

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

October 2, 2007

Our very own Christ Church Cobble Hill, which has been an integral part of the Cobble Hill community since 1835 (which makes the church 172 years old!!), is holding an Information Fair on Sunday, October 7th from 12:30pm-3:30pm. The fair will be held on the sidewalk outside the church—if it rains, everything moves inside. Participants at the fair include all the groups that use Christ Church. Participants will include Linden Tree Pre-School, AA, multiple children's group activities (ballet, music, etc.) and Cobble Hill Park. Other organizations from within the community will also attend, including LICH, and art and local community organizations

At 12:30pm within the main sanctuary where we have our pick-up, there will be a Blessing of the Animals. If you have a pet that you would like blessed, feel free to bring them!

Cobble Hill CSA will have a table at the Fair, so drop by and say "hi!"

Notes From Green Thumb Farm

Fall is upon us. The weather will be changing soon as the days get shorter. We still have a field of tomatoes getting ready to ripen. With enough warm days we'll have tomatoes until Halloween. We will start picking some green tomatoes next week. So get out your favorite fried green tomato recipes.

We've started picking out fall greens. Most of the small sized greens can be used in salad; larger-sized leaves can be steamed or stir fried with garlic and olive oil. Try slicing some carrot in for added sweetness.

Our fall farm tour pumpkin picking is Saturday, October 13. Reservations are required as space on the tractor pulled trailer is limited. Call 631.726.1900 between 9 and 5 daily for reservations and more information.

Organically yours,

Farmer Bill



Upcoming Events

Make Your Own Baby Food

Saturday, October 13th 10:30am

Learn canning techniques to prepare nutritious and safe baby food for your baby with Just Food Trainer Ena Nemley, Fordham-Bedford LotBusters Location: East New York Farmers Market, 613 New Lots Avenue, corner of Schenck Ave, Brooklyn.

Canning

Sunday, October 14th 1-3pm

Learn the secrets of preserving your harvest all year long with Just Food Trainer: Michaela Hayes, South Bronx CSA/El Hirosol Community Garden Location: Wyckoff Farmers Market and Garden, 5816 Clarendon Rd, Brooklyn.

For directions and additional information on these two programs and other Just Food workshops, contact Owen Taylor, Just Food City Farms Training and Live-stock Coordinator at 212-645-9880x229 or via e-mail at owen@justfood.org.

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.

The tour, celebrating local vintners and benefiting the programs of Just Food, will give you the opportunity to learn more about the amazing depth of flavor and abundant variety of wines being produced right in your own backyard, meet the talented farmers who grow the grapes and stretch your commitment to buying local beyond veggies...to vino!

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.

Green Tomatoes

According to Farmer John in the *Real Dirt on Vegetables: Seasonal Recipes and Stories from a Community Supported Farm*, that Southern delicacy known as the green tomato makes its appearance in farmers markets, CSA shares and backyard gardens as winter weather approaches. Green tomatoes are harvested before they've had a chance to ripen, and before a killing frost can get to them. Traditionally they were fried in bacon drippings. For this recipe he recommends a vegetable oil, but if you're looking for an excuse to pick up some bacon from Dines Farm this week, I can't think of a better reason!

Fried Green Tomatoes with Crispy Cornmeal Crust

1/2 cup milk, or 1 egg beaten with 1/4 cup water
1/2 cup cornmeal or flour, or a combination
1 1/4 teaspoons salt, plus more to taste
mild flavored vegetable oil
4 large firm green tomatoes, cored, cut into 1/4 inch slices

Line a plate with paper towels.

Put the milk or the egg-water mixture in a shallow bowl; set aside. Put the cornmeal or flour in another small, shallow bowl and stir in the salt and pepper.

Fill a large skillet 1/4-inch deep with oil. Heat over high heat until the oil just begins to smoke, about 3 minutes.

Dip each tomato slice into the liquid, then into the cornmeal or flour. Carefully place the tomato slices in the oil and cook until golden and soft (but not mushy), 3 to 4 minutes on each side (working in batches as necessary). Adjust the heat as necessary to prevent burning.

Transfer the fried tomatoes to the paper towel-lined plate to drain. Season with more salt to taste. Serve immediately.

Serves 4 to 6.

Hot Greens with Ginger, Soy and Sesame

You can use beet greens, mustard greens, spinach, or your greens of choice in this recipe from *Fresh Choices: More than 100 Easy Recipes for Pure Food When you Can't Buy 100% Organic*, by David Joachim and Rochelle Davis.

1 bunch (about 1 pound) beet greens or other cooking greens

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

2 teaspoons minced fresh ginger

1/4 teaspoon crushed red pepper flakes

1 tablespoon organic tamari or soy sauce

1/2 teaspoon toasted sesame oil

1 tablespoon sesame seeds, toasted

Cut the whole bunch of greens crosswise into 3-inch lengths. If using beet greens or another green with sturdy stems, set the stems aside.

Heat the olive oil in a deep, wide sauté pan over medium heat. When hot, add the stems and cook, stirring now and then, until they are just beginning to get tender yet still have good crunch, 2 to 3 minutes.

Add the greens, garlic, ginger, and pepper flakes.

Cook and stir until the greens just begin to wilt, about 1 minute. Remove from the heat and stir in the tamari or soy sauce and sesame oil. When thoroughly incorporated, divide the greens among plates and top with the sesame seeds. Makes 4 small servings

Tomato Soup

Mark Bittman, aka the Minimalist, recommends making this recipe with fresh tomatoes in late summer, early fall.

2 tablespoons extra-virgin olive oil or butter

1 large onion, sliced

1 carrot, peeled and diced

salt and freshly ground pepper to taste

2 cups cored, peeled, seeded, and chopped tomatoes

1 teaspoon fresh thyme leaves or 1/2 teaspoon dried thyme or 1 tablespoon minced fresh basil leaves

2 to 3 cups chicken, beef, or vegetable stock, preferably warmed

Minced fresh parsley or basil leaves for garnish.

Place the oil or butter in a large, deep saucepan or casserole and turn the heat to medium. A minute later, add the onion and carrot. Season with salt and pepper and cook, stirring, until the onion begins to soften, about 5 minutes.

Add the tomatoes and the herb and cook until the tomatoes break up, about 10 minutes. Add 2 cups of stock. (You may prepare the soup in advance up to this point. Cover, refrigerate for up to 2 days, and reheat before proceeding.) Adjust seasoning; if the mixture is too thick, add a little stock or water. Garnish and serve.

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