

The Stanton Street Harvest

OCTOBER 2, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

VOL. 3, NO. 16

TODAY'S WEATHER AT WINDFLOWER FARM



60°/44°

A few showers.
Chance of precipitation 30%

TED'S LETTER FROM THE FARM

A Second Chance to Visit the Farm

Ted and Jan have invited us back for another open house weekend. He provides the relevant details in his letter below. In order to coordinate the travel details, we'll need to hear from everyone interested in attending no later than this weekend. Please e-mail us and indicate if you have a ride, need a ride, or can provide a ride to others. We'll see what we can do by way of getting everyone there and back.

By Ted Blomgren

We had visitors today: seventeen staff members from the ten food banks and pantries we deliver vegetables to each week. Since 2000 we've been working with the NYS Department of Health, United Way of NYC, Just Food, and some terrific agencies in the Bronx and Brooklyn to provide the very poorest New Yorkers with fresh, local produce. Under this program, there now six farms working with dozens of emergency food providers in every borough of the city. Today they toured our farm to learn more about organic farming and where their food comes from, and, of course, they shared with me all kinds of improvements I can make for next year (soon, we'll send out a survey and ask you to do the same).

You are also invited to visit. We are holding our second open house on the farm on Columbus Day weekend, from about noon on the 11th to 3:00 p.m. on the 12th of October. The fall colors

—continued on page 2

IT'S A BRAVE NEW FOOD WORLD THEY'RE DOING WHAT TO THE LETTUCE?

By Jim Hightower

Why do food manufactures hate farmers, food artisans, or local food enterprises—but about the corporate giants of agribusiness that insist on torturing nature's delicious, nutritional edibles for their own fun and profit.

They take food into their labs to alter its genes, they turn grass-eating animals into cannibals, they douse fruits and veggies with toxic chemicals, they juice up milk cows with artificial sex hormones, they contaminate meat with deadly bacteria—and, now, in the name of “food safety,” they want to zap our dinner with high doses of radiation.

In August, George W's industry-cozy U.S. Food & Drug Administration stiffed consumer advocates and common sense by authorizing the irradiation of spinach and lettuce. Never mind that hitting food with extra-powerful X-rays causes the loss of flavor, texture, and nutrition—while also making the product more expensive—this is a weapon that Big Agbiz wants in its arsenal, so the Bushites delivered. Only a handful of irradiation units exist, meaning the food products have to be shipped hundreds of miles to be treated, thus wasting energy and further driving up costs.

What we have here is technology run amuck. Rather than simply cleaning up the industrial processes that con-

taminate our food, the corporate powers are demanding a quick, high-tech fix from government, consumers be damned. The next step for the contaminants is to get FDA to eliminate the “irradiated” label that's presently required on zapped food products. The industry is asking for something more benign, like “purified.”

If they're going to torture our food, at least they should have to tell us about it, labeling it honestly so we can decide whether we want to buy it. To get informed and involved, call the watchdog group Food and Water Watch: (202) 683-2500.

Our Friend the Carrot



This beloved root hardly needs an introduction. It's great both raw and cooked. Add carrots to salads, stir-fries, soups, tomato sauce, or a plethora of other dishes, or just eat them by themselves. Storage is simple: Remove the leafy green tops, leaving about an inch of stems. Refrigerate them dry and unwashed in a plastic bag for two weeks or longer. Carrots are rich in many nutrients, including beta carotene, calcium, and potassium as well as fiber. Since much of the trace minerals and beta carotene reside close to the skin it is best not to peel carrots. Instead remove the dirt by scrubbing them with a vegetable brush in water.

Community Notes...

NEXT WEEK'S VOLUNTEERS

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

Oct. 9, Early Shift (5:00-6:30 p.m.)

C. Zommer, I. Houvras, J. Sturges

Oct. 9, Clean-Up (6:30-8:00 p.m.)

C. Zommer, D. Hefka, R. Keller

WINTERIZING YOUR CSA SHARE

Ted is once again planning to offer a winter share consisting of four deliveries of boxes packed with his storage vegetables, greenhouse greens, and apples and cider. We're also making plans to offer frozen local fruits and vegetables through Winter Sun Farms. Details are on the way. For now, drop us a line if you might be interested.

—Ted's Letter, from page 1

should be at their peak here.

We'll start with a farm tour. Then there will be opportunities for getting your hands dirty. We'll be planting garlic and winter greens in the greenhouse. We'll even begin building a new greenhouse. The evening will include a social hour, a potluck dinner (we'll provide table settings and some beverages), a walk to the hilltop lookout, and a campfire. We'll make a farm breakfast in the morning, then visit nearby Elihu Farm, a beautiful sheep and poultry farm, and the source of your egg share. After that, it's either back to the work of planting, hanging out, or home.

All we can offer here for accommodations is space for pitching a tent, but there are B&Bs and motels in the area. Write to me (windflowerfarm@earthlink.net), and I'll send you lodging information.

This week's share consists of a salad mix, white turnips, purple and orange carrots, Italian peppers, bok choy, zucchini squash, leeks, and some combination of fennel, chard, corn or potatoes, depending on your site.

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.**

SIMPLE CARROT SOUP

This is a basic soup that can be complemented with several flavors to keep everyone interested. Try the following additions: sautéed, shaved ginger; roasted peanuts; caramelized onion; or roasted red pepper.

2 tablespoons butter or olive oil
1 onion, sliced thin
1 pound carrots, sliced thin
1 Bay leaf
2 tablespoons chopped parsley
3 tablespoons white rice
1 teaspoon paprika
1 teaspoon cumin
1/2 teaspoon coriander
Salt and fresh black pepper
7 cups water or vegetable stock

Heat the butter or oil over medium heat in a large soup pot. Add onion, carrots, bay leaf, parsley, and rice. Cook until the onion softens, about 5 minutes. Add the spices, 1/2 teaspoon salt, and a pinch of pepper. Cook for five more minutes. Add the water/stock and bring to a boil. Lower the heat and simmer, partially covered for about 25 minutes.

Remove the bay leaf. Take 2 cups of soup and purée until very smooth and set aside. Purée the remainder of the soup, leaving some "texture." Put the two portions together and add season with salt and pepper as desired or add other additional complementary ingredients.

Serves 4

SPICED CARROT SALAD

In this Morocco-inspired recipe, carrots are blanched until they are barely tender, then marinated in a lemony-sweet spiced dressing. Slivered dried prunes and/or chopped black olives (both common Moroccan ingredients) or a handful of currants make great additions as well.

2 cups carrots, diagonally sliced or julienned
3 tablespoons chopped fresh parsley
2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh mint
2 tablespoons lemon juice
2 cloves garlic minced (about 1 teaspoon)
1/2 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/2 teaspoon paprika
1/8 teaspoon cayenne pepper
1 teaspoon sugar
1/3 cup olive oil
lemon slices

Bring a medium pot of water to a boil. Add the carrots; boil until barely tender and still brightly colored, 1 to 2 minutes. Drain the carrots and immediately run cold water over them to stop the cooking. Drain well. Transfer the carrots to a large salad bowl. Add the parsley, cilantro, and mint; toss to combine.

Mix the lemon juice, garlic, cumin, cinnamon, paprika, and cayenne in a small bowl. Stir in the sugar. Slowly pour in the olive oil in a thin stream, whisking constantly, until the dressing is thick and no longer separates. Pour the dressing over the carrots and toss until well coated. Cover and refrigerate for at least 2 hours.

Let the salad come to room temperature before serving. Top each serving with a lemon slice.

Serves 4 to 6

CURRIED CARROTS

1 teaspoon butter
1 tablespoon minced garlic
1 tablespoon minced ginger
3/4 teaspoon curry powder
Splash of vinegar or lemon juice
1/4 cup chicken stock
1 pound carrots, peeled, slice in half-inch diagonals
Salt and pepper to taste
2 tablespoons chopped cilantro
Melt the butter over a medium-high

flame in a skillet large enough to hold the carrots in a single layer. Add the garlic, ginger and curry and cook for about 30 seconds. Add the broth and bring to a boil. Add the carrots and turn over to coat with the mixture.

Reduce the heat to medium-low, cover and let simmer until the liquid cooks away, another 10 to 15 minutes. Season to taste with salt and pepper. Stir in the cilantro, and serve hot.

Serves 4