

WEEK 6

7/14/09

# east88street CSA

*\*This week's note  
FROM the FARM*

*\*FROM The  
CORE GROUP\**

**Dear CSA Member,**

Finally a nice week of sunshine and warmth to dry things out a bit. Writing this I realize that week 6 is 1/4 of the way through the season. With all the rain and cold it feels like we never left springtime. There was a hail storm the other day during one of the torrential downpours and it seemed to land right over the squash patch. There is not a thing we can do when the hail moves in but hold our breath. Luckily not many of the greens were damaged, but you will see small dings on the summer squash.

New this week are Red Ace Beets with Greens, Trevisio Raddichio and Rat Tail Radishes. The first beet greens are delicious and should be removed from the beet and cooked as a green. The Raddichio is the tall Italian type that is good cut in half and grilled. Rat Tail Radishes are a pod radish. The thin ends are tough and should be snipped off. The pods are crunchy and taste like radishes. They can be sliced and added to a salad or used quickly sauteed in a stir fry.

This is a coffee delivery week for those that have ordered a coffee share. There is an informative letter from Jody Slocum, Farmer to Farmer member, who helps with the various projects in Guatemala. It is on the farm website under the blog section. There are also some photos of the local community members that participate in the weaving project that Farmer to Farmer helps to sponsor. The coffee project helps to support many of the scholarships and community projects that Farmer to Farmer sponsors.

Deborah, for everyone at Stoneledge Farm

**Dear East 88th Street CSA Members,**

Deb has announced that next Saturday, **July 18th from 11AM - 2 PM will be the annual Garlic Harvest at Stoneledge Farm!** This is always a really fun event to help pick the garlic and really get involved with the farm.

The weather has been so difficult that Deb just made the decision this afternoon. Members are invited to come to the farm and give a hand. You should bring your own picnic lunch, and plenty of water to drink. Volunteers will be working in the soil, so wear shoes and clothes you don't mind getting dirty and a hat for the sun. In case of a postponement due to the weather a notification will be posted on the farm website under Upcoming Events. The directions to the farm are on the website. Per Deb, the garlic is large and looks ready to go and hopefully there will be sunshine for the day. If anyone has a question, please e-mail Deb at [stoneledgefarm@hotmail.com](mailto:stoneledgefarm@hotmail.com).

Don't forget to check out our website for our weekly newsletter and other tips and information at [www.chycsa.org](http://www.chycsa.org).

Ashley Firestone  
For the East 88th Street  
CSA Core Group

## *\*This Week's Veggies\**

**Early Jersey Wakefield**

**Cabbage**-1 head

**Napa Cabbage**-1 head

**Lettuce**-1 head

**Summer Squash**-2 pounds

**Red Sorrel**-1 bunch-a very tangy, lemony flavored plant.

**Red Ace Beets with Greens**-  
1 bunch

**Travisio Raddichio**-1 head

**Rat Tail Radishes**-1 bunch

**Eggplant**-1

**Boothby Blonde Cucumbers**-4

## *\*FRUIT SHARE\**

**Red Currants-**

1 basket Certified organic from Stoneledge Farm

**White Currants-**

1 basket

**Sour Cherries-**

Make the best Cherry Pie or cobbler. They are softer than their sweet cousins and are generally used for cooking, although they are really not that sour.

The currants can be eaten fresh or cooked with sugar added. They have similar properties as the black currants. Do a quick google search and you will find tarts, cakes, preserves that feature currants. I like to cook the currants with a little sugar, raisins and walnuts added.

We reuse all of the baskets, so please return them so they can be re-used.

## *\*Reminders\**

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

**Sign up to volunteer!**

## \*ANNOUNCEMENTS\*

### Volunteers

Thank you to our volunteers this week!

3:30 - 5:30: **Alice Alderman, Sarah Archino**

4:30 - 6:30: **Sarah Archino, Sarah Kresberg**

5:30 - 7:30: **Yusyin Hsin, Francine Zerinsky**

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

**Half Fruit Share Available:** One of our members has decided to upgrade her fruit share from half to full, so there is a half-share available. Please contact me if you are interested in a half fruit share.

**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). 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 alternating 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](http://www.csalewiswaitefarm.com)

[www.lewiswaitefarm.com](http://www.lewiswaitefarm.com)

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

\*\*\* ENJOY !!

## \*RECIPES\*

### Spicy, Sweet, and Sour Cucumbers

*About 2-3 servings*

**4 Cucumbers**

**1/8 C Salt**

**1/8 C Sugar**

**1 C Apple Cider Vinegar**

**Red pepper flakes-** to taste

**Chili Powder-** to taste

Peel and thinly slice the cucumbers. Put the cucumbers into a bowl and sprinkle with salt. Let it sit for 10 minutes. Then rise off the cucumbers. Add the sugar, vinegar, red pepper flakes, and chili powder. If needed, season with S&P to taste. Remember you can always add more of less of an ingredient depending on what you like.

### 5 Tips on how to make a great salad:

**Tip #1-** Lettuce of your choice

**Tip #2-** Fruit- fresh or dried (try pears, apples, grapes, etc.)

**Tip #3-** Nuts- raw or toasted

**Tip #4-** Cheese- hard or crumbly cheeses work best

**Tip #5-** Dressing of your choice

It sounds simple but it all balances out.

### For example:

Buttercrunch lettuce, dried cranberries or apples, goat cheese, and toasted almonds. Of course you can add more veggies or fruit depending on what you have on hand.

### Dressings

Basic Balsamic- Balsamic, olive oil,, salt, pepper- you can add fresh/dried herbs to your liking. For example, some dried oregano, herbs de provence,

**Luscious Lemon Dressing-** Lemon juice, olive oil, sugar, salt, pepper Good with a simple salad of boston bibb and radishes

### Summer Squash and Bacon Quiche

**1 (9-inch) refrigerated pie dough round** (from a 15-oz package)

**1/4 lb sliced bacon**, coarsely chopped

**3 summer squash** (3/4 lb total), halved lengthwise, thinly sliced

**1/2 teaspoon salt**

**3/4 cup heavy cream**

**3/4 cup whole milk**

**1/4 teaspoon black pepper**

**3 large eggs**

**3 sprigs of thyme**

**2 oz Gruyère**, coarsely grated (1 cup)

Special equipment: a 9 1/2-inch deep-dish pie plate

Put oven rack in middle position and preheat oven to 450°F.

Fit pie dough into pie plate and lightly prick all over. Bake according to package instructions, then transfer crust in pie plate to a rack.

Reduce oven temperature to 350°F. While crust bakes, cook bacon in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until just crisp, about 6 minutes. Transfer bacon with a slotted spoon to a paper-towel-lined plate, reserving fat in skillet.

Add squash and 1/4 teaspoon salt to fat in skillet and sauté over moderately high heat, stirring frequently, until squash is tender and starting to brown, about 5 minutes, then transfer with slotted spoon to a plate.

Heat cream, milk, pepper, and remaining 1/4 teaspoon salt, and thyme in a 1- to 2-quart saucepan until mixture reaches a bare simmer, then remove from heat.

Whisk together eggs in a large heat-proof bowl, then gradually whisk in hot cream mixture until combined. Stir in bacon, squash, and cheese and pour into piecrust. Bake until filling is just set, 25 to 30 minutes. Transfer quiche in pan to rack to cool slightly, about 20 minutes.