

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

June 17, 2008

Summer has finally arrived! Hopefully everyone is recovering nicely from the searing heat of last week. Even though its cooled down some, I thought we could still use a break from too much time over the stove. Luckily for us, lettuce is a bumper crop right now and we've got some nice cool weather recipes with minimal amounts of cooking involved.

Salsa is typically my first thought when I see cilantro on our list. However, since we're not quite into tomato season yet, I decided to see what else we could do.

If you don't have time to use it up this week, you can always freeze your cilantro. You can either wash, rinse, pat it dry, then store it in a plastic zip lock (don't forget to remove the air before placing it in the freezer) **OR** break off the leaves, pack 'em into an ice cube tray, fill it up with olive oil or water and freeze it. You can add frozen cilantro cubes to a soup, stir fry, chili, or other cooked dish!

Notes From Green Thumb Farm

This week, Saturday, June 21 is our annual strawberry picking and walking farm tour. It's open to all our CSA members and their families.

The meeting spot is in the field located just east of the farm stand at 829 Route 27 in Watermill, Long Island. Turn right at the second road after the farm stand. This is Rose Hill Road.

The field where we will be meeting is immediately on our right. We will gather at the field entrance and tours will start around 10 a.m. and go for approximately 1 hour each, ending in the strawberry field where each person can pick 1 quart of strawberries.

Tours will be lasting until about 2 p.m., starting every hour until then. There is no charge for berries or the tour. There are no make up dates--tours will happen rain or shine. We hope all members can enjoy the day with us!



Organically Yours,

Farmer Bill

Announcements

Strawberry Picking at Green Thumb this Saturday!

Don't forget, this coming Saturday Farmer Bill will be hosting farm tours and strawberry picking for all CSA members and their families. It's a wonderful opportunity to learn more about where your food comes from and how it gets to you. Farmer Bill is a great host and the strawberry picking is a blast. See **Notes From Green Thumb** below for details.

Fuel Surcharge

A huge thanks to everyone who has already contributed their fuel surcharge so far. According to Jeff, a large majority of members paid up on the first day of the season. If you haven't already, please be sure to get your payment in as soon as possible.

Volunteer Sign Up

Also, if you haven't already signed up for your volunteer shift, please do! This is a volunteer effort and the success of our CSA depends on every member taking part. The schedule and sign up book is available at the sign in table. If you have questions, contact Carey Johnson at carey@donatoart.com.

2008 Farm Bill

After endless amounts of hard work on the part of farm and food advocates, Congress has finally produced a 2008 Farm Bill! It passed the week of May 12th by a veto-proof majority in both the House and the Senate.

Reaction to the bill has been mixed as many would have liked much greater subsidy reform for big farmers. Still others feel that the new bill is better than the old because it includes concrete and far reaching victories for conservation, beginning and minority farmers, local food systems, sustainable biomass production, competition, organic agriculture and even public health.

To see the National Campaign for Sustainable Agriculture's summary of the bill, visit: www.sustainableagriculture.net/2008_farm_bill_chart.php

Cilantro Dressing

From epicurious.com. Makes about 1 2/3 cups.

Ingredients:

1 1/4 cups (packed) coarsely chopped fresh cilantro
1 cup olive oil
5 tablespoons white wine vinegar
2 garlic cloves, peeled
1 teaspoon ground cumin
1 teaspoon minced seeded serrano chile

Combine all ingredients in processor. Blend until almost smooth. Season dressing with salt and pepper. (Can be made 1 day ahead. Cover; chill. Bring to room temperature; re-whisk before using.)

Black Beans with Cilantro

Adapted from epicurious.com. Makes 4 servings.

Ingredients:

1/4 lb dried black beans (2/3 cup), picked over and rinsed
spring onions, finely chopped (1/2 cup)
2 fresh cilantro sprigs
1/2 tablespoon olive oil
6 cups cold water
1/4 teaspoon salt, or to taste

Bring beans, onion, cilantro sprigs, oil, and water to a boil in a 2-quart heavy pot. Reduce heat and simmer, partially covered, until beans are just tender, about 1 1/4 hours. Add salt and simmer, uncovered, until liquid is evaporated to just below level of beans. Season with salt and discard cilantro sprigs.

Notes:

If you don't have time to cook dried beans, rinse and drain a 19-ounce can of cooked black beans. Cook onion in oil in a small heavy skillet over moderately low heat, stirring, until softened, then stir in beans, cilantro, salt, and 1/4 cup water and simmer, stirring, until beans are heated through.

Beans can be cooked 1 day ahead and cooled, uncovered, then chilled, covered. Reheat before serving.

Strawberry, Sugar Snap Pea, and Fresh Herb Salad

This cheerful salad, taken from an NPR story by San Francisco food writer Susan Russo, takes advantage of seasonal sweet strawberries, crisp sugar snap peas and a medley of aromatic fresh herbs.

Makes 4 servings

Dressing:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1/2 tablespoon water
2 teaspoons honey
1 tablespoon fresh lemon juice, preferably Meyer lemon**
1/4 teaspoon lemon zest
Salt and freshly ground black pepper, to taste

Salad:

1 1/2 cups sugar snap peas
8 cups mixed lettuces
1 cup strawberries, cut into 1/4-inch slices
1/4 cup mixed chopped fresh herbs, such as basil, cilantro, dill and mint

To make the dressing, whisk all of the ingredients in a small bowl and set aside.

The sugar snap peas can be eaten raw or cooked. Just remember to prep them first by snapping the top of the pea back and pulling until you remove the stringy spine on both sides of the pod. To cook, simply drop peas in boiling water for 2 minutes; drain and plunge into a bowl of ice water. This will stop the cooking process and preserve the peas' bright green color.

To prepare the salad, mix the mesclun, strawberries and sugar snap peas in a large bowl. Coat with dressing and toss gently. Garnish with additional lemon zest or fresh herbs, if desired.

**Meyer lemons are sweeter than regular lemons. They can be found in organic markets, such as Whole Foods, as well as most major supermarkets.

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