

# Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

August 21, 2007

At last week's pick up, Paula Lukats, JustFood program manager, stopped by to field questions about JustFood and the CSA movement, chat with members, and hand out seeds. In her two-year tenure, Lukats says she's been impressed by the growth of New York City's local food movement. In 2007, 10 new neighborhood CSAs joined JustFood, bringing the city's total to 50 groups. To date, just eighteen farms—all within a 250-mile radius of the city—provide produce for this burgeoning group.

The Upper West Side's Roxbury CSA is New York City's oldest, having started in 1991, but our own Cobble Hill CSA, with nearly 200 members is by far the city's largest group.

The locavore movement is really gaining traction, with groundswell of coverage in national media outlets. You're already doing your part as a member of a CSA, but there are some fun opportunities out there bring greater awareness to smart eating choices. The third annual Eat Local Challenge begins September 1, when thousands of people will commit to eat local for 30 days. For more information on how to participate, check out [www.100milediet.org](http://www.100milediet.org).

## Notes From Green Thumb Farm

August is half way through and the produce is happening. Tomatoes of all types are in full swing. Large red, yellow, orange and heirlooms. Italian paste in multiple varieties of red, yellow, and purple. Mini tomatoes round red, gold, purple, white and yellow with red stripes and grape tomatoes of both red and yellow.

Eggplants are plentiful as well. We'll be bringing in large black and white and Italian black, white and bi-color as well as Louisiana long green, Japanese purple, neon and Rosa Bianca.

We still have plenty of beets, carrots, swiss chard, scallions, and lettuces to round out our menus. And beans of many types as well.

Organically yours,

Farmer Bill



Normally this space is reserved for CSA-related news or events, but I've decided to include one of my favorite recipes for cobbler in hopes that its presence might somehow cause the cosmos to align in such a way that blackberries might once again appear in our fruit share this week.

Granted it's unlikely to have an effect on the outcome, and even if we do get blackberries this week, the reality, for me at least, is that they won't survive long enough to make it into a recipe. Our blackberry supply two weeks ago lasted about an hour, its life prolonged by my attention to putting produce away and a phone conversation with an old friend.

One of the great things about this blackberry cobbler recipe (from *Recipes from America's Small Farms* by Joanne Lamb Hayes and Lori Stein) is that it works nicely with any fruit. Last week I substituted my supply of nectarines and peaches that were in imminent danger of becoming overripe.

## Blackberry Cobbler

4 to 5 cups blackberries  
1/2 cup plus 2 tablespoons sugar  
1 1/2 tablespoons quick-cooking tapioca or cornstarch  
9 tablespoons unsalted butter  
1 cup all purpose flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
1/4 cup milk  
1 large egg, lightly beaten  
Vanilla ice cream (optional)

Toss together the blackberries, 1/2 cup of sugar, the tapioca, and 1 tablespoon of the butter in a medium saucepan and set aside for about 10 minutes to moisten the tapioca. Lightly grease a 1 1/2 quart casserole.

Meanwhile, stir together the flour, the 2 tablespoons sugar, the baking powder, and the salt. Cut in the remaining 8 tablespoons butter with a pastry blender or two knives. In a separate bowl, combine the milk and eggs. Add all at once to the dry ingredients and stir only until just combined. Be careful not to over mix.

Preheat the oven to 400°F. Cook the blackberry mixture over low heat, stirring until it comes to a full boil, about 10 minutes.

Pour the blackberry mixture into the casserole and spoon the topping over all. Bake for 20 to 25 minutes, until the cobbler is golden brown. Serve warm with vanilla ice cream, if desired.

As Farmer Bill mentioned earlier, tomatoes are in full swing. I love summer tomatoes chopped up, tossed with a bit of olive oil, salt and pepper on fresh or toasted bread. Panzanella (bread and tomato salad), a rustic Italian dish, makes great use of bread that's no longer fresh.

### Panzanella

- 3/4 pound day-old crusty peasant-style whole-grain bread, cut into 1-inch cubes (about 6 cups)
- 2 large tomatoes (about 1 pound), trimmed and each cut into 8 wedges
- 3/4 cup sliced unwaxed cucumber
- 1/2 cup sliced red onion
- 1/2 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 10 fresh basil leaves, shredded

In a serving bowl stir together the bread, the tomatoes, the cucumber, the onion, the oil, the vinegar, the basil, and salt and pepper to taste until the salad is combined well. Serves 4 to 6.

Other options that make a nice addition to this recipe include roasted bell peppers, capers, and olives.

### Seared Rainbow Chard with Leeks

- 2 (1-lb) bunches rainbow chard or red and green Swiss chard
- 3 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 2 large leeks (white and pale green parts only), halved lengthwise and cut crosswise into 1/4-inch-thick slices
- 3/4 teaspoon fine sea salt

Cut stems from chard (if leaves are large, cut out coarse portions of rib), then cut stems crosswise into 1/4-inch-thick slices. Stack chard leaves and roll into cylinders. Cut cylinders crosswise to make 1-inch-thick strips of leaves.

Heat butter and oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté chard stems and leeks with sea salt and pepper to taste, stirring occasionally, until slightly soft, 3 to 5 minutes.

Add chard leaves and continue to sauté, stirring frequently, until wilted. (If greens begin to brown before they wilt, sprinkle with a few drops of water.) Makes 8 servings.

### Quick Eggplant Ideas

Toss eggplant slices in olive oil, a splash of balsamic vinegar, minced garlic, salt, and pepper, then throw them on the grill for a flavorful and healthy side dish. (If you don't have an outdoor grill, stove top versions work just as well.)

Perhaps the chilly, rainy weather has you craving something that's heartier and less healthy. Try a rich curry with coconut milk instead. The following Thai green curry dish, adapted from epicurious.com, is incredibly versatile. This version is vegetarian, but you can easily add pork or chicken and serve it over Jasmine rice to make a complete meal. Look for curry paste and coconut milk in the Asian foods section of the supermarket or greengrocer. Nam prik Maesri makes a good curry paste.

If you're really pressed for time, you can cheat the recipe by just using the curry paste, coconut milk and main ingredients. The result won't be as complex, but it'll still be tasty.

### Spicy Eggplant and Green Bean Curry

- 5 tablespoons vegetable oil, divided
- 4 garlic cloves, chopped
- 1 tablespoon chopped peeled fresh ginger
- 1 (14- to 16-ounce) eggplant, cubed
- 8 ounces green beans, trimmed, cut into 2-inch pieces
- 1 tablespoon grated lime peel
- 1 teaspoon Thai green curry paste
- 1 cup canned unsweetened coconut milk
- lime juice, to taste
- fish oil, to taste
- 3 green onions, chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons chopped fresh mint

Heat 4 tablespoons oil in large skillet over medium-high heat. Add garlic and ginger; stir 30 seconds. Add eggplant and green beans. Cook until almost tender, stirring often, about 10 minutes. Cover and cook until completely tender, about 3 minutes longer. Transfer vegetables to bowl.

Add 1 tablespoon oil, lime peel, and curry paste to same skillet; stir 15 seconds. Add coconut milk; bring to boil, whisking until smooth. Return vegetables to skillet; toss until sauce thickens enough to coat vegetables, about 3 minutes. Season with salt. Mix in onions, cilantro, and mint. Makes 4 to 6 side-dish servings.

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