



CHELSEA CSA



community supported agriculture

newsletter

JULY 26 , 2011

VOLUME 12 • ISSUE 7

www.chelseasca.org • <http://twitter.com/chelseasca> • 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.

what's in the bag...

JULY 26th

Fennel Bulb - 1

Bright Lights Swiss Chard -1 bunch

Red Onions - 1 bunch

Parsley - 1 bunch

Early Jersey Wakefield Cabbage - 1 head. You will notice the pointed head of this heirloom cabbage. The lettuce is now gone, but a nice crunchy slaw is delicious.

Tomatoes - 2 each. Yes, the first of the season. They are mainly small but they *are* tomatoes.

Summer Squash - 3 pounds

Boothby Cukes - 2

Eggplant - 2

Optional Fruit Share

Blueberries - 1 basket; local, no spray

Sugar Plums - 1 bag , local

Peaches - 1 bag , local



Hudson Guild began the Chelsea Community Supported Agriculture project in Spring 2000. The Guild sponsors this volunteer - managed CSA in recognition of its mixed income model providing access to farm fresh organic produce for a diverse group of neighborhood residents.

NEWS FROM STONELEDGE FARM

Dear CSA Member

Hot and humid. Summer is here! Our Farm Work Visit was held this past Friday. Hearty members came to help out on one of the hottest days of the year. We did brave the heat and were rewarded with a long swim in the creek. Suddenly the heat seemed just right. Thank you to the members that visited the farm.

Our farm and family have recently been featured in the "Pure Catskills Guide to Farm Fresh Products." If you go to www.buypurecatskill.com and then click on Online Version under the GET THE GUIDE heading you will be taken to the on-line version of the publication. Go to page 58-59 and there we are, early this spring when the plants were still in the greenhouse and so were we. At some point we will try to get everyone who works on the farm together for a photo, but it is really hard to do. Seems like we are all moving in different directions all at the same time.

Members have been sending great links and ideas to pass along. A member this week wrote:

"I am a CSA member and love the weekly info emails and the recipes that are posted on the site. I thought you might be interested in knowing about/sharing with other CSA members a 4-times/year publication that we have recently discovered that is full of information about local farms and sustainable agriculture, and includes terrific recipes that use in-season produce. It is published by the Edible Communities group and there are region-specific versions across the country. In CT, it is called Edible Nutmeg: <http://www.ediblecommunities.com/nutmeg/> and in the Hudson Valley/Catskills it is Edible Hudson Valley: <http://www.ediblecommunities.com/hudsonvalley/>."

If you have recipe ideas, please pass them on to Brenna at stoneledgefarm2@hotmail.com . If you would like to order coffee, maple syrup or honey, please log into your account on the farm website and place the order. If you don't remember your username, just send the farm an e-mail and we will send it to you.

Enjoy the vegetables!

Deborah for everyone at Stoneledge Farm



Stoneledge Farm Farmers 2011—
Brenna Kavakos,
Deborah Kavakos,
Pete Kavakos, Sr.,
Peter Kavakos, Jr.,
Arliss Keyser.
Photo by
Nancy M. Heiz,
Winter Sun Farms



pick of the week **parsley**

Here's an oldie but goodie.

Parsley, believe it or not, is the world's most popular herb. It is native to the Mediterranean, and has been cultivated for more than 2,000 years, although it was used for medicinal purposes long before its culinary uses became prevalent. Often it is used as a decorative garnish and then shunted to the side of the plate, its flavor contribution virtually ignored. But parsley has too much to offer for that kind of treatment!

Below are a few classics that rely on parsley for their fame. Enjoy!



Gremolata is a classic garnish made by combining chopped parsley, garlic, and lemon zest. It is typically sprinkled on veal, but you can be as atypical as you like—sprinkle it on anything!

3 Tbs chopped flat-leaf parsley; 1 large garlic clove, minced; 1 tsp finely grated lemon zest

Stir the above ingredients together for classic gremolata. Experiment with proportions and/or the addition of different herbs and spices, as in the following variation:

3 Tbs chopped flat-leaf parsley
1 ½ Tbs minced fresh rosemary
1 Tbs grated orange peel
2 tsp grated lemon peel
Pinch of salt and black pepper

Persillade is a sauce or seasoning mixture of parsley chopped together with seasonings including garlic, herbs, oil, and vinegar. Its simplest form is just parsley and garlic, but there are many variations. If added early in cooking, the garlic will mellow; but when added at the end of cooking or as a garnish, it provides a garlicky jolt.

Pommes Persillade (Potatoes with Parsley and Garlic; adapted from Jacques Pepin)

2 large (9 oz each) potatoes, peeled
2 Tablespoons canola oil
3 cloves garlic, peeled
¼ cup fresh parsley leaves
1 teaspoon salt
½ teaspoon freshly ground black pepper

1) Cut the potatoes into half-inch cubes. Place in a sieve, rinse well under cool tap water. Place in a bowl with water to cover until ready to cook.

2) In a large nonstick skillet, heat oil. Drain potatoes, pat dry with paper towels, add to hot oil. Saute over high heat 12-14 minutes, stirring occasionally, until potatoes are browned on all sides and can be pierced with a fork.

3) Chop garlic and parsley together until finely minced; set aside. (This is a persillade.) Add salt, pepper, and the persillade to the potatoes in the skillet. Toss to combine. Serve immediately.

Here's an interesting article on persillade: <http://articles.latimes.com/2008/may/30/food/fo-encore30>

HERB CORNER

Parsley Pesto

Adapted from the Frankies Spuntino Kitchen Companion

Makes just over 1 cup

1 cup flat leaf parsley
2 cloves garlic
1 cup olive oil
large pinch of sea salt
6-8 turns of freshly ground white or black pepper

Combine all ingredients in a blender and puree for a couple of minutes, until the mixture is an even green color and smooth. Taste and adjust salt and pepper to your liking. Store the pesto in a covered container, along with a bit more olive oil on top in the fridge for 5 days or in the freezer for as long as you would like. Shake/stir well before using.

Parsley is particularly good in most pasta dishes, salads and soups/stews. It is mild and flavorful, and should be chopped and enjoyed sprinkled on just about anything. This pesto is especially good and would pair well tossed with some sauteed summer squash, steamed green beans and chopped walnuts, sliced toast or even with some tomatoes and mozzarella. Endless possibilities—enjoy!

THE SWEET SPOT

"A waist is a terrible thing to mind." —Chana

We're probably all familiar with biscotti. They're sold all over New York in various flavors, with and without nuts, raisins or other fillings, dipped in chocolate (or not), glazed, unglazed, you name it, someone's done it. Not that there's anything wrong with that. I have been known to bake many a gussied-up biscotto in my day, and they were all mighty fine, if I may say so myself. Of course, this leads to the age-old philosophical conundrum still being puzzled over and debated to this day: what's the difference between biscotti and cookies? Is it just the baking method?

Biscotti are baked twice, as the name implies: the ingredients are mixed together, the dough is shaped into a log, and the log receives its first baking. The log is then cooled and sliced, and the slices are returned to the oven for their second baking, which gives them their classic crispness. For regular cookies, the entire "log" process doesn't happen; the dough is mixed, the individual cookies are formed, and one baking finishes the procedure.

But there is a bit more to it. The ingredients for classic biscotti differ from most cookies (and also from most biscotti we see today) in one major way: they contain no fat. No butter, no oil, no lard, no fat—except the fat content in the yolks of the eggs added to the batter. This is not a diet consideration. The omission of fats (and then the double baking) meant that biscotti could be stored for long periods of time without spoiling. This was a tremendous boon to soldiers and sailors, and the story goes that biscotti were created in Italy in the days of Columbus, when sailing around the world was all the rage.

Biscotti made without fat become harder and crisper than those we see today, which often include quite a bit of butter. That's why they're traditionally dipped into some sort of drink, be it wine or coffee; they'll soften, but still keep their shape. Dip butter-laden biscotti into your coffee, and you'll be left with nothing to eat, and nothing worth drinking! Also, the addition of fat, along with the raisins, chocolate chips and whatever, make it very difficult to slice the biscotti log thinly. They'll crumble as you slice, never making it to the oven unless they're at least an inch thick, which will make them crumbly rather than crispy.

So what am I getting at with all this? Simply that you should give some traditional biscotti a try. The recipe below is adapted from Nick Malgieri, one of my favorite pastry chefs, who needs no introduction from the likes of me. Check out his blog: <http://www.nickmalgieri.com>, and get ready to bake!



Cantuccini

(Classic Tuscan Biscotti; makes about 60)

These classic Tuscan biscotti are very popular all over Italy. They are harder than most biscotti Americans are accustomed to and are made to be dunked in sweet wine or coffee.

2 cups all-purpose flour
6 oz (1 1/2 cups) whole unblanched almonds
3/4 cup sugar

3 large eggs

1 1/2 teaspoons baking powder

2 teaspoons vanilla

1/2 teaspoon ground cinnamon

2 cookie sheets covered with parchment or foil

1. Set a rack in the middle level of the oven and preheat to 350 F.
2. In a bowl combine flour, sugar, baking powder, cinnamon; stir well to mix. Stir in the almonds.
3. In another bowl, whisk eggs with the vanilla then stir into dry ingredients with a rubber spatula. Stir until a stiff dough forms. (Note: this can take some work, so don't hesitate to use your hands to do the mixing.)
4. Scrape dough onto a lightly floured surface, divide in half. Roll each half under palms of hands into a log a bit shorter than baking sheet. Place logs on baking sheet, making sure they are neither too close to each other nor to the sides of the pan. Press down gently with the palm of your hand to flatten the logs.
5. Bake 25-30 minutes, or until logs are well risen and spread to about double the original size. Logs are done when pressed with fingertip they feel firm. Place pan on a rack and let logs cool completely.
6. Reset oven racks in upper and lower thirds, leave the temp at 350. Place one cooled log on a cutting board and cut diagonally into slices 1/3-inch thick. Arrange biscotti on prepared pans, cut side down. It isn't necessary to leave space between them. Bake 15-20 minutes or until well toasted. Cool the pan on a rack. Store cooled biscotti between sheets of parchment or wax paper in a container with a tight-fitting lid.

RECIPES

Whole Wheat Pasta with Swiss Chard and Pecorino

Adapted from Giada De Laurentiis Serves 4

- 1 tbsp olive oil
- 2 onions, thinly sliced
- 1 bunch Swiss chard, trimmed and chopped
- 3 garlic cloves, minced
- 1 (14 ½-oz) can whole tomatoes, crushed by hand, with juices, or 4-5 fresh plum tomatoes, chopped
- ¼ cup dry white wine or stock
- ¼ tsp dried crushed red pepper flakes
- Salt and pepper
- 8-10 ounces whole-wheat or brown rice pasta (long or short is fine)
- ¼ cup pitted kalamata olives, coarsely chopped (optional)
- 2 tbsp freshly grated Pecorino cheese
- 2 tbsp toasted pine nuts (optional)

1. Heat oil in a heavy large frying pan over medium-low heat. Add onions and saute until tender, about 8 min. Add chard and saute until it wilts, about 2 min. Add garlic and saute until fragrant, about 1 min. Stir in tomatoes with their juices, wine, and red pepper flakes. Bring to a simmer. Cover and simmer until tomatoes begin to break down (slightly longer if using canned) and the chard is very tender, stirring occasionally, about 5 min. Season chard mixture to taste, with salt and pepper.

2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente. Drain and add pasta to the chard mixture and toss to combine, using some pasta cooking water if needed. Toss in pecorino, pine nuts and olives and serve.

Zucchini Dressing

Adapted from ChoosingRaw.com (by Gena)

Main use is as a salad dressing, but would be good as a vegetable dip, or sauce for grain salads, etc.

- 1 large zucchini, chopped
- ½ cup lemon juice
- ¼ cup nutritional yeast (optional)
- 2 tbsp olive or flax oil
- 1 tbsp organic mustard (optional)
- 3 pitted dates or 1 packet stevia
- 3 tbsp soy sauce, nama shoyu or tamari
- 3 tbsp ground flax seed
- ¼ cup water
- ½ tsp coriander (optional)

Blend all dressing ingredients on high till smooth and creamy. Mix salad ingredients and top with the dressing as desired.

Sweet & Sour Cabbage with Tofu Zucchini Dressing

Adapted from ChoosingRaw.com (by Gena)

Main use is as a salad dressing, but would be good as a vegetable dip, or sauce for grain salads, etc.

- 1 large zucchini, chopped
- ½ cup lemon juice
- ¼ cup nutritional yeast (optional)
- 2 tbsp olive or flax oil
- 1 tbsp organic mustard (optional)
- 3 pitted dates or 1 packet stevia
- 3 tbsp soy sauce, nama shoyu or tamari
- 3 tbsp ground flax seed
- ¼ cup water
- ½ tsp coriander (optional)

Blend all dressing ingredients on high till smooth and creamy. Mix salad ingredients and top with the dressing as desired.

Fennel Salad

Adapted from *Fish: Without a Doubt* by Rick Moonen and Roy Finamore Serves 4-6

(makes a very nice side dish with fish or other)

- 1 fennel bulb, trimmed and sliced as thinly possible (using mandolin or veggie slicer, or just a good knife), reserving the fronds and breaking them into small pieces
- 1 or 2 oranges, peeled and segmented, juice reserved
- ½ red onion, sliced thinly
- coarse salt
- juice of ½ lemon
- 2-3 tbsp olive oil
- 8-10 cerignola olives, pitted and roughly chopped into large pieces (my personal fave here for color, texture and taste, but can use kalamata if you like them better or easier to find)

Toss oranges, fennel and onion together in a glass or nonreactive bowl with salt to taste, the lemon juice, 1 tbsp olive oil and the reserved orange juice. Cover and refrigerate until cold and ready to serve. When ready to serve, toss, add olives and more olive oil.

Roasted Fennel and Red Onions

(serves 2; adapted from *Vegetables Every Day* by Jack Bishop)

- 1 large fennel bulb
- 3 medium red onions, cut into ¾-inch wedges
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar

1) Preheat oven to 425°F. Trim stems and fronds from fennel, trim base and remove tough outer layers. Cut bulb in half and remove core. Slice fennel as in recipe above.

2) Toss fennel and onions in large roasting pan with oil. Season with salt to taste. Roast for 35 minutes, turning vegetables once after 25 minutes.

3) Drizzle vinegar over the vegetables; toss gently. Continue roasting until vegetables are richly colored and tender, about 5 minutes more. Adjust seasonings. Serve hot or warm.

Sweet & Sour Cabbage with Tofu and Grains

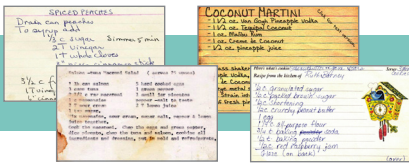
Adapted from Martha Rose Shulman/ NYTimes Serves 4

- ¾ pound firm tofu, cut in ¼" x ½" - 1 ½" slabs
- 2 tbsp vegetable or canola oil
- 1 tbsp soy sauce, tamari or nama shoyu (more to taste)
- 1 small onion, sliced
- 1 bunch scallions, thinly sliced, white and dark green parts separated
- 2 garlic cloves, minced
- 1 tbsp minced fresh ginger (optional but really adds a lot of flavor if used)
- Pinch of cayenne
- 1 medium cabbage, quartered, cored, sliced crosswise
- 3 tbsp rice wine or sherry vinegar
- 1 ½ tsp sugar (or only 1 tsp if the vinegar is already seasoned)
- 2 tsp toasted sesame seeds (optional)
- 1 tsp sesame oil (optional)
- Cooked bulgur, rice, noodles or other grains for serving

1. Blot tofu dry with paper towel. Heat 1 tbsp oil in a large nonstick skillet or wok over med-high and when it is rippling, add tofu. Cook, tossing in the pan or turning over with tongs, for 2 to 3 min, until lightly colored. Add 1 tbsp soy sauce, toss together for about 30 seconds, and remove from the heat. Set aside in a bowl.

2. Heat remaining oil in the pan over med-high heat and add onion. Stir-fry for about 3 minutes, until crisp-tender, and add the white part of the scallions, garlic and ginger. Stir together for about 30 seconds, until fragrant but not colored. Add the cayenne, stir in the cabbage and stir-fry until the cabbage begins to wilt, about 2 minutes. Stir in vinegar and sugar, continue to cook, stirring, until the cabbage is crisp-tender, 3 to 5 minutes.

3. Return the tofu to the pan and stir together. Add more soy sauce or sesame oil to taste and stir together. Sprinkle on the scallion greens and sesame seeds and remove from the heat. Serve over grains or noodles.



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. Linda is in charge of scheduling distribution volunteers. She can be reached at 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 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 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.

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

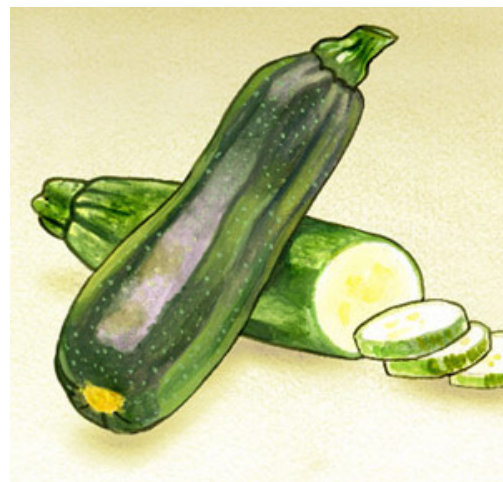
same time, last year

Summer Squash
Boothby Blonde Cucumbers
Early Jersey Wakefield Cabbage
Scallions
Lettuce
Dill
Peppers
Tomatoes
Cherry Tomatoes
Okra

Optional Fruit Share
Shiro Plums
Yellow Peaches
White Nectarines

We're seeing the first tomatoes of the season this week, but same time, last year we were already cavalier about their appearance (in two guises). Lettuce, which we thought had disappeared for the season, made a brief comeback. Same time, last year we had scallions instead of today's red onions, which I believe are a bit sharper in taste but delicious still. This year we get to combine them with parsley rather than dill, a lovely combination. And the summer squash endureth forever—enjoy the bounty!

I just want to add that, given the weather of the past week, I was half expecting an email from the farm saying, "no veggies this week, too hot to work in the fields!!" And I would have understood completely. But of course that didn't happen, and everyone at Stoneledge Farm picked and pulled and dug out our vegetables despite this heat wave of Martha and the Vandellas proportions. Thanks, guys!!



More zucchini? Not to worry. The recipes are as plentiful as the vegetable. Below is a repeat from previous years, and one of my favorites.

Check out the author's website, it's lovely.

Crustless Zucchini Pie

(8-10 appetizer portions)

<http://www.aglaiakremezi.com/recipes/vegetables-stuffed-or-casseroles/crustless-zucchini-pie.html>

2 pounds zucchini or squash, coarsely grated
salt

1 cup chopped onion

4 ounces feta cheese, crumbled

1/2 cup yellow cornmeal

Freshly ground pepper or Aleppo pepper flakes,
to taste

1/4 cup packed fresh mint leaves, chopped

2 eggs

1/3 cup olive oil, plus more for drizzling

2 medium tomatoes thinly sliced (optional)

2-3 tablespoons toasted breadcrumbs

1) Toss zucchini with 1 tsp salt; let wilt in a colander 30 minutes. Preheat oven to 400°F.

2) Press zucchini to extract moisture (or use a potato ricer); transfer to large bowl. Add onion, cheese, cornmeal, lots of pepper, mint, eggs (one at a time). Mix well; add olive oil and mix once more.

3) Lay parchment paper on baking sheet and drizzle with olive oil. Pour in zucchini mixture, and even the surface with a spatula. Lay tomato slices (if using) on top, drizzle with olive oil, sprinkle bread crumbs.

4) Bake for 10 minutes and lower oven temp to 375°F Bake 25-30 minutes until set and golden brown on top. Let cool and cut into bite-size pieces to serve.

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Test Your VEGGIE IQ

onion



Every other week we'll run an "IQ Test" to see how much you really know about those fruits and veggies you're getting. Answers will appear the following week, so be patient.

- Which part of the plant has the largest amount of sulfenic acids, which causes tears when the onion is peeled or cut?
 - The outer skin
 - The green tops
 - The inner flesh
 - The root
- The word onion is derived from the Latin word "unio" which means what?
 - Large pearl
 - Crying pearl
 - Tasty pearl
 - Acrid pearl
- What country boasts the highest per capita consumption of onions?
 - United States
 - Egypt
 - Italy
 - Libya
- According to an old English Rhyme, the thickness of an onion skin can help predict what?
 - Hurricanes
 - The severity of winter
 - A baby's gender
 - Drought
- Are onions toxic to cats and dogs?
 - Yes
 - No
- When you eat at least half a raw onion a day, your good type HDL cholesterol goes up an average of 30%. What other effect do onions have?
 - Increase circulation
 - Prevent blood clotting
 - Lower blood pressure
 - All of the above
- For each leaf, there will be a ring of onion; the larger the leaf, the larger the ring will be.
 - True
 - False
- In which animated movie does the main character compare himself to an onion?
 - Tarzan
 - Up
 - Shrek
 - Aladdin
- What herb should you eat to get rid of onion breath?
 - Thyme
 - Rosemary
 - Mint
 - Parsley
- Which city in the U.S. used to be called the Big Onion?
 - Detroit, MI
 - El Paso, TX
 - New York, NY
 - New Orleans, LA

