

WEEK SIX: CARNEGIE HILL/YORKVILLE CSA July 19, 2005

What's in the bag

Dear CSA Member,

I have to tell you that we have never had so much squash and cucumbers and have them look so perfect. Your share will be heavy with them this week and I hope you have a wonderful feast. The really hot, humid and then rainy weather is not the best for storage of vegetables. They will get soft faster than if it were a bit drier out, so keep them in the refrigerator. We are also starting to pick eggplant and peppers. New this week are the Chiogga Beets. This is a beautiful red and white beet that is very sweet and mild. The heat and rain have been pushing the summer vegetables a long and we've been trying to keep up with them.

Enjoy the vegetables-Pete and Deb

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| Lettuce | Bright Lights | Swiss Chard | Summer Squash | Slicing |
| Cucumbers | Boothby Cucumbers | Pickling Cucumbers | Scallions | |
| Peppers | Early Jersey | Wakefield Cabbage | Chiogga Beets | |
| Orient Express | Eggplant | Mint | | |

OPTIONAL FRUIT SHARE

Certified organic currants Peaches Apricots

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| WHAT TO DO WITH WHAT YOU GOT THIS WEEK |
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CHIOGGA BEETS Don't overcook these beets or the beautiful circles will fade. Try thinly slicing cooked beets in a bowl and drizzling with olive oil, a splash of balsamic vinegar and salt to taste. Serve this salad (or side dish) at room temperature or slightly chilled. Optional: Crumble some Feta or Blue cheese on top.

LETTUCE This is probably the last of the lettuce until the fall planting. Enjoy!

EARLY JERSEY WAKEFIELD CABBAGE This is an heirloom variety of cabbage; the heads are small and arrow-shaped. It is delicious; use as you would any cabbage.

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| HOW TO CONTACT US: |
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Organic farms produce the same yields as conventional farms with less energy

Just another reason to feel great about choosing a CSA: A 22-year trial of organic vs. conventional farming methods published in the July issue of Bioscience has concluded that organic farming produces the same yields of certain crops (corn and soybeans) as conventional methods, but uses 30 percent less energy and water. In fact, under drought conditions, organic farming methods produced higher yields than conventional farms. All that with no pesticides! Organic agriculture systems also absorb and retain significant amounts of carbon in the soil, a finding that has implications for global warming. Soil carbon in the organic systems increased by 15 to 28 percent, the equivalent of taking about 3,500 pounds of carbon dioxide per hectare out of the air, according to the lead study author.

CSA Q&A

Ask us anything...about your share, organic produce or healthy eating. Send your question to our email address.

Q: "Last week, at my pick-up site on 90th street, one of the volunteers told me that the currants in the fruit share were "certified organic." What about the other fruit?"

A: The currants are labeled that way because they come from Stoneledge Farm, where everything produced is certified organic. As for other fruits, Deb contracts with local fruit farmers on our behalf. She's searched for organic free fruit farmers (plums, cherries, apricots, apples, pears) on both sides of the Hudson, but in the northeast, tree fruits have problems that necessitate nonorganic spraying. (Our brochure does state that "fruit is...not strictly organic.") According to Deb, in addition to currants, we'll be getting certified organic raspberries from Stoneledge Farms this summer, and hopefully a crop of blackberries next year. "We planted two more acres of different types of raspberries and blackberries this spring, but it takes a year for them to establish," she says. We're betting that they'll be worth waiting for!

RECIPES

These recipes are quick and easy and use three of this week's offerings—zucchini, mint and cucumbers.

Kolokythia Krokettes (Zucchini Pancakes)

3 c. grated zucchini
1 t. salt
3 eggs
1 c. Feta cheese, grated/crumbled
1 1/2 t. fresh mint leaves, minced
3T. flour
Pepper
Butter
Mix zucchini with salt and let stand 1 hour. Squeeze out moisture. In bowl, beat eggs. Add remaining ingredients. Melt butter in skillet. Fry 1 tablespoon at a time over medium heat. Brown on both sides. Makes 18 pancakes or 6 servings.

Cucumber Dip (Tsaziki)

2-3 c. full fat yogurt
1 cucumber, seeded and coarsely chopped*
salt
4-6 cloves garlic, chopped
1-2 T. olive oil
salt and pepper to taste

For a thicker dip, strain yogurt by spooning into cheesecloth over a tall pitcher. (Cheesecloth should sag into pitcher.) Place in refrigerator 4-6 hours. (Save whey for another use.) Place chopped cucumber in colander in the sink and sprinkle with salt; let drain for 1 hour. Spoon yogurt into bowl; add cucumber and garlic. Mix thoroughly. Drizzle with olive oil and season to taste. Chill until ready to serve; use as a dip or a side dish.

*Note: This recipe assumes one large cucumber, so you'll have to adjust the number of smaller Stoneledge Farm cucumbers accordingly.