

# Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

July 8, 2008

Over the past several weeks, we've been treated to some dramatic summer weather with some wild thunderstorms. For city dwellers, severe weather is typically a mere nuisance; but for farmers, it can mean the loss of crops and much-needed income. This summer, farmers are facing dramatic losses, from well-publicized floods in Iowa to hailstorms right here in New York State.

Just over three weeks ago, 15 counties across New York State experienced quarter to golf ball size hail in a severe hailstorm. These include a number of the counties with farms providing CSA shares for New York City. It is events like this that serve as a reminder to us CSA members that with the bounty we receive from our farms also comes a share in the risk. However, with the support that CSAs provide, our farmers are able to recover from the unexpected, get back on their feet, and keep their farms in business.

## Notes From Green Thumb Farm

Summer is here and crops are growing well; plenty of rain and we have enough heat and sun.

Our strawberry crop is done for the year. Because of so many nighttime thunderstorms, the quality of the berries was not as good as they could have been. The berries we picked were very flavorful and delicious, but the season went by too fast.

Our peas are all coming in soon, including snap and shelling beans. Fava beans will be brought in next week, followed by many varieties of fresh beans and summer squashes. Baby carrots and scallions have just begun, so we'll be bringing them in soon. Herbs are still plentiful and will be brought in regularly. Try drying or freezing to preserve these as we will be bringing them in mostly in early summer and fall.

Happy Independence Day to all.

Organically Yours,

Farmer Bill



Being a CSA member is a great way to support local small-scale family farms. If you'd like to broaden your reach and help farmers dealing with the aftermath of wicked weather, consider making a donation to Farm Aid.

Since 1985, Farm Aid has grown from providing emergency relief to family farms, to connecting farmers with business resources to being a leader in the good food movement. Farm Aid supports Just Food, the NYC-based nonprofit that helped support the creation of the Cobble Hill CSA and 61 other CSAs throughout the 5 boroughs.

Farm Aid is collecting donations for farmers affected by the Midwest floods through its Family Farm Disaster Fund. For more information, check out their website at [www.farmaid.org](http://www.farmaid.org).

-Amy Blankstein

## Meet the Core Group

*In the interest of keeping our members connected to the CSA community, the newsletter will occasionally introduce you to our core group members.*

Jackie Glathal will be wrapping up her stint as site coordinator for this season in the next week or two, but this 9-year veteran of the Cobble Hill CSA is a great resource for information whether she's on-duty greeting members or just dropping by to pick up her share.

Jackie is a freelance writer and editor who moved to Kensington 4 years ago. While Kensington now has its own CSA, she's committed to sticking with the Cobble Hill CSA community. "I love the people here and have really enjoyed getting to know our membership through their weekly volunteer shifts."

Jackie says joining the CSA encouraged her to cook more--and better. "It's always an adventure. There were a few vegetables I'd never tried cooking with before I joined--like celeriac or burdock, or lavender, but I enjoyed looking up recipes and experimenting."

Jackie recommends taking advantage of the resources available to members. In addition to the newsletter and the Green Thumb Cookbook, many members have great recipe or storage ideas.

"I always pick up great ideas about what to do with my vegetables," says Jackie. "The Cobble Hill CSA is a really welcoming community. Members new and old should feel free to ask anyone for their thoughts."

## Sorrel

Sorrel is a favorite herb in Europe, where its lemony flavor has been appreciated in cooking for centuries. Sorrel's unique lemony-tart flavor makes a great addition to salads, cream soups, omelets, sauces, and coleslaw. It can be steamed lightly and served with a bit of butter or olive oil, just like other delicate spring greens such as spinach. Sorrel loses its bright green color when cooked, but retains its delicate flavor.

Wash leaves thoroughly in cold water and dry. Sorrel will keep for 3 to 4 days wrapped loosely in a damp cloth or paper bag in the refrigerator door.

### Sorrel Salad with Creamy Chive Dressing

This recipe from Epicurious.com takes about 30 minutes to prepare.

Makes 4 servings.

For dressing

1/4 cup whole-milk yogurt  
1 tablespoon extra-virgin olive oil  
1 tablespoon fresh lemon juice  
1 tablespoon minced shallot  
1 tablespoon finely chopped fresh chives  
1 teaspoon sugar  
1/2 teaspoon Dijon mustard  
1/4 teaspoon salt

For salad

1/2 lb sorrel\*, coarse stems discarded and leaves torn into bite-size pieces (4 cups)  
1/2 lb hearts of romaine, torn into bite-size pieces (4 cups)  
1/4 lb frisée, trimmed and torn into bite-size pieces (2 cups)  
1/2 cup loosely packed fresh flat-leaf parsley  
2 tablespoons loosely packed fresh tarragon, leaves coarsely chopped if large

Dressing:

Whisk together all dressing ingredients in a large bowl.

Make salad:

Toss together all salad ingredients with dressing in bowl. Season with salt and pepper.

## Radicchio

Don't fear the radicchio. Radicchio is a member of the chicory family. Chicories bruise where cut, so prepare them as close to serving time as possible. Discard outer leaves if they are withered or damaged. Wash the head thoroughly in cold water. Drain or dry.

Here are a few ideas on dealing with radicchio from a wonderful resource, *Farmer John's Cookbook: The Real Dirt on Vegetables*:

To cut the bitterness, boil them until just tend and dress them with lemon juice or vinegar and salt.

Combine the younger, inner leaves of the radicchio head with lettuce and any combination of richer ingredients like olives, spicy cheeses, and hard cooked eggs. Or, toss the greens with something sweet like apples, raisins, or a sweet dressing.

Slice into strips and saute or stir-fry them in oil or butter.

Roast 'em: Quarter the heads, lightly coat in oil, and roast at 425°F for 20 minutes, turning halfway through cooking.

Marinate and grill the radicchio, then serve with risotto, white beans, polenta, or a hearty whole-grain pasta.

### Roasted Radicchio with Gorgonzola & Balsamic Vinegar

1 medium head radicchio, cut into 2-inch wedges  
1/4 cup olive oil  
salt & freshly ground pepper  
Balsamic vinegar  
4-6 oz. Gorgonzola (or other cheese), sliced

Preheat oven to 400°F. Lightly oil a 2-quart baking dish.

Using pastry brush, brush the radicchio generously with olive oil and place in a single layer in the baking dish. Season with salt and pepper.

Bake the radicchio for 20 minutes, turning wedges over once midway through cooking. Drizzle with balsamic vinegar and top with cheese. Return to the oven until cheese is melted, about 5 minutes

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#### Cobble Hill CSA Core Group

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