

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

September 9, 2008

The CSA core group would like to extend a hearty thank you to all the volunteers who helped out with painting Christ Church Cobble Hill over Labor Day weekend (Friday and Saturday): Justin Knapp and his roommate, Linda Blyer, Ed Smith, Carmen and Joel Borenstein, Nina Chien, and Justin Pollock and Carey Johnson.

Everyone gainfully rolled up their sleeves to paint the ballet room ceilings and floors, the upstairs kitchen and the flight of stairs up to the ballet room. The CSA volunteers tackled a huge amount of work in a very short time.

The Church is very short-staffed, so they really appreciated the help. The CSA Core Group appreciates the extra effort that all these volunteers showed. It's a great way to show the church how much we appreciate their hosting us.

—Amy Blankstein

Notes From Green Thumb Farm

Labor Day has come and gone and the ending of our summer crops will begin in a few more weeks. We will be having more eggplant, tomatoes, squash, and beans. This month we will also have some Lima beans, soy beans, french horticulture beans (also known as cranberry beans), and black eyed peas. We also have small amounts of okra and winter squash to bring in.

Oriental greens--mizuna, tat-soi, mustards, and pac chois as well as diakon radishes will be arriving soon. More beets, carrots, lettuces, and herbs will also be on your CSA menus. The sweet potato crop looks good for early October.

Farm tour and pumpkin picking will take place on the farm on Saturday, October 4th. More details next newsletter

Organically Yours,

Farmer Bill



Winter Share Sign Up

We're gearing up for the second year of a winter share season. Jim Hyland of Winter Sun Farms will be at the site on Tuesday, September 16 to talk to members about the winter share and to do a cooking demonstration using winter share produce. We will also be accepting applications for the winter share at that time.

The winter share membership drive is from September 16-30. Shares sold out pretty quickly last year, so we recommend members who are interested sign up early! For more information about Winter Sun Farms, check out their website at www.wintersunfarms.com.

Upcoming Events

26th Annual Queens County Fair

Enter your homemade jam, pies, pickles, bread or brownies and maybe win a blue ribbon!

The 26th Annual Queens County Fair is September 20th and 21st at the Queens County Farm Museum. The Fair will run each day from 11:00am-6:00pm.

A traditional county fair with blue ribbon competitions in livestock, produce, home crafts, arts and crafts and more. Enjoy the Amazing Maize Maze, pie-eating and corn husking contests, make your own scarecrow, hayrides, petting zoo and midway. Visit the Bavarian Garden, Irish and German bands, crafts and food vendors. Fun for the entire family! Admission: Adults-\$6.00; children (12 and under)- \$3.00. For more information check out the Queens County Farm Museum website, www.queensfarm.org/events.html.

Meet the Farmer Dinners

Stone & Thistle Farm and Kortright Creek Creamery

The Warren family produces organic goat milk products, eggs, grass-fed beef and lamb and much more on their farm in the foothills of the Catskill Mountains. They also host four-course, prix-fixe dinners each Saturday at their on-site restaurant, Fable. Once a month through October the dinners will feature a different local farmer or producer. Stone & Thistle Farm also has a year-round farm store and seasonal farm tours and tastings. Visit their website, www.stoneandthistlefarm.com or call (607) 278-5800 for more information.

Tomatillo

Tomatillo, also called jamberry or Mexican green tomato, belongs to the nightshade family along with the tomato, eggplant, and cape gooseberry. Native to Mexico, the tomatillo was first cultivated by the Aztecs and played an important role in their cuisine and culture. It has a tart lemon flavor and is available in the Northeast during the summer months.

For proper storage, do not remove the husks. Tomatillos can be stored like a fresh tomato on a counter top or in the refrigerator drawer in a sealed plastic bag. They can keep for up to two weeks in the refrigerator. The husk will turn a brownish green color when the fruit is losing its freshness.

For preparation, remove the husks. The tomatillos may have a sticky surface. Wash in cold water to remove the residue before eating. Tomatillos can be eaten raw or cooked. Add tomatillos to salads, soups, or make into a salsa. Tomatillos can be steamed or stir-fried. Tomatillos contain a pectin-like substance and can be used to thicken soups or sauces.

Tomatillo Stir-Fry

1 tablespoon olive oil
1/2 onion, chopped
1 garlic clove, chopped
15 tomatillos, halved or chopped
1 bell pepper, diced
1 zucchini, cut in rounds or half rounds
8 mushrooms, chopped
salt and pepper
hot sauce (optional)

In a skillet, saute onions and garlic in olive oil until the onions start to become translucent. Add other vegetables and saute until tender, 5-10 minutes. Feel free to be creative and add any other vegetables that you desire. Season with salt and pepper to taste. Add hot sauce or spice if desired. Serve.

Salsa Verde

10 small tomatillos, golf-ball size
salt
1/2 onion, chopped
1 garlic clove
1/2 large jalapeño or other hot pepper
1 tablespoon fresh cilantro
1/2 medium lime
Husk and wash the tomatillos. Put in a pot, cover with cold water and add a pinch of salt. Bring to a boil and let the tomatillos boil until they are tender, 5-10 minutes. Remove from pot and drain. Put tomatillos, onion, garlic, jalapeño, and a pinch of salt into a blender and blend until almost smooth. Add lime and salt to taste. Stir and serve.

Slow-roasted Tomatoes

3 large tomatoes
Brown sugar
Salt
Pepper
Olive Oil
Chopped fresh herbs: basil, tarragon, oregano, sage (optional)

Heat oven to 250 degrees. Line a baking sheet with parchment paper. Slice tomatoes into 3/4 inch slices and arrange on prepared baking sheet. Use a second baking sheet if necessary to avoid overlapping the tomatoes. Sprinkle each tomato with a pinch of brown sugar, salt and pepper. Drizzle olive oil over all the tomatoes and sprinkle with your choice of chopped fresh herbs if desired. Bake for at least 3 hours, or until the tomatoes are shriveled. Let the tomatoes cool before serving.

Serve roasted tomatoes with balsamic vinaigrette for a side dish, use on sandwiches or chop and add to your favorite pasta dish. Adapted from Recipes from America's Small Farms: Fresh Ideas for the Season's Bounty.

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