

Carnegie Hill CSA

Week Nine * August 4,

2009

What's In the Bag, from Stoneledge Farm

Dear CSA Member,

I think we knew in our hearts that it was a matter of time, but continued to do everything we could to keep our tomatoes and potatoes free of blight. The unrelenting rain and cold weather have been ideal conditions for the fungus (Late Blight) to thrive. After the blight was first discovered on transplants in the western part of the state, it moved quickly across the state fueled by the perfect weather conditions. Last week the Late Blight hit our fields and we needed to take down all of the tomatoes and remove the vines of the potatoes.

There will be no tomatoes this year. We consulted with the Cornell vegetable specialist for our area, and we were advised to remove and destroy all of the plant material from the tomato crop and take down all of the potato vines. I can't put into words how disheartening the whole process has been. The vegetable specialist said that there is barely a farm without blight in our area, conventional or organic, but it is little comfort.

We know how much members look forward to tomatoes of summer and have worked at our tomato crop for months. Seedlings were started in March, transplants planted in May, and all of the tomato plants were staked in June. We had three different plantings because we planned to have an extended harvest and all three had to be removed from the fields. All of the stakes that we have used will need to be disinfected and the twine destroyed. The blight is not supposed to continue over the winter, but we needed to take every precaution to insure that we have future harvests of potatoes and tomatoes.

The potatoes are underground, and as long as we removed the vines early enough, the harvest should be fine. Pete bush-hogged the vines, as close to the soil as possible. The next day we received four inches of rain, and some of the potatoes on the top of the hills were exposed. We have been picking those potatoes all day, again, in the rain.

Tips & Recipe

To build on last week's advice, **some foods, including certain vegetables, shouldn't be frozen.** Real Simple magazine online has lettuce, cucumbers, and celery on their list of water-rich vegetables that will be soggy when you defrost them. Also included on the list are soft cheeses (cottage, ricotta, cream cheese), eggs, and mayonnaise. Type the magazine name and the title "Are There Any Foods You Can't Freeze" in your web browser for more information.

Sautéed Peppers with Eggplant and Potatoes (A Spanish-influenced meal modified from a recipe on About.com)
Wash four mild peppers, remove the seeds, and slice in 3" long pieces. Wash one eggplant (it's your choice to peel it or not) and cut 3/4 of it in long pieces to your desired thickness. Peel three potatoes and cut them in half and then into 1/8" pieces. Mince three cloves of garlic. Heat olive oil in a pan and once it's hot, add in all of the ingredients. Sauté everything until the potatoes are soft and browned. Salt and pepper to taste.

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Week Nine Veggie List

Fennel (1 bulb)*
Early Jersey Wakefield Cabbage (1 head)
Summer Squash (1 lb)
Opal Basil (1 bunch)
Spinach (1 bunch)
Cucumber (1) Good for slicing
Potatoes (2 lbs) *First of the season*
Peppers (3 Islander Lilac and 1 green & long)
Eggplant (1)
Summer Onions (2)

**I looked up a recipe, and it said to take out the core, slice the fennel finely, and squeeze a lemon on top. Add 1/4 cup olive oil. Let sit, and use it as a side dish or add it to a salad with the fennel olive oil as a dressing. It is delicious. -Deb*

On a more positive note, we have beautiful vegetables this

Fruit Share

Peaches, Nectarines, and Formosa Plums (1 bag)
Apricots (1 basket)



week again, in abundance in your share. This is the advantage of having such a diversified farm.

I would also like to let members know that we are still planning on the **member farm visit** on the second Saturday in September. We have been a bit reluctant to make many plans because this summer a good day is one that is just heavy rain without thunder and lightning, when the cellar hasn't flooded.

I will send more information next week about the farm visit.

Enjoy the vegetables and fruit—the share is beautiful!

-Deborah, for everyone at Stoneledge Farm

