

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

July 15, 2008

After reading Farmer Bill's letter on the documentary *Farming the Future* (see below), I thought members might be interested in finding out more about the Peconic Land Trust. The nonprofit Peconic Land Trust was established in 1983 by John v.H. Halsey and a small group of local residents to ensure the protection of Long Island's working farms, natural lands, and heritage. Since its inception, the Trust has worked diligently with landowners, communities, and municipalities to protect almost 9,000 acres of land, conserving more working farms on Long Island than any other private conservation organization, and securing millions of dollars from the public and private sector for land protection.

The Trust works to preserve the area's scenic beauty and rural heritage by focusing on protecting working

farms, natural lands and wildlife habitats, wetlands and bays, watersheds, and walking trails.

The Trust's major projects include: the restoration of Shellfisher Preserve, a historic shellfish farm includes providing seed clams, oysters, and scallops for local bays and preparing the facility for direct sales to local businesses and consumers; Quail Hill Farm, the longest running community-supported organic farm on Long Island; the restoration of a 19th century English-style barn in Cutchogue; the replacement of invasive plant species with native varieties; and guardianship of thousands acres of agricultural and natural landscapes.

For more information on the Peconic Land Trust, visit www.peconiclandtrust.org.

-Amy Blankstein

Notes From Green Thumb Farm

July is here and summer is in full swing. We're waiting for rain as it's been very dry the last few weeks. Other than that, everything is growing well.

One of our Huntington CSA members has made a film "Farming the Future: Farm Life on Long Island." It's appeared on Long Island public television and is a 2006 winner at the Long Island Film Festival. We have copies available at our farm stand and can deliver them to any of our distribution sites. The price is \$15 with proceeds going to the Peconic Land Trust--a local group dedicated to saving farmland. Call 631.726.1900 with your credit card to purchase.

The film shows local farmers, including me and my brother Larry; our CSA site in Huntington as well as many other Long Island farmers talking about what can be done to save our Long Island farmland. It's an amazing film which should be viewed by all interested in local food and farming.



Organically Yours,

Farmer Bill

Let Us Eat Local

On September 9, join Just Food--the nonprofit organization that supported the creation of Cobble Hill CSA and 61 other CSAs throughout New York City--for an unforgettable evening savoring a diverse sampling of all that is local, picked at the peak of harvest, and skillfully prepared by our region's most sought-after chefs.

This year Just Food inaugurates Let Us Eat Local, a tasting event and awards ceremony dedicated to the pursuit of the organization's delicious mission: supporting local family farmers and ensuring that all city residents can find and afford to eat sustainable, seasonal food.

Let Us Eat Local will take place at Water Taxi Beach in Long Island City. The expanding list of participating restaurants includes Aureole, Angelica Kitchen, Del Posto, Gramercy Tavern, Jimmy's No. 43, Little D Eatery, Little Giant, Palo Santo, Rose Water, Savoy, and Telepan.

In addition to some wonderful food and live music from singer/songwriter Adrienne Young, the event will honor community leaders in the forefront of New York City's food justice movement. For more information about the event and how to reserve your ticket, check out www.justfood.org/events/letuseatlocal.htm.

Fava Beans

Fava beans are a typical ingredient of Middle Eastern cuisine (think ful medames, a dish available at many Atlantic Avenue eateries). When buying favas, look for pods that are bright green in color, with no signs of decay. Unlike green beans, which are best when crisp, the pods of fava beans should be soft; crispness is a sign of dried-out beans.

To prepare fresh fava beans for cooking, follow these two steps: Remove the beans from the cushiony, foam-like outer pod. The beans will be covered with a very pale green inner sheath. Although edible, this sheath is quite bitter in all but the youngest beans. Parboil the beans and peel the sheath off with a paring knife.

Braised Whole Favas

Prepare this dish in the early days of fava season, using only very fresh—preferably just-picked—young favas. Serves 6.

1/2 cup extra-virgin olive oil
Grated zest of 1/2 lemon
1/3 cup fresh lemon juice
2 1/2 lbs. small to medium unshelled favas, rinsed, well-trimmed, and strings removed
15 large cloves garlic, peeled and sliced
Sea salt and freshly ground black pepper
2 tbsp. freshly grated pecorino

Put oil and lemon zest and juice into a large wide heavy nonreactive pot with a tight-fitting lid and heat over medium heat until just warm. Add favas, garlic, and 1/2 cup water, season to taste with salt and pepper, and stir to coat pods. Bring to a simmer, reduce heat to medium-low, and cover pot.

Braise favas, stirring every 15 minutes or so and adding 1/2 cup water at a time, if necessary, to prevent favas from sticking to bottom of pot, until pods are completely tender, 1–1 1/2 hours. Uncover pot and gently stir frequently about 5 minutes before favas have finished cooking to allow pot juices to thicken enough to coat favas well.

Transfer favas, garlic, and juices to a wide shallow dish, let cool, then cover and refrigerate until well chilled, 8–12 hours. Toss with additional lemon juice, if you like, and sprinkle with freshly grated pecorino just before serving. Serve well chilled.
From Saveur.com

Pasta with Fresh Fava Bean Sauce

2 tablespoons extra virgin olive oil
1-1/2 teaspoons minced garlic
1 tablespoon finely chopped fresh oregano
1-1/2 cups chicken stock or canned low-salt chicken broth
salt and freshly ground pepper
2 cups cooked, peeled fava beans
3/4 pound dried fettuccine
4 oz. piece pecorino cheese or Parmesan cheese

Heat the olive oil in a medium saucepan over medium-high heat until hot. Add the garlic and saute briefly until light brown. Stir in the oregano, then add 1 cup of the stock. Bring to a boil, season with salt and pepper, and add 1-1/2 cups of the fava beans. Simmer to blend the flavors, about 3 minutes.

Scrape into a blender container and puree with the remaining 1/2 cup stock until smooth. Return the sauce to the pan and add the remaining 1/2 cup favas. Simmer gently and taste for seasoning. Add salt and especially pepper.

Meanwhile, bring a large pot of water to a boil and add salt. Add the pasta and cook until al dente, about 12 minutes. Drain, reserving about 1/2 cup of the pasta cooking water. Pour the pasta into a warm serving bowl and add the sauce. Toss well and thin with the pasta water, if necessary, until the sauce is glossy and not sticky. Serve immediately and grate the cheese over the top at the table.

Drizzle extra virgin olive oil over the pasta. Just before serving, ladle a little hot pasta water into the bowl for a couple minutes to warm it up. Drain the water before filling the bowl with the pasta.

From seasonalchef.com

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