

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

September 4, 2007

September has officially arrived, and although daytime temperatures are still in the summery mid-eighties, fall is making its arrival felt in subtle ways. The length of daylight has shortened, and the quality of light is ever so slightly shifting.

The harvest season is upon us and, and we'll keep you posted on fun farm and food-related activities throughout the region.

This weekend, New York City will be celebrating the evolution of the local food movement in a very visible and very vocal way. The main event is the all-day Farm Aid concert on Sunday, September 9 at Randall's Island. In addition to headliners Willie Nelson, John Mellencamp, Neil Young, and Dave Matthews and Tim Reynolds and a host of other great musicians, the concert will feature local foods sourced from New York state farmers and food producers.

If an all-day concert isn't your thing, check out the free music and food demos and activities on Saturday at Union Square instead. Checking out either or both events is a great way to show your support for local farmers.

Notes From Green Thumb Farm

Summer is coming to a close and our summer bounty will soon be giving way to our fall crops.

We still have plenty of tomatoes, eggplants, scallions, and carrots. More squash and bean plantings are still coming on. We hope to have winter squash happening as well. Our fall greens will be starting soon. Tat soi and pak choi (a.k.a. bok choi) of several types, as well as a new red mizuna by the end of September.

Broccolis, kales, and cabbages are all in the ground and growing well. Ours sweet potato crop will be harvested in the next couple weeks. Winter radishes and turnips are also planted and will start making their appearance soon. So much to enjoy now and much to look forward to in the next several weeks.

Organically yours,

Farmer Bill



Upcoming Events

Farm Aid will present a one-day celebration of farm and food at the Greenmarket in Union Square on Saturday, September 8th, beginning at 10AM, at South Plaza Union Square. The festival will take place the day before Farm Aid 2007: A HOMEGROWN Festival, Farm Aid's first-ever New York concert event at Randall's Island.

The fair will feature free, live music performances by The Ebony Hillbillies, Nation Beat, Jimmy Nations Combo, The Dittybops and Adrienne Young and Little Sadie.

Farm Aid's "Upstate - Downstate Food and Farm Caravan" will arrive at North Plaza, Union Square at 7:30 AM. The caravan will be loaded with fresh food and produce gathered during its week long tour of the state. The food will be served to crew and concertgoers at Farm Aid 2007: A HOMEGROWN Festival on Sept. 9th at Randall's Island. For the first time at a major concert event, the goal is to serve 100 percent local, organic, humanely-raised and family-farmed food.

"Farm Aid 2007: A HOMEGROWN FAIR," is free and open to the public and will celebrate living the homegrown life with hands-on activities for the entire family including: Food Miles game for kids, live chicken exhibit, Iron Chef for Kids competition with local, family farm food, School Food demos with local food sampling, "How-To" demonstrations on urban composting, farm fresh corn on the cob from the River Tavern, 1950s fire truck, and an hourly drawing for two tickets to Farm Aid 2007: A HOMEGROWN Festival.

For more information about both events and on Farm Aid's mission and programs, check out their Web site at www.farmaid.org.

On Monday September 10th, WHY (World Hunger Year) and The New School invite you to a free evening discussion on global food justice featuring prominent farm leaders from Latin America, the US and Canada. They will discuss the movement for food sovereignty, their struggles for land reform and fair trade, and how to build solidarity and action across borders. The discussion will be held from 5:00pm-7:00pm at The New School's Theresa Lang Community and Student Center (55 West 13th St. 2nd Fl) For more information call 212-629-9788 or go to WHY's website, www.world-hungeryear.com, to register.

Tatsoi

Tatsoi (also called spinach mustard, spoon mustard, or rosette bok choy) is a dark green Asian salad green that has a spoon like shape, a pleasant and sweet aroma flavor like a mild mustard flavor, similar to bok choy. Tatsoi is generally eaten raw, but can be sauteed as a side dish or added to soups at the end of the cooking period. When tatsoi is mixed with other greens it enhances the flavor and nutritional value.

Aside from throwing them into a salad mix, the simplest cooked preparation for tatsoi is to saute the greens in oil with salt and pepper until just wilted. Experiment with different types of oil--olive, canola, or sesame for different cuisines. Pair olive or canola oil with crushed red pepper for an added kick.

Daniel Eardley's Tatsoi Salad with Rutabaga, Bosc Pear, and Horseradish

3 Bosc pears, washed
1 rutabaga, peeled
1 horseradish root, peeled
1/2 cup milk
Sea salt
4 ounces butter
1 tablespoon sugar
Black pepper
1/4 pound tatsoi, trimmed and washed
2 tablespoons walnut oil
Onion sprouts for garnish

Scoop out pears and rutabaga with a melon baller, keeping each separate for cooking. Using a Japanese mandoline, slice about 10 thin pieces of horseradish. Combine slices with the milk and a few grains of sea salt in a small nonreactive saucepan over very low heat. Cook for about eight minutes, turn off flame, and let rest. Melt butter in a nonreactive skillet over medium-high heat. Add rutabaga and sugar and season with salt and pepper. Cook until tender and a little golden, and remove. Cook pears the same way (without sugar); they will brown only slightly. Combine rutabaga, pears, and tatsoi in a mixing bowl. Strain the warm milk into a bowl and slowly add walnut oil, whisking vigorously to create as much froth as possible. Transfer salad to a plate and garnish with dressing and sprouts. From www.nymag.com

Grilled Halibut With Tatsoi and Spicy Thai Chiles

The ginger sauce is a good staple to keep on hand in the fridge — it's excellent with any fish, whether grilled, pan-seared, or steamed. Serve rice on the side, if you like. Serves 4

5 tablespoons sugar
5 tablespoons fish sauce*
1/4 cup water
3 tablespoons fresh lime juice
2 tablespoons minced peeled fresh ginger
2 garlic cloves, minced
2 Thai bird chiles with seeds or 1/2 large jalapeño chile with seeds, minced

1 small carrot, peeled, cut into matchstick-size strips
4 6- to 7-ounce halibut fillets
3 tablespoons vegetable oil, divided

1 shallot, thinly sliced
3/4 pound tatsoi or baby spinach (about 12 cups packed)

Mix first 7 ingredients in medium glass bowl. Season sauce to taste with salt and pepper. (Sauce can be prepared 2 days ahead. Cover and refrigerate.)

Prepare barbecue (medium-high heat). Place carrot in medium bowl. Cover with ice water. Let stand 15 minutes, then drain well. Brush fish on all sides with 2 tablespoons oil. Sprinkle with salt and pepper. Grill until just opaque in center, about 4 minutes per side.

Meanwhile, heat 1 tablespoon oil in large nonstick skillet over medium heat. Add shallot; stir 1 minute. Add tatsoi; sprinkle with salt. Toss until tatsoi is wilted but still bright green, about 2 minutes; divide among 4 plates.

Place fish atop tatsoi. Sprinkle each fillet with carrot; drizzle each with 2 tablespoons sauce. Serve, passing remaining sauce separately.

From Epicurious.com

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