



Wanna Share?

Newsletter

July 12, 2007

www.sunnysidecsa.com

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Written by Sarah Miller

Wanna contribute something?

contact newsletter@sunnysidecsa.com

Produce list

[Note: This is the most up-to-date list, but we may not get all of these items at our pickup]

REGULAR SHARE

Fennel Bulb: 2 pieces

Radicchio: 1 head

This bitter green, sometimes known as Italian chichory, is delicious raw in salads or cooked on top of pizzas or in risottos. Radicchio is full of antioxidants too!

Cucumbers: 4 or 5 pieces

Zucchini: 7 pieces

Bunching Onions 1 bunch

These are sweet and not too sharp- delicious sliced raw in summer salads.

Parsley: 1 bunch

Basil: 1 small bunch

This is just the beginning of the basil harvest for the season. Everyone gets a little bit!

FRUIT SHARE

Blueberries: 1 pint

Currants OR Gooseberries: 1 pint

More info on the share and recipes are available at: <http://goldenearthworm.com/newsletter.htm>

Bring plastic bags!

CSA News

Fellow share members –

A couple of business items this week:

We URGENTLY need volunteers for the 2:30 shift every Thursday. This is a difficult spot to fill because most people work then, so if it is at all possible for you to volunteer at that time – just one time – please let us know!

Please note that the fruit is for those who purchased the fruit share only. You may remember that there were two options for the share when we signed up: Veggies only, or an additional fruit share. If you didn't purchase the additional fruit share, please don't take the fruit!

And other than that – enjoy your veggies, eat your fruit, and keep cool! Thanks to all of you who have sent recipes/news items, also – please keep it coming!

Sarah

This week's recipe

Thanks to **Anna Nowogrodzki** for this week's recipe!

Pasta with Zucchini, Ricotta, and Basil

(modified from Mark Bittman, NY Times 7/13/05)

30 min/ serves about 4 as main dish

1/4 cup to 1 cup fresh basil, washed and chopped

1 tsp minced garlic

3-4 sm/med zucchini (1 lb)

olive oil

1 lb penne or other pasta

1 cup ricotta cheese

grated Parmesan, salt, and pepper to taste

Cut zucchini into rounds and cut each round in half or quarters. Boil water for pasta.

Heat a skillet over MEDIUM HIGH; add oil. When hot, add zucchini and salt & pepper to taste. Cook until the zucchini is brown, then lower the heat and cook until it is quite tender, about 15 minutes total.

About 5 minutes before the zucchini is done, add the garlic and begin to cook the pasta. When it's done, reserve about a cup of the cooking water before draining.

While the pasta cooks, mix the ricotta and half of the basil in a bowl. Use the reserved pasta water, a little at a time, to thin the ricotta to the consistency of sauce. Add the pasta, the zucchini, the remaining basil and the Parmesan and stir well.

Taste and season with salt and pepper.

Another recipe for cucumbers

Farmers' Market Chilled Salsa Soup

(courtesy of *Vegetarian Times*)

- 4 large cucumbers, peeled
- 4 green bell peppers, seeded
- 1 cup fresh cilantro leaves
- 2 cups diced scallions (about 2 bunches)
- 1/2 cup Mexican-style canned mild green chilies
- 2 cloves garlic, mashed
- 1 Tbs. white wine vinegar
- 1 1/2 tsp. salt
- 1/4 cup olive oil
- 2 cups water
- 1 1/2 cups salsa for garnish

1. Cut cucumbers in half lengthwise, and slice into chunks. Dice green peppers. Place cucumbers, peppers, cilantro, scallions, and green chiles in blender or food processor, and process until smooth.
2. Add garlic, vinegar, salt, and olive oil, and mix well. Add water, taste, and adjust seasoning with salt and vinegar. Add more water to thin soup if needed.
3. Chill soup. At serving time, pour soup into bowls, and top with large spoonful of salsa.

Sunnyside Street Gets Clean Sweep By ARROW

(This article is from the Queens Chronicle. To help, donate, or for more info, go to www.arrow.org)

by Jennifer Manley, Assistant Editor

For years, the stretch of 48th Street in Sunnyside that passes under the Long Island Rail Road has been a litter-strewn mess. Coffee cups and plastic bags collect and clog the drains. When it rains, filthy water backs up and pools in the street.

But lately, this thoroughway between Barnett and 39th avenues has been looking unusually spruce.

"People are saying 'Wow, this looks great' and 'Who did it?'" said Sandra Robishaw.

Robishaw is a Sunnyside resident and a member of ARROW, the group that can take some credit for being the answer to that second question. The small grass roots group originally formed in 1991 to encourage recycling, back before curbside pickup was city policy. The acronym stands for Astoria Residents Reclaiming Our World. In February, the group decided to take on the small three-block section of 48th Street as its latest project. The street links residents in Sunnyside Gardens and nearby parts of Woodside with the shopping venues on Northern Boulevard, including Stop & Shop, Old Navy and Toys "R" Us.

ARROW began by petitioning the very businesses that draw pedestrians — who sometimes turn into litter bugs — to foot the bill for the cleanup. So far, they have collected \$500 each from Stop & Shop and Wholesale Liquidators. Robishaw often rides her bicycle or walks through the area. She has lived nearby on 39th Street for 13 years. "It's been a dumping area for that long at least," she said. Part of the problem is that it falls just on the border of two community boards — with the railroad tracks dividing Community Boards 1 and 2 and on the edge of Sanitation districts. As Robishaw said, the street sort of just "fell through the cracks." Three weeks ago, with the support of Community Board 2, four new trash cans were set in place by the Sanitation Department. Students from P. S. 993, the Vocational and Transitional Program at Long Island City High School, also joined the effort. Together, they picked up litter, pulled the weeds and laid new paving stones on the packed dirt next to the sidewalk — essentially widening it for pedestrians.

In the fall, if group members gather enough donations, they intend to do some planting as well. In the meantime, the new city trash cans are making a difference, as is the group's willingness to get out there themselves.

"People really respond to a few people who are willing to do hands-on change," Robishaw said. ARROW is also getting help from Councilman Eric Gioia, the Sunnyside Gardens Park Association and the Partnerships for Parks in their cleanup effort.

Announcements

Announcements by and for the Sunnyside CSA community. Send items to

newsletter@sunnysidecsa.com by Tuesday evening, please keep them to 50 words or less.

SAVE THE DATE: July 19 Happy Hour and Recipe Exchange. Location details will follow!

Flashlight March on the 1st Anniversary of the 2006 Queens Power Outage. July 17, 7 pm at Greenpoint Ave. and 43rd St. March through Sunnyside to Woodside. Tell Con Ed: accept fault for last year's outage, pay us what you owe us, and NO 17% Rate Hike! For info: Western Queens Power for the People Campaign (PFP) www.powerforthepeople.info