

# Cobble Hill CSA

community supported agriculture 

Newsletter

[www.cobblehillcsa.org](http://www.cobblehillcsa.org)

September 23, 2008

It's hard to believe that summer's officially over. It's been an interesting season, with a cool spring and hailstorms having a direct impact on what we see in our share. I'm thinking back to last year around this time, feeling overwhelmed by a bumper crop of tomatoes. I'll admit, the scarcity this year was disappointing, but it really made me appreciate appreciate the tomatoes we did get. I was so excited this season when we finally got our first tomatoes--I ran out to Caputos that same night to pick up some fresh mozzarella to celebrate.

I'm in my fifth season of being part of the Cobble Hill CSA. I love each new facet of the season, when the components of the share suddenly change and I'm either excited about the appearance of an old favorite or confronted with a new vegetable to explore.

I'd love to hear your thoughts about what the turn of the season means to to you. If you'd like to share, e-mail me at [ablankstein@verizon.net](mailto:ablankstein@verizon.net)

—Amy Blankstein

## Notes From Green Thumb Farm

Fall is rapidly approaching and our farm tour pumpkin picking is coming soon -- Saturday, October 4. We will be hosting the tour. It will be a riding tour and space is limited on every trailer. We'll be pulling a trailer by one of our tractors around the farm, stopping to look at animals and crops. At the end we will stop at our pumpkin field where each person can pick a pumpkin.

Since space is limited, reservations are required. Tour times will be 10:30, 11:30, 12:30, and 1:30. Call the farm at 631.726.1900 to confirm your spot.

This is the last chance to see the farm and talk to Farmer Bill for the 2008 season. We hope to see everyone here to enjoy the day and visit our farm. The tour will be held rain or shine.

Organically Yours,

Farmer Bill



## Upcoming Events

**Wyckoff Farmhouse Museum Annual Apple Festival**  
Saturday, September 27, 12-4pm, 5816 Clarendon Road, Brooklyn

Enjoy freshly pressed apple cider, hot apple fritters, music and a children's apple craft workshop at Wyckoff Farmhouse Museum's Annual Apple Festival. Located in the Flatbush area of Brooklyn and estimated to have been built around 1652, the Wyckoff Farmhouse is the oldest house in New York State. The Wyckoff Association hosts a variety of events to educate the public about Dutch and English agrarian life during colonial times in the region. For more information, check out the Wyckoff Farmhouse Museum's website at [www.wyckoffassociation.org/museum/events\\_programs.html](http://www.wyckoffassociation.org/museum/events_programs.html)

**5th Annual Long Island Garlic Festival**

Long Island's only Garlic Festival at The Garden of Eve Farm (another NYC CSA farm) in Riverhead will be held on Saturday Sept. 27th and Sunday Sept. 28th from 10am- 6pm.

Chow down on all things garlic, or if you have your own garlic recipe, enter the Great Garlic Cook-off (and receive free admission to the festival)! You can also enjoy a garlic and craft marketplace, live music, pumpkin picking, hay rides and animals.

For more details, check out [www.gardenofevefarm.com/garlic-festival.htm](http://www.gardenofevefarm.com/garlic-festival.htm)

**Gowanus Harvest Festival**

Saturday, October 11, the Yard is hosting a fall-themed celebration of Gowanus proportions. Come to the banks of the canal to enjoy farm fresh food, live music, local vendors, pumpkin carving contests, pony rides, delicious brews and other triumphs of sustainable urban living.

Saturday October 11, 2008

11am-9pm

The Yard- 388-400 CARROLL ST, BROOKLYN

Advanced tickets \$10

Day of Show \$12

For more information check out [www.theyard.ws/The\\_Yard/October11.html](http://www.theyard.ws/The_Yard/October11.html)

## Tat Soi

Tat soi is a close relative of Chinese cabbage and bok choy. It has dark green, spoon-shaped leaves, a subtle peppery flavor, and a crunchy texture. Originally cultivated in Southern China, tat soi is a cool weather crop that is grown in the spring and fall in the Northeast.

Tat soi can be eaten raw, tossed into salads (chop up larger leaves), or as a garnish on sandwiches. Tat soi can also be cooked. Try adding tat soi to sautéed, stir fries, or soups. To prep for cooking, separate leaves and wash thoroughly with cool water.

Tat soi will last about 3-4 days stored unwashed, loosely packed in a plastic container, or wrapped in a damp cloth or paper towel (remember to rewet the towel every other day or so), or in a paper bag in the refrigerator drawer.

To freeze, wash well, blanch for 3 minutes, rinse with cold water, drain, and pack in freezer bags.

## Lemon Pepper Tat Soi

Tat soi  
Olive Oil  
Salt and Pepper  
Red Pepper  
Lemon juice to taste

Wash, dry and chop the tat soi. Heat a little olive oil in the pan. When it's hot add the tat soi leaves and sauté them covered, until wilted. Remove the cover and cook until liquid has evaporated. Season with salt, pepper, red pepper flakes, and lemon.

## Tat Soi with Sesame and Ginger

1 1/2 pounds tat soi (or mix with mizuna, bok choy, or spinach), washed, drained and chopped  
1/2 cup soy sauce  
2 Tablespoons sesame oil  
1 Tablespoon ginger, minced  
2 Tablespoons honey  
1/4 cup vinegar  
1/2 small hot pepper, finely minced (optional)  
2 cloves garlic, pressed  
Salt and Pepper to taste  
1/4 cup roasted sesame seeds

Steam the tat soi briefly until it wilts. Remove it from the steamer and plunge it into cold water to stop the cooking process. Drain it well. In a small bowl, combine the soy sauce, sesame oil, ginger, honey, vinegar, hot pepper and the garlic. Mix well.

In a large bowl, combine the tat soi and the dressing. Add salt and pepper to taste. Refrigerate until it is well chilled (at least 1 hour). Sprinkle with sesame seeds and serve.

## Wilted Tat Soi

Tat Soi  
Olive Oil  
Salt and Pepper  
Vinegar of your choice

Wash and dry the tat soi leaves. Heat a little olive oil in a pan. When the oil is hot, add the leaves and cook covered for a few minutes, until wilted. Season with salt and pepper or a splash of vinegar.

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### Cobble Hill CSA Core Group

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