

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

October 16, 2007

Hi folks—in past years by mid-October our volunteer slots have all been reserved through the end of the year. Despite the fact that we've sold out shares for the season, we have multiple open shifts still available over the next several months.

Volunteering for one shift per season is a requirement of membership of this CSA, and it's vital to our community that our members honor this guideline. It's particularly important this year as we're building a relationship with our new host site. Christ Church's sanctuary is an inspiring and beautiful location—but it takes a lot more work to keep it clean.

It's a great way to learn more about the CSA and a fantastic opportunity to meet your neighbors!

Please contact volunteer coordinator Carey Johnson at carey@donatoart.com or take a moment to check out the volunteer schedule book, conveniently located at the CSA sign-in table.

Notes From Green Thumb Farm

October is here and finally the summer heat seems to be over. Those days of over 80° early in the month really pushed our vegetables. Our broccoli and lettuce plantings scheduled for November harvests are ready now—4 weeks early! So what this means for November is probably shortages of these crops.

We have plenty of fall greens planted, many oriental greens of different types as well as arugula, broccoli raabs, and swiss chards. Radishes, carrots, and leeks we will have until the end as well as rutabagas, 3 types of turnips, and several types of white radishes. Sweet potatoes were a smaller harvest than last year, so don't expect as many. Our winter squash harvest has been better than normal so we'll have several types of these over the next several weeks. The seasonality continues and we have so much to be thankful for.

Organically Yours,

Farmer Bill



Upcoming Events

The Red Hook Harvest Festival

Saturday, October 20, 10am to 5pm

Celebrate urban agriculture and youth empowerment, food justice and sustainability with Added Value at the Red Hook Community Farm. Activities will include a cider press, pumpkin carving, face painting, musical entertainment, tours of the Added Value farm, cooking demos, delicious local food, "It's My Park Day" activities and more.

For more information, visit Added Value's Web site at www.added-value.org or contact them at 718.855-5531.

Just Food's Fall Wine and Foliage Tour

Saturday, October 20th, 10am-7pm

Ditch the city and delight in the kaleidoscope of colors autumn offers, while sampling your way through a savory selection of award winning wines on Just Food's Fall Wine and Foliage Tour.

Our tour will journey through Long Island at the height of autumn, stopping off at the tasting rooms of Bedell Cellars, Corey Creek and Macari Vineyards. Tickets, starting at \$95, are available through www.brownpapertickets.com/event/19927. The full day tour includes travel to Long Island and back from midtown Manhattan, 11 tastings, and a gourmet boxed lunch from local favorite, The Piping Plover Café. All proceeds benefit the programs of Just Food. For more information please call Sarah Stone at Just Food, 212-645-9880 x244.

Good Food Now!

Saturday, December 1, 8:45am – 6 pm

In partnership with the Northeast Sustainable Agriculture Working Group's 15th Annual Resource Harvest, Just Food presents a Regional Summit on Food, Farms and Community Health at the New School.

Keynote Speakers will be the makers of the soon-to-be-released film, "King Corn," Curt Ellis and Ian Chaney. Workshop topics will include: Climate Change and Agriculture, The Future of Urban Agriculture, School Food, New York's Global Food Footprint, Using Technology to Promote Local Food, Youth Curricula in Gardens and Schools, Farm Bill, Food Advocacy; Farm to Institution, Connections between Racial Justice, Nutrition, Food and Neighborhood Health, and more.

Visit www.justfood.org for more information.

Tomatillo

The tomatillo, a relative of the tomato, is native to Mexico, where it has been cultivated since the time of the Aztecs. The tomatillo is covered with a thin membrane, or calyx, that is a brownish orange color with purple veins. Tomatillos are tart even when ripe and pale golden. They are usually used while fairly green and firm. Cooked tomatillos are great for sauces, and provide the base for traditional Mexican dishes such as mole verde. Raw, minced tomatillos used for salsa or added to gazpacho and guacamole.

To prepare them, peel off the papery husk and then thoroughly rinse the tomatillos to remove the sticky or waxy coating before chopping.

Tomatillos can be kept for about 1 week in the vegetable drawer of the refrigerator. Like tomatoes, they freeze well when cooked. They will keep at room temperature if used within 2 days.

Tomatillo Taco Casserole

1 pound ground turkey, beef, or soy substitute
1 small onion
1 to 2 small hot peppers, chopped (optional)
1 garlic clove, minced
6 cups lightly crushed tortilla chips
2 cups cooked black or kidney beans
1 1/2 cups halved small tomatillos
Salt and freshly milled black pepper
1 cup grated Cheddar or Monterey Jack cheese
1 cup sour cream
1 cup salsa

Preheat the oven to 350°F. Lightly oil the bottom of a 13-by-9-inch baking pan.

Brown the meat in a large, heavy skillet over medium heat. Add the onion, hot peppers, if using, and garlic; cook until tender.

Spread the tortilla chips in the bottom of the baking pan. Top with the meat mixture. Combine the beans, the tomatillos, and 1/2 cup water in the skillet used for the meat. Simmer gently until heated through, about 10 minutes; add salt and pepper to taste. Pour the tomatillo mixture over the meat layer in the pan. Cover with aluminum foil and bake for 20 minutes.

Uncover and sprinkle with the cheese. Return to oven and bake, uncovered, until the cheese melts. Serve with sour cream and salsa as toppings. Makes 4 servings.

From *Recipes from America's Small Farms: Fresh Ideas for the Season's Bounty* by Joanne Lamb Hayes and Lori Stein.

Tomatillo Salsa

This recipe from epicurious.com can be made one day ahead and chilled.

1 lb fresh tomatillos, husked, rinsed, and chopped
1 fresh serrano chile, seeded (for less spiciness) and finely chopped
1/2 cup finely chopped white onion
1 garlic clove, minced
1/2 cup finely chopped fresh cilantro
1 1/2 tablespoons fresh lime juice
1 teaspoon salt

Stir together all ingredients and let stand, covered, about 1 hour.

Sweet Potato, Broccoli, and Tomato Stew

2 tablespoons olive oil
1 large onion, sliced
4 cloves garlic, thinly sliced
1 28-ounce can stewed tomatoes
2 cups cooked or canned garbanzo beans, drained
1 1/2 cups chicken or vegetable stock or water
3 medium sweet potatoes (about 1 pound), cubed
1 medium head of broccoli, cut into large chunks
salt and freshly ground black pepper

Heat the oil in a soup pot over medium heat. Add the onion; cook until soft, about 5 minutes. Stir in the garlic and cook for one more minute.

Add the tomatoes, garbanzo beans, stock, and sweet potatoes. Simmer, partially covered, for about 15 minutes. Add the broccoli, cover, and simmer until the sweet potatoes and broccoli are tender, about 5 minutes. Season with salt and pepper to taste.

Stir-Fried Daikon

2 tablespoons peanut oil
1/4 cup sliced scallions
1 medium daikon, thinly sliced (about 3 cups)
10-12 red radishes, thinly sliced
2 tablespoons water
2 tablespoons soy sauce
1 teaspoon sugar
1/4 teaspoon hot chili oil or more to taste (optional)

Heat the oil in a wok over high heat. Add the scallions, stir fry for 30 seconds. Add the daikon and radishes, stir fry for 1 minute. Add the water and continue stir frying until all the water has evaporated.

Add the rest of the ingredients, mixing together vigorously and cooking for 30 seconds more. Transfer to a serving dish immediately and serve hot.

From *Farmer John's Cookbook: The Real Dirt on Vegetables* by John Peterson and Angelic Organics.

Cobble Hill CSA Core Group

General Coordinator

Chris Caveglia
cjcaveglia@yahoo.com

Treasurer & Membership

Coordinator

Jeffrey Axelrod
jeffrey_axelrod@yahoo.com

Volunteer Coordinator

Carey Johnson

carey@donatoart.com

Publicity Coordinator

Angela Long
Along09@yahoo.com

Website Administrator

Martha Rowen
Mr29@nyu.edu

Newsletter Editor

Amy Blankstein

ablankstein@verizon.net

Site Coordinator: 6/5-7/7

Jackie Glasthal

Site Coordinator: 7/24-9/4

Simone Mogul

Site Coordinator: 7/11-10/23

Sabra Gandhi

Site Coordinator: 10/30-12/11

Tom Kingsley