

The Stanton Street Harvest

OCTOBER 23, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

VOL. 3, NO. 19

TODAY'S WEATHER AT WINDFLOWER FARM



51°/25°

Sunny and brisk.
Chance of precipitation 10%

TED'S LETTER FROM THE FARM

It's Getting Cold Up Here

By Ted Blomgren

We started our day with the thermometer at a frigid 19° Fahrenheit this morning—our coldest to date. Mud puddles were icy. The computerized voice on weather radio proclaimed that, “the growing season has come to an end.” We were forced to delay harvesting until the greens thawed, seeding salad crops for the winter share inside our greenhouse instead. Esequiel and Salvador seemed pleased to remind me that they are heading home in eleven days. Jan made coffee and a walnut coffeecake.

This week's share came, just as our earliest shares do, almost entirely from under protective row covers. The only exception was the broccoli, which is hardy stuff. The share consists of lettuces; a choice of arugula, Swiss chard or kale; young carrots; a slightly weathered bulb of fennel; two small garlic bulbs; Jalapeno peppers; assorted sweet peppers; the last of our eggplants; broccoli; and a choice of potatoes, beets or “Crimson” turnips.

Next week we'll send the last of our Italian peppers and broccoli, if they survive this cold spell, and a variety of root crops and salad and cooking greens.

Organic certification update: I'm happy to report that last week I mailed my Grower Declaration form and administrative payment to the staff at

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“WILL WORK FOR FOOD?” THIS CSA NEEDS YOUR HELP

There are a few key ingredients that make your CSA experience possible. Ted and his farm crew are the first component. Obviously, without them growing all this glorious food, we wouldn't be here. Another element is all of you—without your dollars Ted wouldn't be in business, and without your volunteer hours, we couldn't manage our distributions very well.

The last piece of this puzzle is the core group, which as you may know is currently made up of Julia, Sasha, Elise and your faithful editor. This four-person core group manages all the off-season planning and promotion, the weekly set-up and clean-up in the garden, the compost program, the website, the newsletter, the enrollments, the bookkeeping, the banking, the e-mail correspondence, the logistics for the farm trips, and everything else (and there's a lot) that comes up in the course of a season.

We're looking for a few (more) good organizers. We've demonstrated over the years that the CSA can indeed *function* with a four-person core group, but we know that things could run much better—and the burden would be much easier to bear—if the work was spread among a somewhat larger core group.

The only qualifications you need to join the illustrious core group are gen-

uine enthusiasm for CSA and a schedule that allows you to put in volunteer hours throughout the season.

With more core members in the mix, we could lighten our individual loads on Thursday nights. Currently, all four core group members strive to be present and working at every one of the 22 Thursday drop-offs. That adds up to a lot of hours over the course of a year, but with a bigger core group, we could, for instance, alternate the weeks that we work.

This season the compost program has added a big job to the Thursday routine. The compost job *by itself* would be something that a new core group member could take responsibility for.

Even if your schedule doesn't allow you to do regular shifts on Thursdays, you might still be a good core group prospect! A number of important tasks can be and are done at other times during the week. There's the newsletter, the website, the banking, the e-mail, and much more.

So how about it? Are you a candidate? Would you like to earn your share of the harvest next season with volunteer hours instead of buying it? Get in touch with us by e-mail if you're interested. We'd like to get a group together and talk over next year's plans at the end of the season.



Certified Naturally Grown (CNG), an organization that runs a third party farm certification program. The farm inspection—a process during which a certified organic grower will evaluate our farm, review our production techniques, and report back to CNG—is the final step in the process. I'll keep you posted.

Community Notes...

NEXT WEEK'S VOLUNTEERS

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

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

Sam Sarowitz

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

G. Guinta, G. Suvorov, F. Kao

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THANKSGIVING TURKEYS AND MORE!

The turkey ordering page is in place at www.csapasturedmeatandpoultry.com. You can also get a brochure about the Stonewood Farm turkeys from us at the distributions. The deadline for ordering turkeys is November 6. Folks who ordered last year really enjoyed their birds. Also, the next regular deadline for your "extras" orders is **Saturday, November 1** at midnight. 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, November 6**.

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WINTER SHARE OPTIONS

We've got a lot to offer to shareholders who are interested in staying on through the winter. Please get a winter share enrollment form from a core group member for complete details. You'll also find descriptions of the winter share options on our website. Drop us a line if you have any questions, and then get your enrollments in as soon as you can. It's first come, first served.

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.**

YOUR BASIC GREENS

It's never too late in season to revisit this simple approach to cooking greens—whatever kind it may be, from kale, chard or collards to turnip, beet or 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
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

CARAMELIZED TURNIPS

(from *Chez Panisse Vegetables* by Alice Waters)

We've already published this once this season, but turnips are showing up again with some frequency, and this recipe is so good it deserves a second look.

Preheat the oven to 425°F.

Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-top turnips will need to be peeled. Cut the turnips into halves or quarters. Big ones should be cut in half lengthwise and the halves

sliced into wedges.

Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in a layer on a baking sheet and roast them for 10 minutes, then toss them once. (If they are turned more frequently, they tend to break apart as they become tender.) Roast for 5 minutes more and check for doneness—depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized.

BROCCOLI AND TOFU IN SPICY PEANUT SAUCE

(from *Enchanted Broccoli Forest* by Mollie Katzen)

1 pound firm tofu
1 pound broccoli
1 to 2 tablespoons peanut or canola oil
2 cups chopped onion
1 tablespoon grated fresh ginger
4 medium cloves garlic, minced
3/4 teaspoon salt
2 scallions, minced
spicy peanut sauce (see below)

Cut tofu into 1-inch cubes and place in

a saucepan. Cover with water and bring to a boil. Lower heat and simmer for 10 minutes. Drain and set aside.

Chop broccoli florets. Heat a large skillet for 1 minute, add oil and onion, then cook over high heat for 2 minutes, stirring constantly. Add broccoli, ginger, garlic and salt, and continue to stir for 5 minutes, or until broccoli is bright green and tender. Stir in the tofu and scallions and cook for 2 more minutes. Add the sauce and stir to coat everything. Serve over rice. Serves 4

SPICY PEANUT SAUCE

(from *Enchanted Broccoli Forest* by Mollie Katzen)

3/4 cup good peanut butter
3/4 cup hot water
6 tablespoons vinegar
3 tablespoons soy sauce

3 tablespoons blackstrap molasses
cayenne pepper (to taste)

Place the peanut butter and hot water in a small bowl and mash together until the mixture is uniform. Whisk in remaining ingredients. Set aside until ready to use.