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Newsletter

July 26, 2007

Produce list

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

Red Potatoes Qty: 4 lbs!
Wash gently, but be careful not to damage the skins. Boil in salted water until just tender.

Green Kale Qty: 2 bunches

Red Batavian Lettuce Qty: 1 head

Carrots Qty: 1 bunch

Cucumbers Qty: 2 pieces

Zucchini Qty: 2 pieces

Walla Walla Onions Qty: 1 bunch

FRUIT SHARE

Blueberries Qty: 1 pint

Peaches
Important Note! Peaches should be removed from the plastic bag and allowed to ripen in a paper bag, or out in the open air. If you leave them in the plastic, they will rot before they ripen.

Qty: 1 bag

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

Bring plastic bags!

CSA News

Sorry that we had to cancel the Happy Hour last week! Unfortunately the Core Group had a rash of non-food-related health issues and we just couldn't guarantee that we'd be there. However, we're not the only ones planning events, we know. If any of you want to invite the membership to something, please let me know!

Buen provecho,

Sarah

Here is the contact information for various issues:

General info/questions: (718) 670-7354,
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This week's recipe

KALE WITH CARMELIZED ONIONS AND BALSAMIC VINEGAR

1 ½ lbs. kale
salt
2 tbsp. extra-virgin olive oil
2 medium onions, halved and sliced thin
½ tsp. sugar
2 tbsp. balsamic vinegar
Freshly ground black pepper

Bring 4 quarts of water to a boil in a large pot. Wash the kale in several changes of cold water, stripping off the leafy green portion from both sides of the central vein. Discard the veins and rip the leafy portions in small pieces. Add the kale and 1 teaspoon salt to the water. Cover and cook, stirring occasionally, until the kale is tender, about 8 minutes. Drain well.

Heat the oil in a large skillet set over medium heat. Add the onions and cook, stirring occasionally, until golden brown, 12 to 15 minutes. Sprinkle with the sugar and continue cooking until the onions are a rich brown color, about 10 minutes. Lower the heat if at anytime the onions start to burn. Add the kale and cook, tossing well, until heated through and evenly flavored with the onions, 1 to 2 minutes. Add the vinegar and a generous amount of pepper. Adjust the seasonings and serve immediately.

Quick summer meals

Many of you may have seen the article "Summer Express: 101 Simple Meals Ready in 10 Minutes or Less" in the New York Times last week. I pulled out several ideas that will work with produce we have gotten, or will soon receive, from the CSA. Enjoy!

- 2 Toss a cup of chopped mixed herbs with a few tablespoons of olive oil in a hot pan. Serve over angel-hair pasta, diluting the sauce if necessary with pasta cooking water.
- 7 Make pesto: put a couple of cups of basil leaves, a garlic clove, salt, pepper and olive oil as necessary in a blender (walnuts and Parmesan are optional). Serve over pasta (dilute with oil or water as necessary) or grilled fish or meat.
- 13 Gazpacho: Combine one pound tomatoes cut into chunks, a cucumber peeled and cut into chunks, two or three slices stale bread torn into pieces, a quarter-cup olive oil, two tablespoons sherry vinegar and a clove of garlic in a blender with one cup water and a couple of ice cubes. Process until smooth, adding water if necessary. Season with salt and pepper, then serve or refrigerate, garnished with anchovies if you like, and a little more olive oil.
- 21 While pasta cooks, combine a couple cups chopped tomatoes, a teaspoon or more minced garlic, olive oil and 20 to 30 Quesadilla: Use a combination of cheeses, like Fontina mixed with grated pecorino. Put on half of a large flour tortilla with pickled jalapenos, chopped onion, shallot or scallion, chopped tomatoes and grated radish. Fold tortilla over and brown on both sides in butter or oil, until cheese is melted.
- 33 Sauté 10 whole peeled garlic cloves in olive oil. Meanwhile, grate Pecorino, grind lots of black pepper, chop parsley and cook pasta. Toss all together, along with crushed dried chili flakes and salt.
- 38 Fried rice: Soften vegetables with oil in a skillet. Add cold takeout rice, chopped onion, garlic, ginger, peas and two beaten eggs. Toss until hot and cooked through. Season with soy sauce and sesame oil.
- 45 Sauté shredded zucchini in olive oil, adding garlic and chopped herbs. Serve over pasta.
- 60 Peel and thinly slice raw beets; cook in butter until soft. Take out of pan and quickly cook some shrimp in same pan. Deglaze pan with sherry vinegar, adding sauce to beets and shrimp. Garnish with dill.
- 64 Pasta with fresh tomatoes: Cook chopped fresh tomatoes in butter or oil with garlic until tender, while pasta cooks. Combine and serve with grated Parmesan.
- 67 Rich vegetable soup: Cook asparagus tips and peeled stalks or most any other green vegetable in chicken stock with a little tarragon until tender; reserve a few tips and purée the rest with a little butter (cream or yogurt, too, if you like) adding enough stock to thin the purée. Garnish with the reserved tips. Serve hot or cold.

Excerpted from *Summer Express: 101 Simple Meals Ready in 10 Minutes or Less* By Mark Bittman (<http://www.nytimes.com/2007/07/18/dining/18mini.html>)

Non-organic produce

Not all of our produce will be supplied via the CSA, and we can't always buy organic. So the question is, which non-organic produce is the best to buy? The Environmental Working Group has done tests and come up with the following list. For more information, see www.foodnews.org

Top ten foods with the MOST pesticides:

Peaches
Apples
Bell peppers (red and green)
Celery
Nectarines
Strawberries
Cherrie
Pears
Imported grapes (domestic aren't so bad)
Spinach

Top twelve foods with the LEAST pesticides

Onions
Avocado
Sweet corn frozen
Pineapple
Mango
Sweet peas frozen
Asparagus
Kiwi
Banana
Cabbage
Broccoli
Eggplant
