

WEEK NINE: CARNEGIE HILL/YORKVILLE CSA August 9, 2005

What's in the bag

Dear CSA Member,

In a grand flurry of orange, the Sun Gold Cherry Tomatoes are finally ripening. For such a hot summer the tomatoes are very slow to ripen. Louisiana Long Green Eggplant is another new addition this year. I haven't tried them yet; they look a lot like the Orient Express, only green. Lipstick Sweet Peppers are some of the sweetest heirloom peppers; this is the first year we have tried them. They are small but very good. We picked all of the summer onions for your share this week and they are all sizes. They will not keep very long, so use them up within the next week or two. We harvested the garlic last week and it is hanging in the barn, drying. Next week the storage onions will be harvested. We cure them in the greenhouse on the benches that held all our transplants this spring. Pete rigged up a huge barn fan in the doorway to keep the air circulating. Vegetables that will be ready for your share this fall. Enjoy-Pete and Deb

Lipstick Sweet Peppers	Summer Squash	Small Cucumbers	Perpetual Spinach	Slicing Tomatoes	Sun Gold Cherry Tomatoes	Melon
Summer Onions	Lilac Bell Peppers	Opal Basil	Kohlrabi	Louisiana Long Green Eggplant		

OPTIONAL FRUIT SHARE

Shiro Plums Peaches Nectarines

WHAT TO DO WITH WHAT YOU GOT THIS WEEK

OPAL BASIL You can use this wine-dark basil just as you would the jade-green variety. Another great thing to do with a bunch is to immerse in a light, clear vinegar. Let sit for 24 or so hours, until the vinegar changes to a beautiful pink shade. Use the basil-flavored vinegar in dressings.

MEMBER TO MEMBER AD

I'd like to hire someone to cook meals, particularly dinner, for me and my husband, Monday through Friday, during August and September, and perhaps October. We live between Madison and Park on East. 90th St. You don't need a lot of experience, but should be able to improvise with ingredients on hand instead of needing to follow recipes. Any type of regional/international cuisine is fine, so long as it has moderate fat/cholesterol content. Phone or email your interest to the CSA office.

HOW TO CONTACT US:

Voice Mail: **212-502-8562**

Email: veggies@mindspring.com

Web page: <http://veggies.home.mindspring.com/>

CSA Q&A: ASK US ANYTHING

...about your share, organic produce or healthy eating. Send questions to our email address.

Q: Did anyone else catch the CSA mention in the August 7th *New York Times* Real Estate section? The 'Living In/Kingsbridge, the Bronx' piece had a nice write-up about their local CSA, under the subheading 'What to Do.' The reporter devoted two whole paragraphs to the Riverdale CSA on Mosholu Avenue, where members commit to "help with food distribution once a season. The basic share cost is \$422." There are over 30 CSA sites in New York City. So if you have friends, relatives or co-workers who are interested in joining, direct them to our web site, <http://veggies.home.mindspring.com>, or Just Food, a non-profit organization that helps link farmers with community groups to start CSAs, at 212-645-9880 or <http://www.justfood.org/csa/locations/>.

RECIPES

Nectarine Salsa

3 large ripe nectarines (about 1 lb) pitted and chopped

½ c. chopped white onion

2 T. fresh lime juice

2 T. finely chopped Serrano chile, including the seeds

1 tsp. finely chopped fresh cilantro

1 tsp. sugar

¼ tsp. salt

Stir together all ingredients; let stand at room temperature, stirring occasionally, 1 hour to allow flavors to develop. Makes 2 cups. Fantastic on grilled fish, chicken or pork or as a dip for tortilla chips.

Classic Caponata (from Bon Appetit)

5 T. olive oil

1 1/2 1 1/2-lb. eggplant, unpeeled, cut into 2-inch cubes

1 medium onion, cubed

4 large garlic cloves, chopped

1 14 ½-oz. can diced tomatoes with Italian seasonings in juice

3 T. red wine vinegar

2 T. drained capers

1/3 c. chopped fresh basil

toasted pine nuts

Heat oil in heavy large pot over medium heat. Add eggplant, onion and garlic. Saute until eggplant is soft and brown, about 15 minutes. Add tomatoes with juice, then vinegar and capers. Cover and simmer until eggplant and onion are very tender, about 12 minutes. Season to taste with salt and pepper. Mix in fresh basil. Top with pine

nuts. Serve warm, at room temperature or cold. Serve with baguette slices or crackers. Makes 6-8 appetizer servings.

Salad of Greens and Fried Eggplant (from Bon Appetit)

1 shallot, minced

2 T. fresh lemon juice

¼ tsp. ground cumin

7 T. olive oil

1 ½ c. fresh Italian parsley leaves (loosely packed)

1 ½ c. arugula (loosely packed)

1 c. fresh basil leaves (loosely packed)

1 c. spinach leaves (loosely packed)

1 c. mint leaves (loosely packed)

2 10-12-oz eggplants, stems cut off

Kosher salt

Whisk shallot, lemon juice and cumin in small bowl. Whisk in 4 T. oil. Season dressing with salt and pepper. Combine herbs and greens in large bowl. With vegetable peeler, remove eggplant peel in strips every 1 to 1 1/2 inches, to make a striped pattern. Cut eggplants crosswise into 1/3-in. thick rounds. Place in large colander. Sprinkle generously with kosher salt and toss to coat evenly. Let stand until rounds soften and release moisture, about 1 hour, tossing occasionally. Rinse rounds and press to release extra moisture. Place on paper towels. Heat 3 T. oil in large skillet over medium-high heat. Working in batches, fry rounds until gold and soft, adding more oil if needed. Cool. Arrange on plates. Top with greens and dressing. Makes 6-8 servings.