

# What's in the Bag

Dear CSA Member,

What a beautiful late fall day we enjoyed on Saturday for the Fall Open House. Members from all the sites traveled to the farm to see where their weekly vegetable share comes from. It was a great pleasure to see the children have such a wonderful time. Sitting together to break the garlic bulbs into individual cloves, the members had a chance to meet each other and participate in preparation for next years harvest. We will plant the garlic cloves this week and they will stay in the ground until we harvest them next July. I don't think we could have had a better day to share together. Thank you to all that made the trip to the farm. We're already planning 2004 Fall Open House. Enjoy the vegetables

Enjoy the vegetables -Deb

**Red Potatoes    Purple Top Turnips    Collards    Carrots**  
**Acorn Squash    Onions    Broccoli    Garlic**

**Fruit Share:    Green Bartlett Pears    Golden Delicious Apples    Cortland Apples**

## Featured Item

**About Broccoli** - Put simply, broccoli is one of the most perfect foods for human consumption. It is the superhero of the vegetable kingdom with its rich vitamin A content and its dark green color is an indicator of its hearty carotene content. Broccoli florets, stems and leaves are all completely edible and healthy. In addition to vitamin A, one cup of broccoli contains as much calcium as 4 oz. of milk, as much vitamin C as an orange and significant amounts of folic acid, iron, vitamins B1, B2, B3, B6, thiamin, riboflavin, niacin, magnesium and potassium. If you're a calorie counter, count broccoli in with only 44 calories for one cup chopped and boiled and 24 calories for one cup raw chopped.

## Holiday Gift Ideas

For the past several years, I have bought 1-pound jars of honey to give to family and friends at Thanksgiving and Christmas. I also keep several jars on hand as extra gifts when visiting friends or for when I need an emergency gift. They are always very much appreciated by the recipients.

The new CSA cookbook is also an inexpensive holiday gift, with the bonus of \$2.23 back to the CSA for each \$12 book ordered. I am pairing the cookbook and the honey in gift bags this year.

Finally, for a really great holiday gift, consider the wonderful and affordable virgin wool blankets from Tir na nOg. I have given these to my sisters and nephews at Christmas, and they all love them! - Patricia Janof

## Farm Visit

The showers on Friday night gave way to a beautiful, sunny Fall day in Greene County where members of Carnegie Hill / Yorkville, St. Vincent's, Chelsea and the City Island CSA groups gathered to spend a day on Stoneledge Farm with Pete and Debbie Kavakos. After a stunning morning drive up to the Catskills (some members were not lucky enough to drive up and take a room on Friday night), Debbie greeted visitors with apples, cider and a flat bed full of garlic.

We all met one another while sitting down and separating the bulbs into cloves for planting. Debbie and Pete took everyone on a tour of the fields, pointing out the houses for the honey bees along the way. The kids had a ball running through the corn field while the adults were treated to the natural beauty of rows and rows of green and purple flowering cabbage. The distinctively leafy topped stalks of brussels sprouts were another treat. And like a house guest that doesn't know when his time is through, the beets were available in any quantity to anyone who wanted them.

We took an impromptu hayride (you just cannot take city folks up to a farm and not offer a hayride), had a final cup of cider and said our goodbyes. I hope to see even more members come up next year.

*Note: We would love to post pictures of the farm on the website and in promotional material. If you have any and would like to share them, please contact us.*

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