

# Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

December 4, 2007

Time flies when you're eating great farm fresh produce—December 11 is the last pick up date for Cobble Hill CSA's regular season. While Farmer Bill and the folks at Green Thumb work towards building capacity to extend their harvest through the winter season, we've invited New Paltz-based distributor Winter Sun Farms ([www.wintersunfarms.com](http://www.wintersunfarms.com)) to offer a modified winter share plan of frozen fruits and vegetables sourced from Hudson Valley farmers. **The distribution dates will be once a month on Tuesday evenings—December 18, January 2, February 26 and March 28.**

If you weren't able to buy a share—Winter Sun Farms is in its first year and only had a limited number of shares for this season—don't despair. Dines Farms will be stopping by on those distribution dates as well.

## Notes From Green Thumb Farm

This is my last newsletter for the year as our deliveries will soon end, or have already ended for some groups. Our growing year this past season was typical—some crops did better and some not as well. Overall we felt we had a good season. Plenty of variety over the weeks brought in many staples which people seemed to enjoy: tomatoes, beans and squashes. We had some weeks without lettuce, which we like to bring in weekly. We had shortages of sweet potatoes and our cucumbers and strawberries were not as we would have liked.

Some ups, some downs—that's organic farming. When you're seasonally growing more than 150 types of crops, some are not going to do as well as others.

We hope all our members enjoyed their selections and will return to our CSAs for the 2008 season. We thank you for all your support and for helping our family farm continue providing and selling certified organics.

Organically Yours,

Farmer Bill



As always, you can either pre-order Dines Farms fantastic meat and poultry products for pick up, but they will also bring a variety of items for on the spot purchase. In addition, Dines Farm has partnered with neighboring upstate farms to distribute their products as well. Items from neighboring farms available for pre-order include New York State certified raw milk, honey, maple syrup, sour pickle products, jams, and more.

Dines Farms will post more information, as well as menus of products available for pre-order to the Cobble Hill Community Yahoo group on an occasional basis, so be sure to sign up if you think you might be interested. If you forget, you can always go to their website for more information and contact info: [www.dinesfarms.net](http://www.dinesfarms.net). You can bet I'll be checking out what Dines Farms and their neighbors have to offer.

This has been an exciting season for me in my first year as Cobble Hill CSA's newsletter editor. I've enjoyed getting to know the core group who work so hard make it all happen, learning more about how the CSA actually works, and researching issues, events, and recipes to share with you. Feel free to contact me with questions and suggestions for next year at [ablankstein@verizon.net](mailto:ablankstein@verizon.net). Until next year, best wishes for a great holiday season and a happy and healthy 2008.

—Amy Blankstein

## Upcoming Events

### 2008 CSA Workshop Schedule

The year long series of CSA Workshops covering everything from "How to Talk about CSA" to "How to Plan a Farm Visit" will be starting again in December with "Getting Started with CSA in NYC." These workshops are great for new core group members and new sites but they are open to any CSA members who would like to learn more about how CSAs around the city are managed. You can find the new schedule for 2008 on our website.

And if you are an experienced CSA Core Group Member we would love to have your input during any of the workshops. Workshop attendees frequently write how helpful it is to hear about how other CSAs are run. If you would be willing to share your experiences please contact Paula Lukats at [paula@justfood.org](mailto:paula@justfood.org).

## Jerusalem Artichoke

This week's assortment of vegetables are fairly familiar, so on the off chance that those Jerusalem artichokes are still stashed in a corner of your fridge, I thought I'd share some tips on how to use them.

Jerusalem artichokes, which are also known as sunchokes and share a resemblance to ginger, are versatile tubers native to North America. Serve it raw, baked, steamed, or sauteed. Keep a close eye on cooking times, as overcooking can turn the flesh into an unappetizing mush.

Jerusalem artichokes bruise easily, so handle with care. Wrap them unwashed in a paper towel to absorb the humidity, and place them in a plastic bag in the refrigerator, where they will keep for up to 2 weeks. Jerusalem artichokes are not good candidates for freezing or canning, as both methods spoil the texture and cause the flesh to darken.

Depending on its size, allow 30 to 45 minutes to bake it whole in the oven (about the same time for potatoes), 10 to 15 minutes for steaming, 5 to 7 minutes for sautéing, adding it to the pan at the last minute. Avoid aluminum or iron pans, as contact with these metals will cause oxidation.

Jerusalem artichokes oxidize rapidly, so soak them in water with a bit of lemon juice or vinegar as soon as you cut them. Since they're not easy to peel, Jerusalem artichokes are typically cooked in their skin after being brushed well. If necessary, the skin can be removed once they are cooked, but it should be done before the choke cools and hardens.

The following Jerusalem artichoke recipes are from *The Art of American Indian Cooking* by Yeffe Kimball and Jean Anderson:

### Jerusalem Artichoke Salad

1 pound Jerusalem artichokes, washed and diced  
1/2 cup olive oil or canola oil  
1/3 cup cider vinegar  
1 tablespoon minced scallions  
1 tablespoon honey  
1/2 teaspoon salt  
1/8 teaspoon fresh ground pepper

Place the diced artichokes in a large wooden bowl. Mix the olive oil, vinegar, scallions, honey, salt, and pepper and dress the artichokes. Toss to mix. Let marinate at room temperature for 1 hour. Toss again and serve.

## Jerusalem Artichoke Soup

1 pound Jerusalem artichokes, carefully washed  
2 scallions, washed and sliced  
6 cups water, chicken, or vegetable broth  
2 teaspoons salt  
1/2 teaspoon pepper  
2 eggs, slightly beaten

Parboil the artichokes for 20 to 25 minutes until tender. Drain and slice the artichokes in half. Scoop the flesh away from the skins, pressing it out of the small, knobby portions. Mash the artichokes until smooth.

Place the mashed artichokes, scallions, broth, salt, and pepper in a large saucepan, and simmer together for 15 minutes.

Pour a little of the hot soup into the beaten eggs, stirring vigorously, to temper the mixture. Then return the egg mixture to the soup, stirring and heating for about 1 minute. Serve immediately.

Serves 6 to 8.

## Butter-braised Winter Radish

2 tablespoons butter  
1 tablespoon canola or other neutral oil  
about 1 pound winter radish, washed and trimmed (daikon, black or other; if using black, they should be peeled)  
salt and pepper to taste  
1/4 cup chicken, beef, or vegetable stock, or white wine  
1 tablespoon balsamic or other vinegar  
1 teaspoon sugar

Combine the butter and oil in a medium to large skillet that can later be covered; turn the heat to medium. When the butter melts, add the radishes and cook, stirring, until they are coated with butter, just a minute or two longer. Season with salt and pepper.

Add the remaining ingredients, stir, and cover. Turn the heat to low and cook until the radishes are barely tender, about 5 minutes.

Uncover and raise the heat to medium-high. Cook, stirring, until the radishes are glazed and the liquid is syrupy, another few minutes. Taste, adjust seasoning, and serve.

Serves 4.

From the cookbook I can not live without: *How to Cook Everything: Simple Recipes for Great Food* by Mark Bittman. Bittman, aka "The Minimalist" has a weekly column in the *New York Times*.

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