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Newsletter

Nov. 1, 2007

Produce list

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

- Radicchio: 1 head
- Broccoli: 2 heads
- Carrots: 1 bunch
- Toscana Kale: 1 bunch
- Purple Top Turnips: 1 bunch
(bonus points if you can say it 3 times fast)
- Red Oakleaf Lettuce: 1 head
- Scallions: 1 bunch
- Arugula: 1 bunch
- Green Boston Lettuce: 1 head

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

CSA News

Hello, Halloweenies!

We were notified this week that there will be a winter share of storage vegetables. Pickup of the 20-25 pound box of potatoes, carrots, etc. will be every 3 weeks and will cost about \$165 for the winter. Thus, there will only be about a month when we will have to do without vegetables from our farm. Hooray for the NY growing/storage season! Details and signup soon.

Reminder: there will be no pickup on Nov. 22 because of the Thanksgiving holiday. Pickup for that week only will be Monday, Nov. 19. Final pickup of the season is Thursday, Nov. 29. (Yes, I know this is getting repetitive, but people are still asking why there's no fruit, which ended weeks ago.)

And again, please fill out a survey at the pickup (it's on the web site, too), if you haven't already done so, so that we can decide what you loved, and what we want to do differently next year.

Have a great week,

Kevin

This week's recipes...

RADICCHIO AND RED WINE RISSOTO

from *Gourmet Magazine*, October 2004, via *Golden Earthworm*

- 3 1/2 cups low-sodium chicken broth (28 fl oz)
- 3 1/2 cups water
- 1 cup finely chopped onion (1 large)
- 3 tablespoons unsalted butter
- 1 Turkish or 1/2 California bay leaf
- 1/2 teaspoon salt
- 1/2 lb radicchio, quartered, cored, cut crosswise into 1/2" slices
- 1 1/2 cups Arborio rice (10 oz)
- 1 1/2 cups dry red wine
- 1 1/2 oz finely grated Parmigiano-Reggiano (3/4 cup)

Bring broth and water to a simmer in a 2 1/2- to 3-quart saucepan and keep at a bare simmer. Cook onion in butter with bay leaf and salt in a wide 4-quart heavy pot over moderate heat, stirring, until onion is pale golden, about 10 minutes. While onion is cooking, cook radicchio in boiling salted water in a 4- to 6-quart pot until just tender, about 3 minutes. Drain in a colander and transfer to a bowl of ice and cold water to stop cooking. Drain and squeeze dry. Add rice to onion and cook, stirring, 2 minutes. Add wine and boil, stirring, until most of wine is absorbed, about 5 minutes. Stir in 1/2 cup simmering broth mixture and cook, stirring constantly and keeping at a strong simmer, until most of broth is absorbed. Continue cooking risotto and adding broth, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next, until rice is tender and creamy-looking but still al dente, about 18 minutes total (you may have some broth left over). Discard bay leaf, then add radicchio and cheese and cook, stirring, until heated through, about 1 minute. Add salt and pepper to taste and serve immediately.

SCALLION CILANTRO PANCAKES

from *Gourmet Magazine*, December 2003, via epicurious.com

Pancakes

- ¾ cup all-purpose flour
- ¼ cup rice flour (not from sweet rice)
- Slightly rounded ½ teaspoon salt
- 1 whole large egg
- 1 large egg yolk
- 1 cup water
- 1 small fresh green Thai or Serrano chili, minced
- 1/8 teaspoon black pepper
- 1/8 teaspoon Asian sesame oil
- 1 tablespoon vegetable oil
- 4 scallions (pale green & dark green parts only), diagonally sliced 1 ½" pieces
- ¼ cup loosely packed small fresh cilantro leaves

Dipping sauce

- 1/3 cup soy sauce (*better yet, low-sodium tamari –ed.*)
- 2 tablespoons rice vinegar (not seasoned)
- 3/8 teaspoon Asian sesame oil
- 1 teaspoon sesame seeds, toasted

Pancakes: Whisk together flours, salt, whole egg, yolk, water, chili, pepper, and sesame oil in a bowl (batter will be thin). Heat 3/4 teaspoon vegetable oil in an 8-inch nonstick skillet over moderately high heat until hot but not smoking. Pour in 1/3 cup batter, then scatter one fourth of scallions and one fourth of cilantro leaves over top, gently pressing into pancake. Fry pancake until underside is pale golden, about 2 minutes. Turn pancake over and cook until scallions are lightly browned, about 1 minute, then transfer to paper towels. Make 3 more pancakes in same manner, adding vegetable oil to skillet each time (there may be some leftover batter). Transfer pancakes to a cutting board and cut each into 8 wedges. Serve warm or at room temperature, with dipping sauce.

Dipping Sauce: Stir together soy sauce, vinegar, and oil in a bowl, then stir in sesame seeds. Dipping sauce can be made 1 day ahead and chilled, covered.

Announcements

Thanksgiving week: there will be no pickup on Nov. 22 because of the Thanksgiving holiday. Pickup for that week *only* will be Monday, Nov. 19.

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.

**Got too many greens?
Try juicing them!**

CSA DISCOUNT AT NOURISH NYC

There is a great new health food store in the neighborhood at 43-15 Queens Blvd. The manager, Claire, is really awesome and has offered to give Sunnyside CSA members a discount now through 11/30/07. So go in and buy some healthy stuff, support local business, and mention that you are a CSA member while at the checkout for the following discounts:
20% off Vitamins
5% off Health Food & Body Care

Kevin would like to announce that there are no new announcements, which is really boring. C'mon people! Gimme something to work with here!

MAPLE GLAZED PURPLE TOP TURNIPS & SHALLOTS from *Golden Earthworm*

- 4 Tbsp. of Maple Syrup
- 1 bunch of Purple Top Turnips, peeled and cut into large chunks
- 6-8 Cleaned Shallots
- 3 Tbsp. of butter

Toss Turnips and Shallots in Maple Syrup, butter and season with Salt and Pepper, place in roasting pan and cook at 375 for 35/40 minutes or until golden brown.