

# The Stanton Street Harvest

NOVEMBER 13, 2008

THE NEWSLETTER OF THE LOWER EAST SIDE'S CSA

VOL. 3, NO. 20-22

## TODAY'S WEATHER AT WINDFLOWER FARM



44°/43°

A cold and rainy day.  
Chance of precipitation 100%

## TED'S LETTER FROM THE FARM

### Looking Forward to a Few Days Off

By Ted Blomgren

This is the last share of the season. Jan and I would like to thank you—our members—for your commitment to our farm this year.

We hope you enjoyed the season. We have thoroughly enjoyed growing vegetables and cut flowers for you, and look forward to next year. We'll spend the next few months repairing equipment, making some purchases, fine-tuning our crop plan, looking through seed catalogs, and resting. If we have decent weather during December, we'll even take the time to side our new barn.

Jan and I would especially like to express our gratitude to the core group—the people in your neighborhood who really make the CSA function. They work with us during the winter to decide what and how much to deliver, and at what price. They take charge of shareholder recruitment, they manage the finances, and they staff the distribution site. And they do all of it without pay. Thank you very much!

For those of you wishing to become more involved with the CSA, the core group is an excellent place to start.

Warmest wishes for a happy and healthy fall and winter!

—Ted and Jan

P.S. Your first winter share delivery will be Saturday, November 22. You should be hearing from your core group soon about all the details.

## WELL, THAT WAS TASTY, WASN'T IT? ANOTHER SEASON COMES TO AN END

WE'VE COME TO THE END of our fourth season. It's been a great year that saw us grow to well over 100 shareholders, and Ted once again came through with a wonderful harvest.

Even though these last few Thursdays have been forbiddingly dark, we love our home in the garden. It's a joy to be able to work in and enjoy this outdoor space, and it's really fostered a sense of community and camaraderie that made the distributions fun. Plus we get to do ambitious projects like composting—and we never could have gotten away with that in our old storefront space.

The core group would like to extend a hearty thanks to everyone of you for all the cheerful, hard-working volunteer hours that you provided.

Now the bad news: Get ready for the withdrawal symptoms. You may not realize how spoiled you've become by CSA produce over these months, but there's a strong likelihood that by next week you'll

be at a loss for what to eat, and the produce in the grocery stores will look suspiciously unappealing.

Think of it this way: There are only six more months until the summer CSA season starts!

In the meantime, if you've signed up for any of our winter offerings, distributions start next Saturday, November 22. That's for Windflower Farm boxes, egg shares and extras only. Winter Sun shares start in December. We'll send all winter shareholders an e-mail confirmation.

The winter shares provide a nice lifeline, but for anyone needing a fix of the local/seasonal goodness, don't overlook the venerable Greenmarkets.

The Lower East Side market on Sunday at Norfolk and Grand Streets runs until November 23, and the Tuesday market at St. Mark's Church goes until December 23. The markets at Tompkins Square (Sunday) and Union Square (Monday, Wednesday, Friday and Saturday) operate year round.

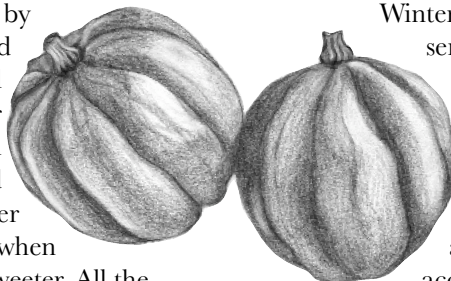
## A FEW WORDS ABOUT WINTER SQUASH

WINTER SQUASHES ARE distinguished from summer squashes more by the time of their harvest and use than by any botanical differences. The summer squashes are eaten when the fruit is immature and soft; winter squashes, after the rind has hardened and when their darker flesh is much sweeter. All the summer squashes belong to exactly the same species as the acorn and Delicata

winter squashes: *Cucurbita pepo*, a species that also includes the familiar pumpkin.

Winter squashes can be served many different ways: roasted and eaten right out of the skin; diced and sautéed as a lightly browned accompaniment to main courses; in a soup—baked first,

—continued on page 2



## Community Notes...

### WINTER SHARES, EXTRAS & TURKEYS

You can still get “extras” orders in at [www.csapasturedmeatandpoultry.com](http://www.csapasturedmeatandpoultry.com). Their next delivery will be **Saturday, November 22**, with pick-up from **noon to 1 p.m.** That’s also when you’ll get your turkey if you ordered one (apparently, it’s still not too late). And that’s when we’ll do our first winter distribution. Look for us in the front of the garden, rather than back on the patio—unless the weather is lousy.

—Squash 101, from page 1

slightly mashed, simmered in chicken stock with onions and herbs, and garnished with Parmesan; in a grain, drizzled with olive oil and slowly baked; tossed with pasta; as a pizza topping; in risotto, seasoned with thyme; or as a simple purée enriched with butter.

Winter squashes should not be refrigerated. Uncut and whole, they can be kept for months in a cool place, 50° to 60°F.

To prepare acorn squash, split them in half lengthwise and remove the seeds with a spoon, scraping the cavity to remove as much of the fibrousness as possible. Put the halves cut side down on an oiled baking sheet and bake for about 1 1/4 hours, until soft. The flesh can then be scooped out, or the squashes can be left intact and as a simple vegetable on their own. (Acorn seeds can be roasted and salted the way pumpkin seeds are.)

A butternut squash should be cut in two at the point where the squash becomes bulbous. The round end should be cut in half and seeded like an acorn squash, then peeled of its hard skin with a sharp knife. Peeling the tight skin of most squashes requires force, so be careful with your fingers! The neck can be peeled whole or cut in half, whichever is easier. The flesh can then be cubed, diced, or sliced.

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).**

### PASTA WITH WINTER SQUASH

(from *Chez Panisse Vegetables* by Alice Waters)

1 medium onion, chopped  
2 tablespoons olive oil  
1 pound butternut squash, peeled and chopped into 1/2-inch pieces  
3/4 cup water  
1 teaspoon chopped fresh sage  
1 pound penne rigate pasta  
2 tablespoons chopped flat-leaf parsley  
1 cup freshly grated parmesan  
2 tablespoons unsalted butter (optional)  
Cook the onion in oil in a large skillet over moderately high heat, stirring occa-

sionally, until golden. Add the squash pieces to the onion with water and salt to taste. Simmer, covered, stirring occasionally, 15 minutes, or until squash is tender. Add sage and simmer 1 minute more.

Cook pasta in boiling water until al dente. Reserve 1 cup liquid in a cup and drain pasta. Return pasta to pot and add squash, parsley, parmesan, butter, and plenty of freshly ground black pepper, stirring until butter is melted. Season with salt and add some of reserved pasta cooking liquid to moisten if necessary.  
Serves 4

### ROASTED WINTER VEGETABLES

You will need parsnips, turnips, celeriac, fennel—in any combination—and about the same quantity of butternut squash. Trimmed and peeled, the vegetables should be cut into 1/2-inch cubes—except for baby turnips, which can be left unpeeled and cut in halves or quarters, and fennel, which should be trimmed and sliced into thin wedges.

Toss the vegetables in enough olive oil to coat them lightly, season with salt and

pepper, and spread them out on baking sheets with 1-inch sides. Roast for 30 minutes in a preheated 400°F oven until they are thoroughly cooked and beginning to caramelize nicely, stirring them occasionally to make sure they don’t stick. (Beware of overroasting: a little browning makes them sweeter, but if you let them get too dark, they will taste bitter.) Serve directly from the oven. Before serving sprinkle with your choice of herbs (sage, thyme, winter savory), chopped fine.

### ROASTED PUMPKIN SOUP

1 sugar pumpkin (about 3 pounds)  
Olive oil  
Salt and pepper  
2 sprigs thyme  
4 cloves garlic  
1 quart chicken stock  
Preheat the oven to 350°F. Split the pumpkin and scrape out the seeds and pith, oil the cut surfaces with olive oil, and season generously with salt and pepper. Place the halves cut side down on a baking

sheet, with a sprig of thyme and 2 unpeeled cloves of garlic tucked underneath each seed cavity. Roast in the oven for 45 minutes, or until completely tender. When the pumpkin is cool enough, scoop out the flesh and add to a soup pot along with the roasted garlic, squeezed out of its skin. Mash them together with a heavy whisk or a wooden spoon, add the chicken stock, and heat to a simmer. Taste and adjust the seasoning.  
Serves 4

### ROASTED VEGETABLE QUESADILLA

(adapted by Ted from *Moosewood New Classics*)

2 cups quartered and sliced potatoes  
1/2 cup sliced onions (leeks will do fine)  
3/4 cup sliced red or green peppers  
1 1/2 cups thinly sliced winter squash  
2 tablespoons olive oil  
1 garlic clove, minced or pressed  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
4 flour tortillas (8 inches across)  
1 cup grated cheddar cheese

Preheat the oven to 425°F. Toss the vegetables with oil, garlic, oregano, salt,

and pepper until evenly coated. Spread them on a large baking sheet in a single layer. Roast in the oven until the potatoes are tender, about 25 to 30 minutes.

Pile about 1/4 of the vegetable filling on one half of each of the tortillas, leaving a 1/2 inch border around the outer edge. Top the filling with 1/4 cup of cheese. Fold the tortilla over the filling. Heat a lightly oiled skillet on medium heat. When the skillet is hot, cook the quesadillas for 1 to 2 minutes on each side, until golden brown. Slice each quesadilla in half and serve warm.  
Serves 4