

The Stanton Street Harvest

OCTOBER 16, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

VOL. 3, NO. 18

TODAY'S WEATHER AT WINDFLOWER FARM



63°/41°

It's a rainy day.
Chance of precipitation 100%

TED'S LETTER FROM THE FARM

YouTube-Inspired Dreams of Glory

By Ted Blomgren

You never know where you'll find the cropping system of your dreams. I found mine on YouTube. It turns out that the Australians, having discovered Italian bed shapers, have mastered permanent bed vegetable systems. And the folks at Schreurs & Sons Farm have figured it out so well they've filmed it from every angle.

I discovered YouTube not long ago (high-speed internet service has just become available in our area), and along with footage about virtually every human activity imaginable, they have an excellent collection of agricultural videos. The Schreurs, although not organic, have an elegant system, and now you can see it for yourself.

The Italians make the best equipment for the small farm. Their mountainous and rocky terrain has given rise to a host of innovative machinery companies that dominate the European farm equipment market. The piece of machinery I'm interested in is made in Italy's mountainous north. In college, instead of (or perhaps next to) posters of long-legged models, I had a poster of an old Italian farmer, smoking a pipe, his dog at his side, leaning against his Ferrari crawler, the Alps in the background, and a miserably stony soil beneath his feet.

Imagine farming on a stony soil, as we do, and that when you use your cultivat-

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WITH ONLY FOUR CSA WEEKS LEFT . . . HAVE YOU THOUGHT ABOUT A WINTER SHARE?

The major downside to getting your food through a CSA is the fact that every year there comes a week when the food just stops coming. You've been spoiled by fresh, local produce and can hardly bring yourself to buy the vegetables on offer at the supermarket. The cooking habits you've established over many months atrophy. And then depression sets in.

Yet, don't despair! We're doing everything we can to make the winter of 2008-2009 as painless as possible for our membership. There are now no less than *four* options that you can choose among for CSA deliveries to get you through the cold days ahead.

WINDFLOWER FARM'S WINTER SHARE.

Ted makes four Saturday deliveries to his winter shareholders. This year the first delivery will be in late November (after our regular season ends), and the last delivery will be in February. The winter shares come pre-packed, so there's no picking or sorting to do. You just come to the garden and retrieve your box.

The main stays of the winter box are vegetables from the root cellar: potatoes, onions, squashes, cabbage, carrots, parsnips, beets, a few turnips, and small quantities of other items. Count on about 8 to 10 pounds of mixed storage vegetables every month. Ted and Jan also grow greenhouses full of assorted salad and cooking greens. They aim to include 1 to 2 pounds of mixed greens in each share. The share is rounded out with fruit from the neighboring Borden farm. They grow pears and a wide assortment of apples. Each monthly share will include 4 to 6 pounds of their fruit, or a selection of fruit and their wonderful apple cider.

We should have Ted's official sign-up forms for you soon. The share price is expected to be approximately \$130.

WINTER SUN FARMS' FROZEN SHARE

Winter Sun Farms partners with a dozen local, sustainable farms to supply great tasting, frozen vegetables all winter long. They lay aside produce during the harvest, freeze it, and then deliver it to pick-up sites in NYC.

Every month for four months, shareholders will receive seven items. The items on offer include things like: blueberries, summer squash, green beans, raspberries, tomato purée, blackberries, peppers, edamame, butternut squash, broccoli and fall greens.

We've very excited about this program, and Jim Hyland, the man responsible for it, will be at the garden tonight to answer questions, show you samples, and even sign you up. Jim's winter deliveries will happen at the same time and date as Ted's, and the two different shares complement each other nicely. The Winter Sun Farms share costs \$128.

ELIHU FARM EGG SHARE. Our friends Mary and Bob Pratt are happy to be able to offer us shares of their amazing eggs through the winter. We should receive the price details soon. We'll work out four Saturday deliveries to happen in conjunction with all the other shares.

LEWIS-WAITE FARM "EXTRAS." You'll continue to have the option to place orders for all manner of beef, lamb, pork, poultry, cheese, yogurt, bread, jams, syrup, and honey through www.csapasturedmeatandpoultry.com. There's no share to purchase; you order only what you want, when you want. Their deliveries will switch to Saturdays to coincide with winter share pick-ups.

Community Notes. . .

NEXT WEEK'S VOLUNTEERS

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

Oct. 23, Early Shift (5:00-6:30 p.m.)

Bev Mitchell

Oct. 23, Clean-Up (6:30-8:00 p.m.)

Cia Bernales, Alex Agranov

HOLIDAY IN THE GARDEN

Come to the garden on **Sunday from 12:00-2:00 p.m. for a celebration of Sukkot**. Sit in the sukkah, do some crafts, listen to klezmer, and enjoy the kosher nosh donated by Whole Foods and your own CSA.

—*Ted's Letter, from page 1*

ing (weeding) tractor you kill a fair number of your vegetable plants because your sweeps (weeding shovels) knock stones onto them. You find yourself frustrated by your inability to mechanize, which could help you produce your vegetables more efficiently, and as a result, you cannot grow your farm business because your time is spent hand-weeding.

Now, imagine that a tool exists that buries those stones a few inches below the surface, and shapes your soil into a beautiful raised bed. You buy that tool because you know it will change your life forever. Now you plant your vegetable seedlings into stone-free soil. Your cultivating tractor hums along, destroying all the weeds that are close to your vegetables. Your work force quickly dispatches the few weeds left behind, and then moves on to other, more productive tasks.

We'll be able to quadruple our acreage!! We'll be rich!! We'll be so efficient we can cut share prices in half!!

In your shares are arugula, lettuce, vitamin green (a choi), carrots, potatoes, garlic, sweet corn, turnips, beets, and celeriac. Next week we'll probably send peppers, eggplants, fennel, root vegetables, and salad and cooking greens.

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.**

PASTA WITH POTATOES, ARUGULA, & ROSEMARY

We've lately been receiving heaps of arugula, and this recipe should be of interest to people who might still be shy about cooking it. This unexpected combo makes a truly delicious meal. (Your faithful editor swears by it.)

1 pound firm boiling potatoes
1/2 cup extra-virgin olive oil
Salt and pepper
2 bunches arugula, about 1/2 pound.
1 small red onion
4 to 6 cloves garlic
1 sprig rosemary
3/4 pound penne or other tubular pasta
1/2 lemon

Preheat the oven to 400°F. Slice the potatoes about 1/3 inch thick and toss them with a small amount of the olive oil, salt and pepper. Spread them in a single layer in an oven-proof baking dish or on a baking sheet and roast in the oven until

they are golden brown and cooked through, about 15 minutes.

Meanwhile, wash the arugula (older, larger leaves are preferable to tender sprouts), drain, and set aside. Slice the red onion thin. Peel and chop fine the garlic cloves and rosemary leaves.

When the potatoes are done, remove them from the oven and put the pasta on to boil. Heat a sauté pan, add some of the olive oil, and sauté the onion until it is soft and translucent and starting to brown, about 5 minutes. Lower the heat, add the potato slices, the garlic, and the rosemary, and toss together for a minute or two.

When the noodles are done, drain them and add to the potatoes and onion along with the arugula. Add a squeeze of lemon juice and toss everything together. Drizzle a little olive oil over and serve. Serves 4

KALE AND POTATO SOUP

(from *Chez Panisse Vegetables*, by Alice Waters)

This simple soup is called caldo verde (green broth) in Portugal, where cabbage is often substituted for the kale. Go ahead and substitute any of the delicious (and plentiful) fall greens.

1 bunch kale
2 pounds boiling potatoes
2 quarts water
1 teaspoon salt

Extra-virgin olive oil

Remove the stems from the kale, wash the leaves, and cut them into a chiffonade. You should have about 6 to 8 cups.

Peel the potatoes and chop them very fine. Bring the water to a boil with the salt. Add the potatoes, return to a boil, and cook for 2 minutes, covered. Add the kale and cook 2 minutes more. Taste for seasoning. Serve with a splash of the oil. Serves 4

MY MOM'S JEWISH APPLE CAKE

(submitted by shareholder Julie Schnee)

This is an easy American variation on a traditional Eastern European recipe for what in the old days was a fancy cake served on holidays. It contains vegetable oil instead of butter and orange juice in place of milk to meet kosher laws about not eating dairy and meat in the same meal—which explains the "Jewish" moniker.

3 cups unsifted flour
2 1/2 cups sugar
1 cup oil
4 eggs
1/2 teaspoon salt
1/3 cup orange juice

2 1/2 teaspoons vanilla
3 teaspoons baking powder
6 apples, sliced thinly
3 tablespoons sugar
2 teaspoons cinnamon

Preheat oven to 350°F.

In a large bowl, combine the flour, sugar, oil, eggs, salt, orange juice, vanilla and baking powder, and beat until smooth. In another bowl, mix together the apples, sugar, and cinnamon. Pour half of the batter in a greased and floured 10-inch tube or Bundt pan. Cover with a layer of half of the apple mixture. Continue with the rest of the batter and top with the apple mixture. Bake for about 90 minutes.