

WEEK 4

6/29/09



# east88street CSA

## \*This week's note from the farm\*

### Dear CSA Member,

More rain-we are really starting to feel a bit starved for sunshine. I'm sure it will come in time.

I write this short piece and send the list of vegetables before we really start picking. It is based on a good guess and a hope. This week we are planning and hoping to send Sugar Snap Peas. The rain has been a trial and the peas will wait until they are dry to pick. We will take every small bit of dry weather that comes and try to get everyone's share picked this week. When the peas do arrive, you should use them right up. I don't think it should be too much of a burden because the Sugar Snap Peas are delicious. Just pull the string that lines the back of the pea and use the whole pod. These are a pea that is grown for the sweet pod and not for the peas inside. They are great raw or quickly steamed.

I am taking photos of each of the vegetables for the photos section of the farm website. There are all of the different Summer Squash that we grow photographed and labeled this week.

Enjoy the vegetables-  
Deborah, for everyone at  
Stoneledge Farm

## \* Reminders \*

Don't forget to **bring bags**  
for your veggies!

**Sign up to  
volunteer!**

## \*This week's veggies\*

**Sugar Snap Peas** - 1 pound

**Garlic Scapes** - 4 each-this is  
the last of the scapes

**Red Leaf Lettuce** - 2 heads

**Escarole** - 1 head

**Silverado Swiss Chard** - 1  
bunch

**Summer Squash** - 2 pounds

**Parsley** - 1 bunch

## \* Fruit Share \*

**Coming next week!**  
**See announcements if you'd  
like a fruit share.**

## \*FROM The CORE GROUP\*

### Dear East 88th Street CSA Members,

According to the calendar summer is here, and today was one of the first days that I have really believed it! The vegetables, however, have known for some time and the summer harvest is ripe and ready. There are lots of announcements this week. If you have any questions, you can always check our joint website, [www.chycsa.org](http://www.chycsa.org) or send me an e-mail at this address.

Ashley Firestone  
For the East 88th Street  
CSA Core Group

## \*announcements\*

### Volunteers

Thank you to our volunteers this week!

3:30 - 5:30: **Annie Reed, Sharon  
Batista**

4:30 - 6:30: **Heather Mallow, Jon  
Stancato**

5:30 - 7:30: **Yusylin Hsin**

If you have not yet signed up on [www.localfork.com](http://www.localfork.com) to volunteer, please do so soon. We still have a good number of shifts to fill throughout the rest of the summer and fall. Thank you for helping our CSA operate smoothly by volunteering.

### Here are the shift times to choose from:

**3:30 - 5:30** Set up and sign in members

**4:30 - 6:30** Sign in members

**5:30 - 7:00** Sign in members and  
clean up

## \*ANNOUNCEMENTS cont'd

**Coffee shares Stoneledge farms** is still offering coffee shares grown and harvested by local Mayan families in the highlands around Lake Atitlan, Guatemala. The coffee beans will be locally roasted before delivery, once a month with the CSA Vegetable and

**Fruit shares** for a total of 6 deliveries. Members who would like to add a Coffee Share to an existing vegetable share, please fill out this form and mail it to Stoneledge, or email Deb directly.

**Flower Bouquets** from The River Garden begin July 7. You can email these farmers, Bernadette and Walt, at [wkowa92411@aol.com](mailto:wkowa92411@aol.com). We will have flower membership forms at the site. You can also download their forms from our web site (remember, it's [www.chycsa.org](http://www.chycsa.org)); click on the Farms and Products link to find it. Bouquets are just \$10/week if you

buy the Fresh, Fall or Full share, and we truly are getting some of the most varied, creative bouquets available anywhere.

### **Meat, Poultry, Dairy, and More From Lewis Waite Farms**

Our CSA has also partnered with Nancy and Alan Brown of Lewis Waite farms for their delicious and organic meat products. Nancy has rounded up a wonderful group of local farmers, bakers, and more, who make wonderful local items and bring them to us bi-weekly (jam, granola, artisanal breads and cheeses are just a few of their partner products; the entire list can be found here). There are recipes on the website, adjacent to many of the products. Lewis Waite Farm raises free-range pigs and cows. The cows are totally grass-fed from their own fields, which recently were certified organic. Below is the order and delivery timeline for the summer; you can contact Lewis Waite Farms directly through their website to order items a la carte. Your items will be held under your name at Church of the Holy Trin-

ity with the vegetables on Tuesdays.

### **Delivery Date (Order deadline)**

July 7, 2009 (July 2)  
July 21, 2009 (July 16)  
August 4, 2009 (July 30)  
August 18, 2009 (August 13)  
September 1, 2009 (August 27)  
September 15, 2009 (September 10)  
September 29, 2009 (September 24)  
October 13, 2009 (October 8)  
October 27, 2009 (October 22)  
November 10, 2009 (November 5)  
November 24, 2009 (November 19)

### **Contact info for the farm:**

Alan & Nancy Brown  
135 Lewis Hill Lane  
Town of Jackson  
Greenwich, NY 12834  
Lewis Waite Farm  
Grass-Fed Grass-Finished Beef  
Natural Pork  
[www.csalewiswaitefarm.com](http://www.csalewiswaitefarm.com)  
[www.lewiswaitefarm.com](http://www.lewiswaitefarm.com)  
518-692-3120 or 518-692-9208

## \*RECIPES\*

### **GARLIC SCAPE AND ALMOND PESTO**

from Dorie Greenspan's blog (<http://www.doriegreenspan.com/2009/06/i-seem-to-be-on.html>)

Makes about 1 cup

**10 garlic scapes**, finely chopped

**1/3 to 1/2 cup finely grated Parmesan** (to taste and texture)

**1/3 cup slivered almonds** (you could toast them lightly, if you'd like)

**About 1/2 cup olive oil**

**Sea salt**

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil

and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest.

### **PICKLED SUGAR SNAP PEAS**

From Smitten Kitchen blog (<http://smittenkitchen.com/2009/06/pickled-sugar-snap-peas>) adapted from *The Joy of Pickling* via Epicurious

**1 1/4 cups white distilled vinegar**

**1 1/4 cups cold water**

**1 tablespoon kosher or pickling salt**

**1 tablespoon sugar**

**1 pound sugar snap peas**, stems trimmed and strings removed

**4 garlic cloves**, sliced

**1 or 2 small dried chile peppers**, slit lengthwise or a couple pinches dried red pepper flakes

In a nonreactive saucepan, heat the vinegar with the salt and sugar until they are dissolved. Remove from the heat, and add the cold water. (This gives you a leg up on getting the liquid to cooling the liquid.)

When the vinegar mixture is cool, pack the sugar snaps, garlic and chile peppers or flakes into a 1-quart jar or bowl, and pour the brine over it. Cover with a non-reactive cap, or, er, plastic wrap.

The original recipe suggests you store the jar in the refrigerator for two weeks before eating the pickled peas, but good luck with that. They're quite delicious and already lightly pickled by 24 hours later.

\*\*\* ENJOY !!