

WEEK 5

7/07/09

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

**FROM The
CORE GROUP**

east88street CSA

Dear CSA Member,

Another muddy, wet week of cold and constant rain storms. The rain has been coming later in the day and during the night, so for the most part, we are able to slog through the fields to pick the vegetable shares. There is no hoeing or cultivating because of the wet soil, but even the weeds seem to be held back by the weather. The weatherman calls for a bit of sunshine later in the weekend.

The vegetables keep coming even with the extreme weather we have had. New this week is the Early Jersey Wakefield Cabbage. It is an heirloom variety that is very sweet and has a distinctive pointed top. The Romaine Lettuce, Raddichio, Red Scallions will be perfect salad ingredients. One more week of Sugar Snap Peas and then they will be a spring time garden memory.

The Fruit Shares start this week for the members that have registered for the optional Fruit Share. We are trying to work with as many local farmers as possible and this is the first year we will have local Black Currants and White Sweet Cherries. I have included a few ideas to use the Black Currants because they are rather tart if not cooked and sweetened with honey or sugar. They are a super fruit as they have twice the potassium of bananas, four times the vitamin C of oranges, and twice the antioxidants of blueberries.

With all of the fruit shares come boxes and flats. We would appreciate having them returned to the farm to use again. Members have requested less plastic bags so we are trying pulp baskets for the early fruit. They have been expensive to purchase and would like to be able to re-use them.

Deborah, for everyone at Stoneledge Farm

Dear East 88th Street CSA Members,

Hoping everyone had a happy and healthy Fourth of July! This weeks marks the start of the fruit and flower shares, and there is a pick-up for the delicious meats/cheeses/etc. etc. etc! from Nancy and Alan at Lewis Waite Farm.

We will also be posting a newsletter each week on our website, designed and compiled by our very own member Rose Liebman. You can see last week's newsletter here, and you can look for future newsletters, along with plenty of other tips and information on the CSA website, www.chycsa.org.

Ashley Firestone
For the East 88th Street
CSA Core Group

announcements

Volunteers

Thank you to our volunteers this week!
3:30 - 5:30: **Sarah Kresberg, Joan Margiotta**
4:30 - 6:30: **Elizabeth Manus, Claudette Scheffold**
5:30 - 7:30: **Eri Noguchi, Francine Zerinsky**
If you have not yet signed up on 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

This week's Veggies

Sugar Snap Peas - 1 pound
Summer Squash-2 pounds
Raddichio-1 head
Romaine-1 head
Red Scallions-1 bunch
Early Jersey Wakefield Cabbage-1 head
Summer Spinach-1 bunch
Summer Savory-1 bunch-(use very much like Thyme)

** Fruit Share **

1 basket
Black Currants
1 basket
White Sweet Cherries
1 basket
Black Sweet Cherries

** Reminders **

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

Sign up to volunteer!

*announcements cont'd

Fruit Shares and Flower Bouquets begin this week! A limited number of flower shares are still available by downloading the form from our web site (remember, it's www.chyrsa.org); click on the Farms and Products link to find it. If you sign up now, you may deduct \$10 as you'll be missing the first week's bouquet.

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.

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). 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 Trinity with the vegetables on Tuesdays.

Delivery Date (Order deadline)

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)

www.csalewiswaitefarm.com

www.lewiswaitefarm.com

Greenwich, NY 12834

Lewis Waite Farm

Grass-Fed Grass-Finished Beef

Natural Pork

www.csalewiswaitefarm.com

www.lewiswaitefarm.com

518-692-3120 or 518-692-9208

RECIPES

Stir Fry Pork with Chinese Cabbage or Bok Choy

*Adapted from Gourmet Servings:
Makes 4 servings.*

Ingredients

1 (1-lb) **pork tenderloin**
2 1/2 **tablespoons soy sauce**
1 **tablespoon hoisin sauce**
5 **teaspoons cornstarch**
1 1/2 **tablespoons sugar**
2 **tablespoons rice vinegar** (not seasoned)
1/2 **teaspoon salt**
2 **tablespoons water**
2 **lb Chinese cabbage**, quartered lengthwise, cored, and cut crosswise into 1 1/2-inch pieces (10 cups)
2 **tablespoons vegetable oil**
1 1/2 **tablespoon finely chopped garlic** or you can add your garlic

chives

1 1/2 **tablespoon finely chopped peeled fresh ginger**

1/4 **cup loosely packed fresh cilantro leaves**

Accompaniment: **rice**

Trim off and discard any silver skin from pork (do not trim fat). Cut pork across grain into 1/4-inch-thick slices, then toss with 1 **tablespoon soy sauce**, 2 **teaspoons cornstarch**, and 1 **tablespoon sugar** in a bowl.

Stir together **vinegar**, **salt**, remaining 1 1/2 **tablespoons soy sauce**, **hoisin sauce** and remaining 1/2 **tablespoon sugar** in a small bowl. Stir together **water** and remaining 3 **teaspoons cornstarch** in a cup.

Rinse **cabbage** in a large colander. Tap colander lightly, then transfer **cabbage** to a large bowl with **water** still clinging to leaves.

Heat 1 **tablespoon oil** in a 12-inch non-stick skillet over high heat until hot but not smoking, then add **pork** in 1 layer as quickly as possible. Cook, undisturbed, until **pork** begins to brown, about 3 minutes, then turn over and

cook, undisturbed, until browned but still pink in center, about 1 minute more. Transfer **pork** and any juices to a plate. Do not clean skillet.

Heat remaining **tablespoon oil** in skillet over moderately high heat until hot but not smoking, then stir-fry **garlic** and **ginger** 30 seconds. Add half of **cabbage** and stir-fry over high heat until **cabbage** is wilted, 2 to 3 minutes. Stir in remaining **cabbage** (skillet will be very full), along with any **water** in bowl, and **soy sauce mixture**, then cook, covered, stirring occasionally, until all of **cabbage** is tender, 4 to 5 minutes.

Add **pork**, along with any juices accumulated on plate, and bring to a boil. Stir **cornstarch mixture**, then pour into skillet and boil, stirring, until sauce is slightly thickened, about 1 minute. Season with **salt**, then serve sprinkled with **cilantro**.

If you are a vegetarian, you can substitute the **pork with **tofu** or **mushrooms**. Also add some **red pepper flakes** if you want some kick.

*** ENJOY !!