

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

August 5, 2008

With the rising cost of food and national food scares, locally sourced foods and community supported agriculture have become a popular topic in major media outlets. With more than 1,500 CSAs nationwide and 62 in New York City's 5 boroughs, the CSA movement is starting to grab a national foothold. If you missed it on Saturday August 2, here's the link to a story on CSA in NYC featured on ABC Evening News: www.abcnews.go.com/WN/story?id=5503226&page=1.

Meanwhile, *New York Magazine* featured our very own Hepworth farms in a glowing write up in the August 11th issue of the magazine: www.nymag.com/news/features/48929.

—Amy Blankstein

Notes From Green Thumb Farm

We finally had some rain so everything is growing good for now. Our summer crops are all about here. Tomatoes should be arriving next week. Eggplant, squashes, beans, and cucumbers will all be arriving in abundance.

This year at our sites we are weighting items together. Approximate weights are given for each item, but "total weight" is all each sharemember is to receive. Please do not go over your total weight with each of the approximate weights to guide you. This ensures everyone is getting some of each item brought in.

This may take some getting used to, but the easiest way to do this is to bring a large bag, weigh it first, then fill each item into the bag, not going over your total weight for the week.

Thank you all for your cooperation and help on this.

Organically Yours,

Farmer Bill



Events

Michael Pollan: Taking the Plant's Point of View

Friday, August 7, at 7:00 p.m. at the P.S.1 Contemporary Art Center courtyard in Long Island City. \$5 suggested donation. www.ps1.org/calendar

In collaboration with The Horticultural Society of New York, presents a lecture by the revolutionary food journalist Michael Pollan. The award-winning author will lecture on-site at P.F.1 (Public Farm One), a quarter-acre working farm currently installed in the P.S.1 courtyard. With this productive urban farm as a backdrop, Pollan will discuss the power of taking the plant's point of view, what that does for us, and why it is important to solving our environmental problems.

Canning with Classie Parker

Saturday, August 8, at 11 a.m. at East New York Farms. Learn techniques to preserve your harvest all year long! Use mason jars, a hot water bath and your delicious home grown vegetables to make irresistible foods you can eat in the colder months, or that you can give as tasty and beautiful gifts.

Location: East New York Farms, 613 New Lots Ave corner of Schenck Ave, Brooklyn (Take the #3 train to New Lots Ave. Or take the B6, B15, or B83 bus.)

International Food and Film Festival

Saturday, August 16, 2 to 10 p.m. at Hattie Carthan Community Garden. Come groove to the sounds of live African percussion and experience the fresh tastes and cultures of Brooklyn. If you're interested in learning the art of canning, master canner Classie Parker will be teaching a workshop at 5 p.m. All foods are prepared by garden members.

The theme of the festival is many cultures uniting as one community. Films start at 8 p.m. Please call Yonnette Fleming for more details at 718-638-3566.

Location: Hattie Carthan Community Garden, Marcy and Lafayette Aves, Brooklyn (Take the G train to Bedford/Nostrand. Walk one block to Marcy or take the B38 to Marcy & Lafayette).

String Beans

If you needed further proof that summer is here, we're now full into bean season: snap peas, string beans, green beans, wax beans--they're here and Farmer Bill will be delivering many more of them. It's a good thing too, as raw beans are a good source of potassium and folic acid, among other great vitamins and minerals.

Fresh bean pods should be washed just before using them. Remove the top and tail, as well as any strings.

For storage, place fresh bean pods, unwashed, in a perforated plastic bag in the refrigerator, where they will keep for 2 to 3 days. Fresh beans may also be frozen after being blanched, although prolonged freezing (more than 12 months) detracts from their flavor. Before freezing, blanch cut beans for 3 minutes and whole beans for 4 minutes.

Crunchy String Bean Salad with Red Onion and Prosciutto

This recipe from epicurious.com would be equally tasty with or without the Prosciutto.

3 pounds fresh string beans, trimmed
2 cups red onions, thinly sliced
1/4 pound prosciutto di Parma, thinly sliced and cut into long, thin strands*
3/4 cup extra-virgin olive oil
6 tablespoons fresh lemon juice (from 2 lemons)
1 tablespoon fresh rosemary, coarsely chopped
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon red pepper flakes

*Stack several slices prosciutto and slice into long, thin strands no more than 1/8-inch thick.

In large pot of boiling salted water, cook beans until crisp-tender, 2 to 3 minutes. Drain in colander, then immediately transfer to bowl of ice and water to stop cooking. Drain and pat dry. Refrigerate 1 hour, or overnight.

One hour prior to serving, in large bowl, combine beans, onions, prosciutto, olive oil, lemon juice, rosemary, salt, pepper, and red pepper flakes. Toss gently and let stand at room temperature for one hour before serving. Makes 10 servings.

Roasted String Bean and Potato Salad with Radicchio

This recipe from *Cook's Illustrated* serves 4. If using a dark-colored nonstick baking sheet, line the pan with aluminum foil to prevent scorching.

1 pound green beans, trimmed and cut into 1 1/2-inch pieces
1 pound Red Bliss potatoes, scrubbed and cut into 1/2-inch pieces
3 tablespoons extra virgin olive oil
Table salt and ground black pepper
1/4 teaspoon sugar
2 tablespoons red wine vinegar
1 small garlic clove, minced or pressed through a garlic press (about 1/2 teaspoon)
1 small head radicchio, (about 6 ounces), washed and cut into 2-inch by 1/4-inch slices (about 4 cups)

Adjust oven rack to lowest position, place large rimmed baking sheet on rack, and heat oven to 500 degrees. Toss beans and potatoes with 2 tablespoons oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, and sugar in large bowl. Remove baking sheet from oven and, working quickly, carefully transfer beans and potatoes to sheet and spread in even layer. (Do not wash bowl.) Roast until vegetables are tender and well-browned on one side, 20 to 25 minutes (do not stir during roasting).

Meanwhile, whisk remaining tablespoon oil, vinegar, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper in now-empty bowl.

Toss hot vegetables with vinaigrette and cool to room temperature, about 30 minutes. Stir in radicchio, transfer to serving platter, and serve.

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