



CHELSEA CSA



community supported agriculture

newsletter

AUGUST 9, 2011

VOLUME 12 • ISSUE 9

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 4-7 PM at Hudson Guild, 441 West 26th Street.

what's in the bag...

AUGUST 9th

Early Jersey Wakefield Cabbage
- 1 head

Thyme - 1 bunch

Summer Squash - 1 pound

Cucumbers - 2 heirloom - skins are getting tough as the summer wears on. Better to skin them now.

Wala Wala Onions - 2

Okra - 3

Sun Gold Cherry Tomatoes - 1 basket

Carrots - 1 bunch

Peppers - Biscayne - 3

Eggplant - Raveena - 2
A light green, long eggplant

Slicing Tomatoes - 2 pounds

Optional Fruit Share

Yellow Peaches and
White Nectarines - 1 bag

Donut Peaches - 1 box

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

We finally had rain and the ground softened enough so we could finish the garlic harvest. We worked all day and pulled the bulbs from the earth, crated and then hung the bulbs to dry until cured in the barn. The harvest looks wonderful.

Garlic is one of the favorites of CSA members and also of farmers. We harvest the heads in July, hang to cure. When the heads are dry we separate the heads into bulbs and plant the bulbs in October. The garlic bulb stays in the garden until the next spring time when first the garlic leaves and then the garlic scapes emerge. Some of the first greens of spring time and the scapes are a treat after the long winter without fresh vegetables. We tend the rows of tall garlic leaves until we are ready to once again pull the bulbs and start the process all over.

We save about 1/3 of our harvest for seed stock for planting in the fall. Each head has five or so bulbs and each bulb will produce a head the next summer.

We have been adding products to the Market Place at the farm website slowly but surely. Along with the coffee, honey and maple syrup, our first batch of dill pickles is ready and can be purchased online from the Market Place. We are working with Jim Hyland of Winter Sun Farms, the Winter CSA share, and his partner business Farm to Table Co-Packers. We grow the vegetables and Jim and his crew process them. We plan on offering more products as the season goes on and I will let you know as they are available.

It seems a little early, but time goes so quickly and I wanted to mention that the Farm Festival is scheduled for September 10 from 11:00 - 3:00. It is great fun and a great way to visit the farm, meet a lot of great CSA members and all of us at Stoneledge Farm. Please make a note on your calendar and hope you can make it.

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



RECIPES

Eggplant Salad with Peppers, Mint and Capers-Feta Vinaigrette Serves 4

Adapted from *NY Times*, 2007

- ½ cup extra virgin olive oil
- 3 tbsp freshly squeezed lemon juice
- ¾ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 ¾ pounds eggplant (any kind, or a mixture), trimmed and cut into 1-inch chunks
- 3 ounces feta cheese, crumbled (about ⅔ cup)
- 1 clove garlic, minced
- 1 tablespoon capers, chopped
- 1 pound mixed bell peppers, seeded and cut into 1-inch pieces
- 1 cup cherry tomatoes, halved
- ¼ cup fresh mint leaves

Preheat oven to 425°. Whisk together the oil, lemon juice, salt and pepper. Toss eggplant with ⅓ cup vinaigrette, reserving the rest. Arrange on a baking sheet. Bake, tossing occasionally, until tender and golden around edges, about 30 minutes. Let eggplant cool somewhat. (It can be warm but not hot enough to melt feta or wilt mint.)

Whisk feta, garlic and capers into reserved vinaigrette. In a large bowl, combine eggplant, peppers, tomatoes and mint leaves. Toss with vinaigrette, and serve immediately or within several hours. (It holds up all day.)

Tzatziki Sauce

Good on the side of anything, especially with tomatoes, cucumbers, pita, etc.

Makes about 1 cup

- 1 cup whole milk Greek yogurt
- ½ cucumber, seeded
- 1-2 garlic cloves (depends on size and your preference), finely chopped or pressed in garlic press

Place yogurt in a mesh or otherwise fine strainer and set over a bowl for minimum one hour, but could be overnight. Pour out liquid and wipe out bowl, then put yogurt into it. Add garlic and mix. Then grate cucumber into it and stir to combine. Enjoy right away or put back in the fridge to let flavors marry and get cold. Enjoy for 3-5 days depending on freshness of yogurt. So nice in the summer!

A couple of unique tomato salads, both adapted from Mark Bittman:

Tomato & Peach Salad

Slice peaches and tomatoes in roughly similar size slices, and arrange on a platter alternating 1 slice of each all around the plate. Slice some red onion thinly and throw on top (optional). Chop fresh basil and sprinkle on top, then drizzle balsamic (the thick kind is really good here) and olive oil. Pinch of salt and black pepper.

Tomato, White Beans & Anchovy Salad

Toss cooked or canned white beans with chopped seeded tomatoes or cherry tomatoes, chopped anchovy, chopped olives, olive oil, lemon juice, black pepper, salt if need be, and fresh parsley.

Asian Noodle Cabbage Slaw Serves 6

So fresh and so full of summer flavors—great for picnics or even more formal dinner parties

- 4 limes worth juice
- 1 tbsp sugar
- 1 tbsp minced ginger root
- ¼ tsp cayenne
- 2 tsp salt
- 2 tbsp water
- 5 cups finely shredded cabbage (1/2 small head)
- 2 bell peppers, cut into strips
- ½ cup scallions, thinly sliced
- ½ cup roughly chopped fresh mint
- ½ cup roughly chopped basil
- ¼ cup roughly chopped cilantro
- ¼ lb dried angel hair or spaghetti (thin)

Whisk together lime juice, sugar, ginger, cayenne, salt and water in large bowl. Add cabbage, peppers, scallions, mint, basil, cilantro; toss well. Cook pasta until just tender, rinse briefly under cold water and drain well. Add to cabbage mixture and toss. Can be served room temp or chilled. Can be made 8 hours in advance—keep covered and refrigerated.

HERB CORNER

This is a recipe for preserving this summer bounty. It's great to be able to enjoy the summer veggies from our CSA shares once the colder months begin. This is a very easy, fail-safe recipe. Don't worry about anything going bad—as long as you use the vinegar as prescribed!

Eggplant with Herbs in Oil (or squash, sweet peppers or mushrooms)

From Leda Meredith

Yields 1 pint jar, 4-6 servings

- 1 medium eggplant
- 1 pint cider vinegar (4.5% acidity or above, so most vinegars)
- 8-12 oz. extra virgin olive oil
- Fresh or dried herbs (thyme, bay, marjoram all work well here)

Cut eggplant into ½-in. dice (so they come out roughly in square shapes). Bring vinegar to boil in non-reactive pot. Add eggplant and simmer for 5-7 min (should be enough vinegar to cover veggies—add more if there is not). It is done when if not tough or spongy. Drain, reserving vinegar for another use (salad dressing, etc.). Loosely pack eggplant into clean glass jar(s), tucking in the fresh thyme or other herb as you go. Pour enough olive oil to completely cover the vegetables and herbs. Press lightly with back of a spoon to release air bubbles. Keep on counter for a day or so to let flavors marry, then put in fridge. Ready to eat in 2 weeks, but will keep in the fridge for 3 MONTHS! Serve as antipasto with crusty bread. Can also puree it for a dip/spread.

THE SWEET SPOT

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

Did anyone try that chocolate-onion cake last week? If not, there are more Walla Wallas in this week's distribution—you still have a chance!

Since we're getting our first distribution of carrots today, of course I couldn't help but think about carrot cakes. These were crazy-popular in the seventies, and tended to be overly dense and hard as a rock. The "health food" craze was really gaining ground, and I remember making carrot cakes with all whole wheat flour, no salt, sunflower seeds, brown sugar, molasses, you name it—if it was brown, it was good. (And then we

Carrot Loaf (makes two 9" x 5" loaves)

4 eggs
1¾ cups sugar
1 tsp vanilla
1 cup vegetable oil
3 cups all-purpose flour
2 tsp baking powder
1 ½ tsp baking soda
¼ tsp salt
2 tsp cinnamon
2 cups finely shredded raw carrots

- 1) Preheat oven to 350F. Grease two 5" x 9" loaf pans.
- 2) Beat eggs, slowly stream in sugar, beating until thick. Add vanilla, and gradually add oil and continue beating until thoroughly combined.
- 3) Stir together the flour, baking powder, baking soda, salt, and cinnamon in a separate bowl. Add to the batter and mix just until combined. Add the finely grated carrots. If using nuts and raisins, add them now.
- 4) Spoon the batter into the pans, not more than ¾ full. Place the loaf pans on a baking sheet, and bake 50 minutes to 1 hour, or until a toothpick in the center comes out clean. Cool on a rack.

slathered a lily white cream cheese frosting on top.) Carrot cakes are still pretty dense, although these days we use the word "moist." I prefer it as a loaf cake, with no frosting, just sliced and served with a cup of coffee. The recipe below is adapted from "Sunset Cookbook of Breads," and I still make it from time to time. Finely (rather than coarsely) grating the carrots is key. If you like, mix in ¾ cup each walnut pieces and raisins. And if you insist on that cream cheese frosting, a recipe is below. Enjoy.

Cream Cheese Frosting (from *Joy of Cooking*)

8 oz cream cheese
5 Tbs unsalted butter (optional)
2 tsp vanilla
2-2 ½ cups powdered sugar, sifted

1) The cream cheese should be cold, straight from the fridge. The butter should be at room temp. Personally, I would start out with 1½ cups of powdered sugar and then taste to see how sweet it is.

2) Combine everything in a food processor and pulse just until it is smooth and creamy. Do not over process, it will become grainy. If you like, stir in some grated lemon or orange rind.

3) Frost the cakes only after they have cooled completely.

4) Invite me over for some coffee and cake.



INSALATA CAPRESE

From the island of Capri in Southern Italy, we get the classic Insalata Caprese. It combines the simplest of ingredients to get the most flavorful salad imaginable. Now that the CSA's tomatoes are here in full force, this is a great way to use them. Nothing says "summer" quite like this salad. Take a look at <http://www.initaly.com/itathome/food/caprese.htm> to get a purist's take on this delicious salad. (The original speaks for itself, of course, but I always enjoy innovations.)

Salad Caprese (4-5 servings)

3 large tomatoes, sliced into ¼" slices
1 lb mozzarella, in ¼" slices
Leaves from a bunch of fresh basil (20-30 leaves)
Extra virgin olive oil
Salt and pepper

1) Layer the tomatoes, mozzarella and basil in alternating layers on a large platter. Drizzle with the oil, then season with salt and pepper. Serve.

2) If you really want to stray from the purist's side of things, I've heard tell that slices of nectarines can be a very nice addition to this salad. In fact, give a click here for some of the most impure (and delicious-looking) Caprese salads I've ever seen! <http://www.tastepotting.com/search/caprese/1>



Purist or not, we now take that salad one step further and turn it into a pasta dish:

Pasta Caprese Salad (serves 4-6; adapted from *Cook's Illustrated*)

Pasta Caprese is a classic way of getting the best out of summer tomatoes. *Cook's Illustrated* tackles the issue of melted and clumpy mozzarella cheese on the bottom of the pasta bowl. Their solution is to place the chunks of mozzarella in the freezer for 10 minutes or so before combining it with the hot pasta (unless you're using freshly made Buffalo mozzarella, in which case do not freeze, add it to the tomatoes as they're marinating). Sounds good, although I have to admit there are those of us who don't really mind those clumps of mozzarella. ¼ cup extra-virgin olive oil

¼ cup extra-virgin olive oil
2-4 tsp lemon juice
1 clove garlic, minced (about ½ tsp)
1 small shallot, minced (2 Tbs)
1 ½ lbs ripe tomatoes, cored, seeded, diced
12 oz mozzarella cheese, cut into ½" cubes
1 lb penne pasta or other short tubular pasta
¼ cup chopped fresh basil
1 tsp sugar

1) Whisk oil, 2 tsp lemon juice, garlic, shallot, ½ tsp salt, and ¼ tsp pepper in a large bowl. Add tomatoes, toss to combine; set aside. Do not let tomatoes marinate more than 45 minutes.

2) Meanwhile, place mozzarella on plate and freeze until slightly firm, about 10 minutes. Bring 4 quarts water to a boil in a large pot, add 1 Tbs salt and the pasta, stir, cook until al dente. Drain well.

3) Add pasta and mozzarella to the tomato mixture and toss to combine. Let stand 5 minutes. Stir in basil; adjust S&P if necessary, add additional lemon juice or sugar, if desired; serve immediately.

Test Your VEGGIE IQ

carrots



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.

1. Carrots are excellent for improving what?

- a. Fertility
- b. Complexion
- c. Night vision
- d. Hair growth

2. One study showed that elderly people who included at least one serving of carrots or squash per day had what percent reduction in risk of heart attack?

- a. 25%
- b. 37%
- c. 45%
- d. 60%

3. True or false: Synthetic beta-carotene has just as many health benefits as the real stuff found in carrots.

- a. True
- b. False

4. You can get more beta-carotene when you eat carrots

- a. Raw
- b. Cooked

5. 100 grams of baby carrots will provide you with how many calories?

- a. 22
- b. 35
- c. 48
- d. 69

6. What percentage of your iron requirements will that 100g of carrots give you?

- a. 1%
- b. 3%
- c. 5%
- d. 9%

7. Do purple carrots contain more or less beta carotene than regular orange ones?

- a. More
- b. Less

8. Companion planting is the planting of different crops in proximity, on the theory that they assist each other in nutrient uptake, pest control, pollination, and other factors necessary to increasing crop productivity. Carrots are considered a good companion plant.

- a. True
- b. False

9. Wild carrot is also known as:

- a. *Daucus carota*
- b. Bird's Nest
- c. Queen Anne's Lace
- d. All of the above



same time, last year

Summer Squash
Cucumbers
Cherry Tomatoes
Edamame Soy Beans
Basil
Peppers
Summer Spinach
Hot Peppers
Tomatoes
Fruit: Pears, Donut Peaches, Yellow Peaches

I can't believe it's August already, but even without a calendar the produce is here to give us the time of day. Same time, last year we got our edamame soy beans, always a treat. I wonder how they're doing this year in this insufferable heat and humidity, and if we will see them at all? The summer squash continues, but still in smaller quantities because of the heat. I never thought I'd say this, but I kinda miss them. The carrots this year are quite early, I wonder what sort of weather condition brought that about? No complaints on this end. I'm surprised to see that same time, last year the pears were already ripe enough for picking in early August. But I guess we'll have to "suffer" with all those beautiful peaches and nectarines, and wait patiently for the pears. Enjoy the bounty.

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