

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

November 6, 2007

After several months of delays, the Farm Bill is finally taking center stage on the Senate floor. Attempts to push real reform on corporate farming subsidies failed in the House, so this week likely marks the public's final opportunity to have a significant impact on legislation for the next 7 to 10 years.

The Organic Consumer's Union has some great information on the issues, as well as an online petition/message to your representative you can sign (www.organicconsumers.org), as does American Farmland Trust (www.farmland.org).

I find it hard to understand the ins and outs of these issues, so I won't even attempt it. For a succinct, informative article on what's happened to the Farm Bill this year, as well tangible information on amendments worthy of our support, check out Michael Pollan's New York Times op-ed piece from this past Sunday (11/04/07), "Weed It and Reap."

Notes From Green Thumb Farm

Fall now seems to be here. Our eggplants and peppers are done for the year. Because of the recent warm weather, we still have some tomatoes to pick.

Due to the short days they are ripening slow. Sweet potatoes are plentiful. Some winter squash are still in storage and many types of root crops will be brought in the next several weeks.

Look for cabbages, oriental and other greens and some herbs as we finish out the year. Kales--we have five types--as well as collard greens will be growing until the end of the year, as will some scallions. We will continue to bring in a variety of all these for our last weeks of the season.

Time to start thinking of next year. Any suggestions as to how to run our CSA better, talk to your CSA core group members.

Organically Yours,
Farmer Bill



Upcoming Events

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.

Dump Your Junk--Responsibly

Below are some upcoming dates for Electronic Waste Recycling Events sponsored by the Lower East Side Ecology Center.

In Manhattan:

Saturday November 10, from 10am to 4 pm

Sunday November 11, from 10am to 4pm

Monday November 12, from 4pm to 7pm

East side of Broadway between 115th and 116th Sts.

In Brooklyn:

Saturday November 24, from 10am to 4pm

Sunday November 25, from 10am to 4pm

Monday November 26, from 4pm-7pm

Habana Outpost- Eco-Eateries; Fulton Street @ South Portland Ave.

For additional dates and locations and additional information on programs, go to the Lower East Side Ecology Center at www.lesecologycenter.org/calendar.html or to Per Scholas at www.perscholas.org/recycling/residential.html.

Celery Root or Celeraic

Celery root, also known as celeraic, is a versatile root vegetable. Celery root can be kept for several weeks in the refrigerator. Remove the leaves and place the vegetable in a perforated plastic bag to prevent it from drying out.

Celery root is easy to prepare: Wash it, peel it, and cut it—but it oxidizes quickly so sprinkle it with an acid such as vinegar or lemon juice or cook it as soon as it's cut to prevent discoloration.

Short cooking times are recommended, otherwise celery root will turn into a tasteless, sticky paste. Boil it for no more than 10 to 15 minutes; steam it up to 12 to 18 minutes.

Celery root is typically eaten raw, the classic treatment is to cut it into thin strips or cubs and serve it with a rémoulade dressing. It can also be cooked, either on its own or in combination with other vegetables. Celery root is good braised or in a gratin. It makes a great puree with mixed with potatoes.

The following recipes are from *Chez Panisse Vegetables* by Alice Waters.

Celery Root, Potato, and Olive Oil Gratin

4 large russet potatoes (or turnips!)
1 large celery root
2 yellow onions
Extra-virgin olive oil
3 or 4 sprigs of thyme
Salt and pepper
1/2 cup white wine
1/2 cup chicken stock
1 tablespoon butter.

Peel and slice the potatoes and celery root 1/8 inch thick. Cover with water until ready to assemble the gratin. Peel and slice the onions 1/4 inch thick. Sauté in about 2 tablespoons olive oil until golden brown, about 10 minutes.

Preheat the oven to 375° F.

Drain the potatoes and celery root, removing as much water as possible. Strip the leaves off the thyme sprigs. Place half the onions in a gratin dish, season with salt and pepper, and half the thyme leaves. Arrange half of the potato and celery slices over the onions and season with salt and pepper. Make another layer with the rest of the onions, and finish with a top layer of potatoes and celery root. Evenly overlap the celery root and potato slices on the top layer for a finished look.

Pour the white wine and chicken stock over the vegetables; the liquid should come about halfway up. Drizzle generously with olive oil and dot with the butter. Season with salt and pepper and the rest of the thyme leaves, and bake, covered, for about 30 minutes. Uncover and press the vegetables evenly down with a spatula, allowing the juices to baste the top layer. Continue baking, uncovered, for 30 minutes more, or until the potatoes are cooked through.

Serves 6.

Celery Root Rémoulade

1 medium celery root
Salt and pepper
Juice of 1 lemon
3 tablespoons Dijon mustard
1/2 cup homemade mayonnaise
2 tablespoons heavy cream
Parsley

Peel the celery root and cut it into julienne about 1/8 inch thick, either by hand, with a knife or a mandolin, or with the special attachment of a food processor.

In a bowl, dissolve a pinch of salt in the lemon juice, grind in some pepper, and stir in the mustard, mayonnaise, and cream. Toss in the celery root. Taste and correct the seasoning and let stand for at least 15 minutes before serving. Mound it on a plate and sprinkle with parsley leaves.

Serves 3 to 4.

Caramelized Turnips

Preheat the oven to 425° F. Young and tender turnips only need to be dried and rinsed before cooking; older purple top turnips should be peeled. Cut the turnips into halves, or quarters if they are small. Big ones should be cut in half lengthwise and the halves sliced into wedges.

Toss the turnips with a generous splash of olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, then toss them once (if tossed or turned more frequently, they tend to break apart as they become tender). Roast for 5 minutes more and check for doneness—depending on the water content of the turnips, they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized.

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