushi bar.

Even its name is an apt one—the pomegranate is a symbol of righteousness according to Jewish tradition because the fruit's supposed 613 seeds correspond with the 613 commandments of the Torah.

The independent store, dubbed the “kosher version of Whole Foods,” has been in the works for the past two years under the direction of founder and owner Abraham Banda, a Hasidic Jew from Williamsburg who owns another grocery store on Long Island. Occupying almost half a city block and the largest of its kind in the area, the supermarket also

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## TALKING ABOUT URBAN FARMS WITH THE GUY WHO RUNS THE GREENMARKETS

Q. Has Greenmarket considered incorporating community gardens and various city green houses? Do you see either of these methods as playing large roles in the future of Community Supported Agriculture and the “locavore” movement?

A. A resounding yes to both questions—Greenmarket is proud to welcome urban farmers into our program and considers city gardens and farms a vital part of the solution. Urban farms have significant social, economic, and environmental benefits here in New York and around the globe.

Greenmarket's participating urban farms include Greener Pastures (farmer Stewart Borowsky grows wheat grass and sprouts in Brooklyn) and Berkshire Berries (beekeeper David Graves keeps hives in Massachusetts and on NYC rooftops). We'd love to see more. We've invited Added Value, a youth-operated, 2.75-acre farm in Red Hook, and are in discussion with a number of public schools whose students grow food.

Great examples of urban agriculture projects in the city are East New York Farms, the aforementioned Added Value (which also offers C.S.A. shares), and the many urban growers throughout the city who feed their families and neighbors, and have established markets in their plots.

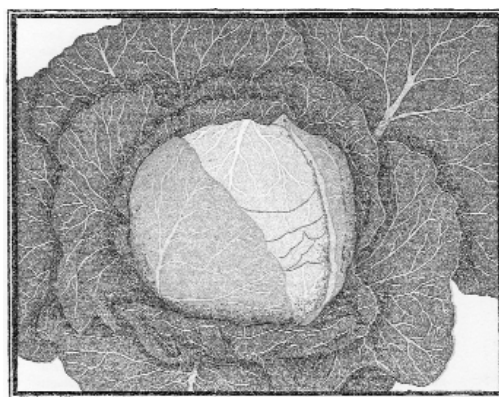
Our sister program, Learn It, Eat It, Grow It, is aimed at improving the health of young people through nutrition education and improved food access in their schools. The project helps them make the connection between the environment and food

consumption through hands-on gardening and introduces healthy food choices that they can incorporate into their diet with in-school food preparation and offerings featuring Greenmarket produce.

Two great readings that address these issues are a food security study by the Leopold Center and an essay by Wendell Berry about “what city people can do;” it includes a to-do list for urban dwellers. No. 1 is to grow something to eat. [Ed.—You'll find the links on our website.]

*This is part of a Q&A published on the New York Times's City Room blog on Aug. 15.*

### It's Not Just for Winter



Cooked well, cabbage has wonderful texture and lots of spicy, sweet flavor. Because it can provide food in the winter, when there are few other vegetables to be had, and because it can be grown in most of the earth's temperate zones, cabbage has a lingering reputation as a commonplace, even coarse, food. But it is worthy of the most refined preparations. Its sweetness complements the richness of duck and pork. It is surprisingly good with fish, wrapped around salmon and steamed, for example, trapping juiciness and flavor. Braised, steamed, or stir-fried, it is a treat by itself. Chopped and dressed, it is the basis of myriad slaws and salads. Fermented and transformed into sauerkraut, it is a new vegetable altogether.

## Community Notes...

### NEXT WEEK'S VOLUNTEERS

Sorry, but your faithful editor lost track of who signed up for next week's shifts. We hope that you know who you are. And remember, we need three volunteers for each shift, and two shifts per season from each member!

—*Pimp My Schmaltz*, from page 1

one-ups many other upscale markets in the city with its 50-car parking lot.

With its inception, however, the store serves up a controversy reminiscent of that surrounding Fairway's opening in Red Hook and Whole Food's still-tentative plans to settle in Park Slope. Midwood already has established shops offering similar items, some of which have been operating for generations. There are places like Glatt Mart on Avenue M, and then there's Mittleman Kosher Supermarket two blocks down. Both sides are downplaying the effects that Pomegranate will have on the scene.

Locals, though, are eager to contribute their thoughts on popular Jewish blogs. "There is more than enough business, and this does seem to be a store aimed at a different market niche," wrote one blogger on Yeshiva World.

The recent slump of food markets such as Whole Foods and downturn in the economy has also thrown the financial outcome of Pomegranate, with its pricier gourmet goods, into question. "People are very cost-conscious so in this weak economy and with food prices already having soared 30 to 50 percent on everyday items, opening the Flatbush version of Zabar's will not go over too well once the uniqueness of this store will be experienced," one blogger wrote on the Chaptzem Blog.

What will actually be the fate of this "new kiddush on the block"? We'll have to wait and see.

*We stole this article from the Brooklyn Eagle.*

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).**

### BRAISED RED OR GREEN CABBAGE

(from *Chez Panisse Vegetables* by Alice Waters)

1 red or green cabbage  
1 medium onion  
3 tablespoons butter  
1 tablespoon sherry vinegar  
1 bay leaf  
Salt and pepper  
1/2 cup water  
1 apple  
Remove the outer leaves from the cab-

bage. Cut it in half, remove the core, and slice the cabbage very thin. Peel the onion and slice very thin. In a large pan, heat the butter, add the onion, and cook for 5 minutes. Put in the cabbage, vinegar, bay leaf, salt and pepper, and water. Cover and simmer for 20 minutes. Peel and grate the apple, add it to the cabbage, and cook another 5 minutes. Taste and correct the seasoning, and serve.

Serves 4 to 6

### SPICY COLESLAW

(from *Chez Panisse Vegetables* by Alice Waters)

2 small heads of cabbage  
1/2 small red onion  
2 to 3 jalapeño peppers  
A few sprigs cilantro  
Juice of 1 lime  
2 to 3 tablespoons white wine vinegar  
1/3 to 1/2 cup extra-virgin olive oil  
Salt and pepper  
Tear off and discard the outer leaves of the cabbage. Quarter the heads and

remove their cores. Quarter, then slice the onion lengthwise as thin as possible. Cut the peppers in half, remove their seeds and veins, and slice the peppers very thin. Coarsely chop the cilantro. Combine the sliced vegetables in a bowl and toss with the lime juice, 2 teaspoons of the white wine vinegar, the olive oil, and salt and pepper to taste. Taste again and, if necessary, add more jalapeño and vinegar. Serve at room temperature.

Serves 6

### BRAISED CELERY

(from our Farmer Ted, by way of *Recipes from America's Small Farms* by Amy and Scott Richards)

1 head celery  
3 bacon slices, quartered, or  
2 tablespoons unsalted butter  
1 medium onion, coarsely chopped  
3/4 cup vegetable stock  
1 tablespoon chopped, fresh parsley  
Salt and freshly ground black pepper  
Preheat the oven to 350°F.  
Rinse, drain and trim the celery. Cut the stalks into 2-inch pieces. Sauté the

bacon in a large, heavy ovenproof skillet for 4 to 5 minutes, until it begins to brown (or melt the butter). Add the celery and onion and sauté until the onion begins to brown, 3 to 4 minutes. Pour the stock over the mixture.

Cover the skillet with an ovenproof lid or aluminum foil and braise the vegetables in the oven for 20 to 25 minutes, until the celery is tender. Stir in the parsley, season with salt and pepper to taste.

Serves 4

### PESTO

*Basil is believed to have originated in India where it was considered a holy plant and grown around shrines and temples. Basil's fragrance and flavor is integral to tomato sauces, salad dressings, and pesto. Store your basil in a bag on the counter or refrigerate short-term in a lightly damp towel. If kept in fridge too long, basil leaves will turn black from the cold exposure. It's best to use fresh basil within a few days. Pesto freezes really well and is a welcome treat in the winter time! Freeze it in small airtight containers or freeze in ice cube trays and when*

*frozen, pop out pesto cubes, put in zip-lock bag in freezer, and then you're able to take out only as many cubes as you need each time.*

1 1/2 cups basil (stems and leaves)  
1-2 cloves garlic  
1/4 cup nuts (almonds, pine nuts, or walnuts)  
1/4 cup olive oil  
2/3 cup Parmesan cheese (optional)  
Splash of lemon juice  
Pinch of salt and pepper

Puree all the ingredients together in a blender or food processor until it becomes uniform. Enjoy! (Simple, right?)