



Newsletter

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Written by Sarah Miller

Wanna contribute something?

contact newsletter@sunnysidecsa.com

June 28, 2007

Produce list

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

Green Romaine Lettuce: 1 head

Red Boston Lettuce: 1 head

Kohlrabi: 3 pieces. A member of the cabbage family.

Toscana Kale: 1 bunch. An Italian variety. Be sure to remove the stem (rib) from the center of each leaf. It is too tough to cook up.

Broccoli: 1 small head

Arugula: 1 bunch

Garlic Scapes: 1 bunch

Red Beets: Qty: 1 bunch

Storage tips

Beets - to store, cut the leaves from the root, leaving an inch or two of the stems attached, place in a plastic bag, and keep in the refrigerator 1-3 weeks. You don't need to peel or clean the root because the skin will slip off easily during cooking. The beet greens will keep a few days in a plastic bag put in the crisper section of the refrigerator, but remove any damaged leaves first.

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

Bring plastic bags!

CSA News

Fellow share members –

The big news is, FRUIT SHARES START THIS WEEK! The berries have been coming in really quickly due to the heat, so the share is starting a week early. Good news for all of us who signed up for the fruit share!

More good news is that we have scheduled our next community event, a July 19 Happy Hour and Recipe Exchange, to take place after the share pickup. Location details will follow, but please save the date!

On the reverse side I've put in some tips on cutting down on air conditioning use as well as announcements from some of our members. As always, if you have an announcement or suggestion for the newsletter, write me at newsletter@sunnysidecsa.com

Lekker eet!

Sarah

This week's recipes

BRAISED KOHLRABI

1 1/2 lbs kohlrabi
2 tablespoons butter
1/4 cup vegetable stock or chicken stock
1 teaspoon fresh tarragon, finely chopped
salt & pepper
chopped fresh parsley
Peel kohlrabi and cut into 1/4 inch disks or strips. Place butter in skillet and melt. Over medium heat add the kohlrabi, adjust heat if necessary so that butter does not brown. Toss to coat kohlrabi with butter. Sprinkle in tarragon and add the stock. Cover and continue to cook approximately 10-15 minutes, until slightly tender. Uncover and turn the heat up a bit. Cook until the kohlrabi is slightly colored. Add freshly ground pepper and salt and sprinkle with fresh parsley to taste

TUSCAN WHITE BEAN & KALE SOUP

2 (15 oz) cans Cannellini beans
2 T olive oil
1 bay leaf
1 onion, diced
4 cloves garlic, minced
2 carrots, diced
8 c vegetable or chicken stock
1 bunch kale, de-ribbed and cut into 1 inch ribbons
1 (28 oz) can diced tomatoes, drained
salt and pepper
Parmesan (optional)
Heat olive oil in a large, heavy pot and add onion, garlic, carrots and bay leaf. Reduce heat to medium, cook until onions are translucent. Add stock. Bring stock to boil, reduce heat to simmer and beans, kale, and tomatoes. Simmer 20 minutes. Add salt and pepper and Parmesan, if desired.

Cut down on air conditioning use

With the hot weather upon us, I wanted to share several tips to help minimize air conditioning use (and summer electric bills).

- Hang dark colored curtains, mini blinds or shades in each window. Keep these drawn in the warm, sunny part of the day.
- Keep lights off as much as possible.
 - Use *fluorescent* lighting, which puts out less heat than incandescent.
- Don't use the oven in the hot part of the day. Use a microwave if you need to heat something. Whenever you cook, run an exhaust fan in your kitchen.
 - Serve cool foods like salads and sandwiches (easy to do with all the greens we're getting!). Hot foods and beverages make you feel warm.
- Avoid alcohol when it's hot; it will warm you up.
- Invest in some quality fans, one for each window of the house.
 - You will get maximum efficiency by keeping fan blades free of dirt, which slows them down. Periodically open the face of the fan to wipe off the blades.
 - Keep the door to the room open or the fan will not be able to run properly.
 - Place the fan in the window in the early morning or late evening to pull in cool air.
 - Don't run the fan in the window if the sun or warm air is coming in. Close the window and curtains and run the fan on the floor or table.
 - Run the fan on the lowest setting that will cool you.
 - Reverse the fan to rid a room of hot or moist air.

Cut down on junk mail

Why cut down on your junk mail?

Save energy. Junk mail consumes more energy than 2.8 million cars every year.

Save trees. Annually, 100 million trees are used to make junk mail.

Save time. How much time do you spend every week sorting and recycling mail you don't want?

How to do it: check out each of these websites below for help.

DirectMail.com - free, quick way to get your name off commercial mailing lists.

OptOutPrescreen.com - opt out of pre-approved credit card and insurance offers online or by phone: 1-888-5-OPTOUT. Bonus: Cuts down on the possibility of identity theft!

EcoLogical Mail Coalition - helps businesses stop mail addressed to former employees.

Native Forest Network's Guide - five easy steps to stop junk mail.

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.

Core group member Kevin Kolack has a boatload of funny videos on YouTube and is actively looking for viewers and subscribers. Check them out yourself, and please tell your friends! <http://www.youtube.com/user/kkolack>

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

From Jennifer Wieland: I am not only one of the core members of the Sunnyside CSA, but also a Holistic Health Counselor. I guide you to reach your health and life goals by making step by step changes to your food and lifestyle at a pace that's comfortable for you. Together we will look at how to upgrade your food and other aspects of your life.

People who work with me form a wholesome way of being, are better able to deal with problems, and experience less anxiety. Not to mention, they have recovered from their health conditions instead of spending years, with the results only fixing the symptoms. So far, 100% of my completed clients are very satisfied with their results.

So, if you have allergies, problems with digestion, frequent colds, low energy, high cholesterol, etc... or you just feel down for no good reason, try out my services to see if I can help. I offer free assessments and 10% discounts to CSA members.

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