

The Stanton Street Harvest

JULY 2, 2009

THE NEWSLETTER OF THE LOWER EAST SIDE'S PIONEER CSA

VOL. 4, NO. 3

TODAY'S WEATHER
AT WINDFLOWER FARM



61°/72°

Another rainy day in this
very rainy summer.

TED'S LETTER FROM THE FARM

Watching the Skies, With Fingers Crossed

As a CSA shareholder you participate in the risk of farming. Risk is always on my mind during the months of May and June. Late frosts, heavy rains, strong winds, hail. The first insects, diseases and weeds invade during these months. We are now in the middle of the riskiest part of the farming year. On June 1st, we had an unusually late frost, killing some of our peppers and eggplants, and all of our sweet potatoes. It also set our heirloom tomatoes back a week or two.

We grow more of all of these plants than we think we'll need, for just such occasions. Last weekend, computer models showed our farm to be in the path of a powerful storm, so we scrambled, covering about two acres of crops before the storm arrived, delivering nothing, it turned out, but a gentle rain.

Where is the good in participating in a farmer's risk? You help me weather the storm, and in helping me do that, you keep a producer of local organic food in business. You support my family, a handful of people from my community, and a family from Mexico. And you help support a larger network of individuals and businesses that work with farmers—the welders, compost makers, seed savers, and tractor dealers that keep us in business. (I have heard that every dollar spent at a local farm is turned over three times in the local economy.)

—continued on page 2

YEA, SQUASH! ONE MORE REASON TO LOVE SUMMER

Zucchini and summer squash are like the rabbits of the vegetable world: once they start reproducing, there's no turning back. The vines unfurl rapidly, displaying extravagant flowers. The bees buzz around, and, before you know it, the flowers give way to mature squash. If you don't visit these plants daily with knives and buckets, they'll overtake your farm.

With such abundance of this summertime bounty, it's nice that zucchini and summer squash have so many desirable attributes. They are tender, juicy, and versatile, arriving in a variety of shapes and colors throughout the season.

Squash that produces in the summer generally falls into two categories: 1. zucchini, and 2. everything else, collectively known as summer squash. There are subtle differences, but zucchini and summer squash are generally interchangeable when cooking.

The familiar dark green zucchini, the round scalloped pattypan, and the slightly warty, pale yellow crookneck are all immature fruit of *Cucurbita pepo*. This diverse species includes many cultivated varieties of squash and pumpkin.

STORAGE AND HANDLING: Unwaxed farm-fresh zucchini and summer squash respire through their skins, so they need to be refrigerated as soon as possible. Store them unwashed in a perforated plastic bag in the vegetable bin, or refrigerate them in a sealed plastic container that you've lined with a kitchen towel. In

the refrigerator, they'll keep for about a week and a half.

Rinse zucchini and summer squash under cool running water to remove any dirt or prickles; then slice off the stem and blossom ends. According to your recipe, slice the vegetable into rounds, quarters, or chunks.



Since their flavor and texture aren't overpowering, zucchini and summer squash are valuable additions to many recipes. Summer is the season for squash gratins with cream and Parmesan, marinated squash on the grill, squash fritters, squash stir-fried, diced squash tossed with pasta, squash soups, slices of tender, young squash in your salads, sweet zucchini bread, and ratatouille, which simply must have summer squash in it.

Community Notes. . .

NEXT WEEK'S VOLUNTEERS

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

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

A. Prinn, K. Walko, M. Davenport, S. Bell

Jul. 9, Closing Shift (6:30-8:00 p.m.)

E. DeGaetano, Y. Yuen, D. Kalinowski, S. Wanta

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BREAD TO ORDER!

The folks at Hot Bread Kitchen have a fancy new online store. So even if you don't have your own bread share, you can buy HBK's delicious stuff a la carte, and they'll deliver it every other week along with the shares. Go to: hotbreadkitchen.org/hbkcsamenu.htm. It's simple to use, and you can pay for your order with PayPal. (Order deadline is Thursday before 10 a.m.)

—Letter from the Farm, from page 1

For you, a CSA shareholder, risk is not academic. It adds depth to your understanding of where your food comes from that is not experienced by the market shopper. Because frost killed our sweet potatoes, you experienced a loss. We still might be able to swap some of our "Irish" potatoes, which appear headed for a bumper crop, for another farmer's sweet potatoes. Or you could head to a market and buy sweet potatoes, for surely you don't expect a \$20 weekly investment in our CSA to provide every vegetable you desire. But still, you experienced a loss.

We do not expect you to bare all of the risk in our farming, but we're happy for help. We take many steps to reduce risk here. We grow extra crops because we know there will be losses. If we don't have sweet potatoes to give you, we'll send French Fingerlings or something else instead. The good news is that sometimes risk-taking results in abundance.

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 core groupers Lucinda Sears (for her lovely illustrations) and Laura Schalchli (for her editorial wrangling). Most of the recipes and food info from cookbooks by Alice Waters, Deborah Madison, Farmer John Peterson, and other food geniuses. Please send questions, recipes, letters to the editor or other contributions to stantonstreetcsa@gmail.com.

KOHLRABI RADISH SLAW

from our very own Farmer Ted

3 tablespoons white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
1/4 teaspoon cumin seeds, toasted and ground
Salt and pepper
5 tablespoons canola oil
5 radishes grated
3 medium carrots grated
3 cups unpeeled kohlrabi cut into 1/8

inch matchsticks
1/2 of a medium green cabbage
1/3 cup chopped cilantro.

In a small bowl, whisk together the vinegar, mustard, honey, cumin, 1/4 teaspoon salt, and a pinch of pepper. Gradually whisk in the canola oil. Put radishes, carrots, kohlrabi, cabbage, and cilantro in a large bowl. Pour in the dressing and gently toss. Season to taste with additional salt and pepper.
Serves 8

GARLIC SCAPES PESTO

from core group member Julia Li

Ted says that this week's scapes are the last we'll see this season. Making a batch of delicious pesto will be a memorable way to enjoy their flavor.

1 1/2 cups chopped garlic scapes
4 tablespoons olive oil
1/4 cup pine nuts (or walnuts)
1/4 to 1/2 cup fresh packed basil
Juice from 1/2 lemon
Salt and freshly ground pepper
Splash of balsamic vinegar (optional)
Splash of red or white wine (optional)

Add 2 tablespoons of olive oil to a heated saute pan and stir in the chopped scapes. Saute for one minute, and stir in salt, pepper, and pine nuts. Saute for a few minutes over medium-high heat until the scapes begin to soften and the nuts turn golden brown. Remove from heat.

Transfer to a bowl with all the remaining ingredients, and blend up with an immersion blender until a smooth paste forms, adding more oil if it's too thick. (This can also be done in a regular blender or food processor.)

CHINESE CUCUMBER SALAD

from [Homestyle Chinese Cooking](#)

2 smallish cucumbers
3 to 4 cloves garlic, peeled and crushed
2 tablespoons soy sauce
1 tablespoon sesame oil
1 teaspoon vinegar
1 teaspoon sugar
1/2 teaspoon salt
Freshly ground black pepper
Wash cucumbers well, pat dry. Slice

them lengthwise and then cut into 1 inch sections. Place in a large bowl and add the garlic. Combine the remaining sauce ingredients and drizzle evenly over the cucumbers and garlic. Toss well to blend flavors. Cover with plastic wrap and let it marinate in the refrigerator for 1 to 2 hours, or for 30 minutes at room temperature. Transfer to a smaller bowl and serve.
Serves 4

SUMMER SQUASH & BULGUR SALAD

This is a refreshing variation on Middle Eastern tabouleh. Bulgur, which is simply cracked wheat, is nutty and chewy like brown rice, but finer and lighter, making it perfect for summer salads.

1 1/4 cups water
1 cup bulgur
1 medium zucchini, finely diced
1 medium yellow squash, finely diced
1 bell pepper, seeds removed, diced
1/2 red onion or 2 scallions, minced
1/4 cup chopped fresh dill
1/4 cup chopped fresh parsley
2 tablespoons extra-virgin olive oil
Juice of 1 freshly squeezed lime
Parmesan cheese (optional)

Bring the water to a boil in a small pot, then add the bulgur. Leave uncovered; cook the bulgur for 1 minute. Remove the pot from heat, cover, and set aside until the bulgur has absorbed the rest of the water, about 15 minutes.

Fluff the bulgur with a fork until the grains are well separated; transfer to a large bowl. Add the zucchini, yellow squash, bell pepper, and onion or scallions. Toss until well combined.

Whisk the dill, parsley, olive oil, and lime juice in a small bowl. Pour the dressing over the bulgur and toss until thoroughly combined. Sprinkle with parmesan cheese just before serving. Serve cool or at room temperature.
Serves 6