

## Chelsea CSA Newsletter

July 19, 2011

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[www.chelseacsa.org](http://www.chelseacsa.org) <http://twitter.com/chelseacsa> [www.stoneledgefarmny.org](http://www.stoneledgefarmny.org)

Chelsea CSA hotline: (212) 760-9878

Chelsea CSA members support a regional NOFA - Certified family farm by buying shares in its harvest and receiving 24 weekly deliveries of freshly - picked vegetables and herbs. Pickup is on Tuesdays, from 4 -7PM at Hudson Guild, 441 West 26th Street.

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Dear CSA Member,

A member's e-mail has prompted me to include the following information about [www.vanishingbees.com](http://www.vanishingbees.com). From the member's e-mail:

*"It's called VANISHING OF THE BEES. Here is the synopsis: Honeybees have been mysteriously disappearing across the planet, literally vanishing from their hives. Known as Colony Collapse Disorder, this phenomenon has brought beekeepers to crisis in an industry responsible for producing apples, broccoli, watermelon, onions, cherries and a hundred other fruits and vegetables. Commercial honeybee operations pollinate crops that make up one out of every three bites of food on our tables. "Vanishing of the Bees" follows commercial beekeepers David Hackenberg and Dave Mendes as they strive to keep their bees healthy and fulfill pollination contracts across the U.S. The film explores the struggles they face as the two friends plead their case on Capital Hill and travel across the Pacific Ocean in the quest to protect their honeybees. Filming across the US, in Europe, Australia and Asia, this documentary examines the alarming disappearance of honeybees and the greater meaning it holds about the relationship between mankind and mother earth. As scientists puzzle over the cause, organic beekeepers indicate alternative reasons for this tragic loss. Conflicting options abound and after years of research, a definitive answer has not been found to this harrowing mystery.*

*The film is available on Netflix, Amazon, and itunes as well as on the website [www.vanishingbees.com](http://www.vanishingbees.com).*

I inquired where members could view the film and she wrote: *Best thing to do is to check the website regarding community screenings to see if there are any coming up in NYC or CT. Otherwise, you can order film on website to license for a screening, or purchase through Amazon, itunes, rent on Netflix.*

For the time being, our bees have been holding steady. Don't know if it's the expert care that the apiarist gives them, their organic surroundings or something else. If you would like to order honey, maple syrup or coffee, please go to the farm website, click on CSA Locations and then log in

using your username and password. If you have forgotten either, please just send us an e-mail and we will get back to you with the information.

This upcoming Friday, July 22, is the Work Farm Visit from 10-2. If you are planning on attending, please send the farm an e-mail so we have you on a list of contacts. If there are any last minute changes we will send you an e-mail. We will also post any new information on the farm website, Farm Blog. You can find directions on the farm website, Contact Information link. Use the 145 Garcia Lane, Leeds, NY address. My cell phone is 518-291-2467 in case you need to get in touch. Please bring a hat, sunscreen, water and your own lunch. We will be harvesting garlic and it is bending and pulling and you will get dirty. We will take some time to show you around the fields as well. The creek is just beautiful and so if you would like at the end of you visit, take a dip. Harvest one bulb or one hundred, everyone is welcome. We plan one more visit for members, our annual Farm Festival, Saturday, September 10. More info on that to come.

What interesting CSA members we have. Lexy Zissu from the West Village CSA sent us this great post: "I thought you might enjoy this blog post. I was out of town on Tuesday and gave my share to my ass't. She made cocktails and vinegar and more with the Thai basil. Fun! <http://www.alexandrazissu.com/az-blog/2011/07/16/csa-overload-morsel/>"

Enjoy the Vegetables

Deb For Everyone at Stoneledge Farm

### What's In The Bag

Summer Squash - 3 pounds  
Cucumbers - 3 each, Boothby Blonde  
Red Scallions - 1 bunch  
Romaine - 1 head  
Dill - 1 bunch  
Radicchio - 1 head  
Green Beans - 1 pound  
Eggplant - 1 each  
Okra - optional, only take it if you like

### Optional Fruit Share:

1 box blueberries - local, no spray  
1 bag peaches - local

**Same Time, Last Year**

Summer Squash  
Boothby Blonde Cucumbers  
Slicing Cucumbers  
String Beans  
Peppers  
Eggplant  
Fennel  
Red Scallions  
Cherry Tomatoes  
Thyme

Optional Fruit Share:

White Nectarines  
Peaches  
Sugar Plums

Even though this summer has been steadily hot and humid, we're still receiving some lettuce. I can't imagine why they don't wilt in this weather – I know I do. Same time, last year the lettuces were long gone. Fennel and peppers haven't made a showing yet this year; the fennel usually makes a brief appearance, but if I remember correctly, the peppers seemed to go on forever! The addition of string beans in this week's share is right on cue. Most interesting to me is that same time, last year we had just begun getting the first tomatoes of the season – sweet little cherry tomatoes. I'm guessing we'll see them in next week's distribution; they are truly something to look forward to.

The optional fruit distribution is very different. Same time, last year (as you can see) we had no blueberries at all. In fact, I think this is the first year we've ever received them – and they're wonderful. Sugar plums always make me think of Christmas (it's that poem), and I never understood why we get them in July. Perhaps we'll see some in our baskets next week. Enjoy the bounty.

**Aguas Frescas**

Last week, just before "press time," I added a recipe for cucumber agua fresca to our recipe list. We were getting our first cucumbers of the season, so the recipe caught my eye. Afterwards, I realized I knew nothing about agua fresca beyond what high school Spanish taught me – that it means "fresh" or "refreshing water" – so I decided to do some research. It was more difficult than expected. Every website I went to had wonderful and varied recipes for this drink, but surprisingly little information about its origin and history. I eventually found a couple of great articles, parts of which I've copied below. Can anyone add more to this? If so, please do!!

I mostly used <http://www.mexconnect.com/articles/3224-mexico-s-delicious-fresh-fruit-drinks-aguas-frescas> and <http://www.hawaiidiner.com/articles/article.php?article=279>. Aguas Frescas are found all over Mexico, just about all of Latin America, with similar drinks found in the Philippines. It makes sense, of course, for this reviving drink to be a staple in countries with hot weather, spicy cuisine, and abundant fruits. The drinks "are an inspired compliment to the rich melding of chiles, herbs and spices found in Mexican food. They act to counter-balance strong flavors and are always light, never cloying. Aguas frescas function like sorbets, in that they refresh the palate."

The three main elements of all the drinks are: fruit (sometimes also flowers and seeds), water, and sugar or other sweetener. Traditionally the fruit is pulverized by hand with a fork before adding water and sugar, but nowadays a blender comes in handy. The main word of caution is not to add too much water to the fruit in the blender; use just enough to

barely cover the fruit so the blender whirs smoothly, no more, or you'll end up with a blender full of foam. Put the pureed fruit in a pitcher, and only then add the remaining water and the sugar; stir until sugar dissolves, then refrigerate. Another mistake is the addition of ice; crushed ice in the blender will give you the texture of a slushy; ice cubes in the pitcher will melt and make the drink too watery. You can make extra agua fresca and fill an ice cube tray with it. Put some of those ice cubes in each glass before pouring the drink. The dissolving ice cubes won't dilute the flavor.

People differ over whether to strain the agua fresca to remove the fruit pulp when ready to drink. Straining will give you a clear, flavorful drink, and is the more traditional method; not straining results in delicious bits of fruit pulp with each sip. It's up to you. Some suggest adding sparkling water to the drink, and others say that a splash of vodka or rum would do no harm – and who am I to argue with that?

Try different fruits (or veggies, like cukes) to see which aguas frescas most appeal to your palate. Add herbs for varied flavors. A general recipe is:

- 3 cups of fresh fruit (coarsely chopped)
- 6-8 cups water
- About ½ cup sugar (depending on the fruit)
- Up to ¼ cup fresh lime juice (optional; will add a touch of tartness to your drink)

Follow the blender routine mentioned above; refrigerate and enjoy. Ahhhh!

Recipes

**Golden Summer Squash & Corn Soup**

(From EatingWell Magazine; 4 servings)

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash (about 1 lb), diced
- 3 tsp chopped fresh herbs, divided (thyme/oregano)
- 1 14-oz can reduced-sodium chicken or veg broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels (1 large ear; see Tip)
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

- 1) Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 tsp herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes.
- 2) Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and

mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more.

3) Remove from heat; stir in lemon juice. Serve garnished with remaining 2 tsp of herbs and feta.

*Make Ahead Tip:* Cover and refrigerate up to 2 days.

*Kitchen Tip:* To remove corn from cob, stand an uncooked ear of corn on its stem end in a shallow bowl and slice the kernels off with a sharp, thin-bladed knife. If making a soup, after cutting off the kernels, you can reverse the knife and use the dull side to press down the length of the ear to push out the rest of the corn and its milk.

**Green Bean Salad** (From Ellie Krieger; 4 servings)

- 1/2 pound green beans, trimmed
- 2 tablespoons chopped walnuts
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons chopped red onion
- 2 teaspoons walnut oil or olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper

- 1) Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes. Transfer to a serving bowl.

2) Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool. Add parsley and onion to the walnuts and stir to combine.

3) In another small bowl, whisk together the oil, vinegar and mustard. Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper. Serve warm or at room temperature.

**Japanese-Style Grilled Okra** (Inspired by Inakaya)  
*Grilling okra lets you enjoy the texture and flavor without the sliminess.*

- okra
- sesame oil
- soy sauce
- lemon wedges

1) Drizzle the okra with sesame oil and soy sauce. Heat grill to medium-high heat and space okra apart on grill (you may need to skewer the okra to hold it in place). Turn after about 4-6 minutes and baste with a little more soy sauce. Grill another 4-6 min.

2) Squeeze lemon juice on top; serve immediately.

Please bring your own bags ... and extras, if you can!

**Potluck Dinner is Next Week!!  
Bring Dancing Shoes and Appetite!**

**CSA Brazilian Concert and Potluck on Tuesday, July 26th.** Please join us for a special evening of music and community!

**5:30-6:30 pm** Brazilian Forro Music by Liliana Araujo in the playground of 441 W. 26th street  
**6:30-8:30 pm** Potluck in Gural Room of Hudson Guild.

**We need your help:** Please bring a main dish, side dish, dessert or beverage to the potluck. We also need a volunteer to help set up at 6 pm and two volunteers to help clean up at 8:30 pm.

**Please contact Melissa Clough to volunteer and/or tell her what you are bringing. She can be reached at [melsilclo@gmail.com](mailto:melsilclo@gmail.com)**

**Herb Corner**

Dill is extremely good in the pickled cucumber recipe that was offered in last week's issue. More cucumbers this week, so if you didn't get around to pickling some of them, do it this week and add a few sprigs of dill! Also, dill is excellent added to sour cream to make a nice sauce for salmon, meats or vegetables. This week's herb corner recipe includes dill, scallions and cucumbers. Enjoy!

**Quinoa with Currants, Dill, and Zucchini** (serves 6)

Adapted from Heidi Swanson/101cookbooks.com and with original credit to Maria Speck's *Ancient Grains for Modern Meals*, published by Ten Speed Press, 2011

This is great with crumbled feta. But it's also perfect with thinned-out, salted, plain yogurt.

1 tablespoon extra-virgin olive oil	1 lemon
1 bunch green onions, chopped	2 small-med zucchini or squash, coarsely grated
3/4 teaspoons fine-grain sea salt	4 tablespoons toasted sesame seeds
1 cup/6.5 oz/185 g quinoa, rinsed & drained	4 tablespoons chopped fresh dill
2 cups water	Feta cheese, crumbled (optional)
1/4 cup / 1 oz / 30g dried currants	

1) For the quinoa: heat the olive oil in a medium saucepan over medium heat. Add most of the green onions, a pinch of the salt, and cook until the onions soften, just a couple minutes. Add the quinoa and cook, stirring occasionally, until the grains dry out and toast a bit, roughly another 3 minutes. Add the water, currants, remaining salt; bring to a boil. Lower heat and simmer, covered, until water is absorbed and quinoa is just cooked through, 15 minutes or so. Be mindful here, you don't want to overcook the quinoa and have it go to mush.

2) While the quinoa is cooking, zest the lemon and squeeze 2 tablespoons of lemon juice into a small bowl. When quinoa is cooked, remove the pan from the heat. Stir in the zucchini, lemon juice and zest, most of the sesame seeds, and most of the dill. Taste and adjust for salt.

3) Serve on a platter, topped with crumbled feta, and the remaining green onions, sesame seeds, and dill.

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Send us a tweet: <http://twitter.com/chelseacsa>

## Volunteer Guidelines

Chelsea CSA is a completely volunteer-run organization. This is accomplished through member volunteer hours.

- Member volunteer hours are as follows: 4 hours for a vegetable share, 2 hours for a fruit share. If you're getting a half share, you and your share partner may divide the hours in a way that suits you.
- Sign up for your volunteer hours at distribution—bring your calendar with you. Volunteer shifts are Tuesdays 3:30PM - 5:30PM and 5:30PM - 7:30PM.
- One or two days prior to your work shift you will receive a reminder call from Linda, who is in charge of scheduling distribution volunteers. Email her at [onesonian@aol.com](mailto:onesonian@aol.com).
- After you've worked your shift you must email to Yuki, who is tracking the distribution volunteers this year at [poodledoodle.nyc@gmail.com](mailto:poodledoodle.nyc@gmail.com) so that you will be properly credited for your hours. If you are volunteering for another person or have a share partner, please include that name in your email. Distribution managers will verify this.
- If you must change your scheduled hours please contact Linda at [onesonian@aol.com](mailto:onesonian@aol.com) as soon as possible. If you cannot make your shift and it is after 3:15pm on distribution day, please call Hudson Guild at (212) 760-9800 and ask for someone from the CSA, who will be setting up in the lobby.
- Members in good standing who have met their financial and volunteer commitments will be invited to rejoin the CSA next year.
- There will be other ways to volunteer, and these opportunities will appear in the weekly newsletter and in emails.

If you have a specific volunteer idea that you would like to pursue, please email Lillian at [chelseacsa@yahoo.com](mailto:chelseacsa@yahoo.com).

Please be sure that you are signed up to the Google group so that you receive CSA emails.

Thank you for fulfilling your volunteer commitment—we couldn't do it without you!

Lillian

On behalf of the core group

**Please note: below are delivery dates for the Pastured Meat and Poultry (PMP).**

**Mark your calendars!**

**July 26 • August 23 • September 27 • October 25 • November 8 • November 22**

### Test Your Veggie IQ (with answers!)

1. *Eggplant is indigenous to what country?*

- a. Egypt
- b. Italy
- c. India
- d. New Zealand

**Answer: C. India. The Arabs brought it to the Middle East and the Moors brought it to Spain in the 1300s.**

2. *Eggplant is also known by what name?*

- a. Pomme de Terre
- b. Purple Squash
- c. Alfa Romano
- d. Aubergine

**Answer: D. Aubergine is the French and British word for eggplant.**

3. *Who was the first to cultivate Eggplant in the Americas?*

- a. Thomas Jefferson
- b. Baba Ganoush
- c. Christopher Columbus
- d. Sir Charles Eglington

**Answer: A. Thomas Jefferson was also a botanist. It is believed that he was the first to cultivate the eggplant in the Americas.**

4. *Eggplant belongs to what family and genus of plants?*

- a. Nightshade
- b. Morning Glory
- c. Waterleaf
- d. Squash

**Answer: A. Eggplant, tomatoes, and peppers belong to the family Solanaceae, genus Solanum, sometimes referred to as nightshades.**

5. *When preparing Baba Ghanouj, what is added to the puréed eggplant?*

- a. Tomatoes and Onions
- b. Tahini and Garlic
- c. Rum and Vanilla
- d. Orange and Shallots

**Answer: B. Tahini and Garlic. Baba Ghanouj, a tasty dip from the Middle East, is made by mixing puréed, cooked eggplant with tahini, garlic, and olive oil.**

6. *Historically, eggplants were thought to convey to the eater:*

- a. Magical powers
- b. Egg-shaped warts
- c. Increased fertility
- d. Madness and leprosy

**Answer: D. Madness and leprosy. In various parts of Europe, people suspected that eating eggplant caused madness, not to mention leprosy, cancer, and bad breath, which is why eggplant was used mostly for decoration in England and the United States nearly up to the 20th century.**

7. *Which fact is true about eggplants?*

- a. Eggplants are actually fruits, and classified botanically as berries.
- b. Eggplants were once used to increase egg production in chickens.
- c. Eggplants can become poisonous when eaten with peanut butter.
- d. Eggplants produce over 100 seeds per vegetable.

**Answer: A. Eggplants are actually fruits, and classified botanically as berries.**

8. *Eggplants are also related to which of these plants?*

- a. Tobacco
- b. Petunias
- c. Goji berries
- d. All of the above

**Answer: D. All of the above. Tobacco, petunias and wolfberries (commercially known as goji berries) are all members of the nightshade family, Solanaceae. In fact, eggplants contain a small amount of nicotine, but you would need to eat about 20lbs of eggplants to consume the amount of nicotine in one cigarette.**