

The Stanton Street Harvest

SEPTEMBER 25, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

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TODAY'S WEATHER AT WINDFLOWER FARM



70°/53°

Partly cloudy with showers at night.
Chance of precipitation 60%

SOME GREAT NEW COOKBOOKS FOR SEASONAL AND SUSTAINABLE FOODS

TED'S LETTER FROM THE FARM

Welcoming Jack Frost

By Ted Blomgren

Fall greetings to you all! The temperature dipped to 34 degrees here late last week, and to 36 last night. We spent a day last week placing protective row covers over all our sensitive crops. Although daytime temperatures have been warm, we know the end of summer vegetables is near. The maples have already begun to turn, and they should be at their peak in time for our Columbus Day weekend farm gathering (more on that next week).

This week you are getting celeriac, bell peppers, onions, "Yukina Savoy," arugula, a teenage salad mix consisting primarily of mustard greens (the long, deeply serrated, purple-leafed green is "Red Komatsuna," a sharp-flavored mustard you might want to pull out of the mix), purple and orange carrots, sweet corn, and possibly something else. It's a share with one foot clearly in the fall season. Next week? We'll send salad and cooking greens, more sweet corn and snap beans, Italian peppers, fennel, leeks, potatoes and garlic.

Jan made eggplant Parmesan tonight, a favorite of mine. Batter fried eggplant on pizza with Ricotta and pesto is also wonderful. Tomorrow, she is going to make something with celeriac and apples [Ed.—You'll find the recipe on page 2]. We held a costume party here last Halloween. Jan dressed me as a celeriac

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By Laura Silver, *The Valley News*

My mom never really learned to cook. When she took up the life of a middle-class housewife—eight days after her 20th birthday—most of her meals were of the "open and reheat" variety. Canned and overcooked veggies were all I knew until steaming became popular in junior high. That's when I really began to appreciate vegetables and cook my own health-food-oriented meals.

I still like to cook (more than I like to eat, to be honest). There's something nurturing and satisfying about turning fresh foods into a tasty, nourishing meal, especially if you've grown some of the food yourself.

I like the planning and the cooking best, mooning over yummy-sounding cookbooks, especially ones with lots of recipes for fresh and seasonal foods. Recently I've come across several that have sent me running to check my book budget, hoping to find a way to afford them all.

First is *Simply Organic: A Cookbook for Sustainable, Seasonal, and Local Ingredients* by Jesse Ziff Cool. This made National Public Radio's list of 10 Best Cookbooks for Summer because it's "light on sermonizing and neck-deep in great recipes" organized for eight seasons that include intervals like Indian Summer and Deep Winter.

Also from the NPR list: *Blue Eggs and Yellow Tomatoes: Recipes from a Modern Kitchen Garden* by Jeanne Kelley. While the recipes can certainly be made from red tomatoes and white eggs, the author has made an

effort to create a lively palette of colors, textures and tastes that expands the way we think about food.

Peter Berley's *Fresh Food Fast: Delicious, Seasonal Vegetarian Meals in Under an Hour* rates a mention in the tome *Worldchanging*, edited by sustainability guru Alex Steffen. It also gets five stars at Amazon and a glowing review from *Publisher's Weekly*. The meals are quick, delicious and seasonally oriented so you can easily use homegrown or farmer's

—continued on page 2

Good Taste in a Humble Package



It's surprising that a vegetable that is so delicious, hearty and eminently storable—and makes such a boldly verdant show in the garden—is practically unrecognized in the United States. In Europe, however, celeriac is a favorite. The vegetable's classic employment is in the cold French salad *celeriac emoullade*, in which the root is peeled, grated, "cooked" in lemon juice to lose a bit of its rawness, then dressed with a mustardy mayonnaise. Store your unwashed celeriac in a plastic bag in the refrigerator, where it will keep for several weeks. Before using the celeriac, soak it briefly in warm water and then scrub it with a stiff brush. Take a thin slice off the top and bottom and peel it with a sharp paring knife or a vegetable peeler. A few deep crevices will remain which you can leave or slice out. Remove the core if it seems pithy or hollow.

Community Notes...

NEXT WEEK'S VOLUNTEERS

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

Oct. 2, Early Shift (5:00-6:30 p.m.)

Jeff Sturges

Oct. 2, Closing Shift (6:30-8:00 p.m.)

Deborah Hefka, Laura Schalchli

EXTRA! EXTRA!

The next deadline for your orders at www.csapasturedmeatandpoultry.com is **Saturday, September 27** at midnight. As always, all manner of delicious meats, cheeses, yogurts, breads, jams and sauces are available for purchase directly from the farms that produce them. The goods will be delivered next **Thursday, October 2**.

STILL WAITING FOR DETAILS

Alas, people, there's still nothing specific to report about the October farm trip. We're waiting to hear from Ted about the schedule, and we'll likely be passing along that information to all interested parties next week. For now, if you're thinking about attending and haven't e-mailed us to say so, please do. And keep in mind, that it'll be *much* chillier up at the farm next month than in August.

—*Letter From the Farm, from page 1*

bulb—with my legs and artificial roots outfitted in sheer white leotards. Jan, who dressed herself as a cook, served celeriac fritters with a light mustard dip. Celeriac is good roasted, baked and fried, and it's excellent for seasoning soups.

—*Cookbook Extravaganza, from page 1*

market produce when it's available.

For pure decadence, try *Screen Doors and Sweet Tea: Recipes and Tales from a Southern Cook* by Martha Hall Foose. It's irreverent and witty—and probably doesn't qualify as health food—but

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.**

APPLE & CELERIAC SALAD

(from our very own Farmer Ted)

If it isn't often that you think oooh, celeriac, and your mouth waters, this recipe could change all that. Don't be tempted to skimp on the pepper, as pepper and apples together have a certain unexplored appeal.

1 bulb celeriac, peeled and shredded

2-3 teaspoons lemon juice

1 teaspoon walnut oil (optional)

1 apple, thinly sliced

3 tablespoons mayonnaise

2 teaspoons Dijon mustard

1 tablespoon parsley, chopped

Salt and freshly ground black pepper

Mix all the ingredients together, chill for several hours, and serve.

Serves 3 to 4

CREAM OF CELERIAC & LEEK SOUP

1 1/2 pounds celeriac

3 leeks

1 potato

3 tablespoons butter

4-5 cups chicken broth

light cream (optional)

Salt and freshly ground black pepper

Wash the leeks and slice enough of the white and light green parts to make 2 cups. Peel and chop celeriac into 1/2 inch cubes, enough to make 3-4 cups; place in acidulated water (i.e., water with lemon

juice). Peel and coarsely chop potato; add to the celeriac in the water.

In a large soup pot, melt the butter, stir in leeks, and cook until wilted. Drain celeriac and potatoes; stir into leeks. Add 4 cups of broth. Bring to boil, reduce heat, cover, and simmer until vegetables are tender, 20-25 minutes.

Purée in food processor or blender. If necessary, thin with optional light cream and additional broth. Season with salt and pepper to taste.

Makes 8 cups

ROASTED CELERIAC

2 bulbs celeriac, scrubbed with small roots removed

2 tablespoons olive oil

2 table spoons olive oil or butter

2 springs of thyme

1 teaspoon minced garlic

Salt and freshly ground black pepper

Preheat oven to 375°F.

Pat dry the roots and rub them with olive oil, setting them in a small baking dish and then into the oven. Bake for

about 45 minutes or until completely soft. Turn them about halfway through.

While these are baking warm the olive oil/butter into a small pan and add the thyme sprigs and garlic, cooking and turning often until the garlic softens. Remove from heat and set aside, take out the thyme sprigs.

Halve the cooked celery root and drizzle with oil/butter garlic mixture. Finish with salt and pepper to taste.

Serves 4 to 6

there's always room for comfort food on the cookbook shelf. Foose has traveled the world, so while fried chicken and creamy succotash do appear, so do Curried Sweet-Potato Soup, Gumbo Z'Herbs and a spicy Apricot Rice Salad. The "catfish and hushpuppies" side of my genome sits up and pants.

For those who, like me, have to make substitutions in many recipes because of food allergies, *The Whole Foods Allergy Cookbook: Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family* by Cybele Pascal is a terrific find. Pascal

has a real gift for creating flavorful meals that don't make the allergy sufferer feel deprived. And she concentrates on "whole" foods that are minimally processed and maximally nutritious.

Sometimes caring about green and sustainable seems to be a long list of "don'ts." So do try some of these great cookbooks, and dig into fresh, or organic, or local, or seasonal foods for a positive shot in the tastebuds—and a bit of self-nurturing.