



Newsletter

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Written by Sarah Miller

Wanna contribute something?
contact newsletter@sunnysidecsa.com

Oct. 11, 2007

Produce list

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

Spinach Qty: 1 bunch
Broccoli Qty: 2 heads
Baby Bok Choi Qty: 4 pieces
Green Kale Qty: 1 bunch
Red Leaf Lettuce Qty: 1 head
Red Batavian Lettuce Qty: 1 head
White Salad Turnips Qty: 2 bunches
Red Radishes Qty: 1 bunch
Long Red Peppers Qty: 3 pieces

**Disclaimer-- there is a very slight possibility that these peppers will be hot. Please test before feeding to children, or letting them handle them.*

FRUIT SHARE

This is the last week of fruit!

Gala Apples Qty: 1 bag
Bosc Pears Qty: 1 bag
These pears are ripe when still firm! They will subtly change color from green/brown to brown when ripe. If you let them sit until they get soft, they'll be rotten!

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

CSA News

Fellow members –

The season really is drawing to a close – it's the last week of the fruit share!

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

It's also time to start thinking about next year. We'll have some surveys available at the pick up so we can decide what we want to do differently next year. We'll also have more volunteer positions, including core member roles.

Remember to sign up for the farm trip! It will be a great fall outing and a nice way to meet fellow Sunnysiders.

Bon appetit,

Sarah

This week's recipe

SESAME BOK CHOI

1 cup of chicken broth
3 tablespoon of unsalted butter
3/4 lb of baby bok choy
1/2 teaspoon of sesame oil
Bring broth and butter to a simmer in a deep heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered. Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

STIR-FRIED TOFU with BOK CHOI

by Deborah Madison
2 small bunches bok choy, washed
1 carton soft or firm tofu, drained
1 C vegetable stock, chicken stock or water
2 tbsp. soy sauce
1 tbsp. oyster sauce (if vegetarian, omit or substitute Lan Chi Chilli Paste)
1 tbsp. roasted peanut oil
3 garlic cloves, minced
1/4 tsp. salt
1 tbsp. cornstarch mixed w/1tbsp. water
Cut bok choy leaves into 3-inch pieces, the stems into 2-inch pieces. Cut tofu (gently!) into 1"-ish cubes. Mix together stock, soy sauce and oyster sauce. Heat a wide nonstick skillet, add the oil and when hot, add garlic and bok choy. Sprinkle with salt and stir-fry over high heat for about 2 minutes, until greens are wilted. Add stock, reduce heat to low, add tofu. Cover and simmer until tofu is heated through, 4 to 5 minutes. Add diluted cornstarch and gently stir into the juices without breaking tofu. Serve over rice.

Potato-Pepper-Spinach Frittata

3 Tbs. olive oil
10 oz. baby Yukon gold potatoes, quartered
10 oz. peppers, such as Cubanelle and Hungarian wax peppers, and poblano and jalapeño chiles
1 large sweet onion, cubed
1 tsp. minced garlic
1 bunch spinach, rinsed, trimmed and chopped
6 large eggs
Salt and freshly ground black pepper to taste
4 oz. Monterey Jack cheese, grated
Pepper slices for garnish, optional

Heat the oil in a large ovenproof or cast-iron skillet over medium-high heat. Add the potatoes, and sauté until they begin to brown, for about 10 minutes. Add the peppers, onion and garlic, and sauté for about 7 minutes more, or until the peppers wilt and the onion softens. Add the spinach, reduce the heat to medium-low and cover the skillet. Cook for about 3 minutes, or until the spinach wilts. Beat the eggs well, seasoning with salt and pepper. Stir in shredded cheese. Preheat the broiler. Uncover the skillet, and stir potato mixture. Pour in the eggs, increase the heat to medium-high, tilt the pan and lift the mixture to allow uncooked eggs to run underneath. Stir, and continue cooking for about 5 minutes more. Broil the frittata for about 1 minute, or until the top browns. Garnish with pepper slices, if desired, and serve at once.

Broccoli Trees With Cheese Sauce

2 tablespoons butter
3 tablespoons flour
1 cup milk (not skim), more as needed
1 cup coarsely grated Cheddar cheese
Steamed fresh or frozen broccoli florets.
1. Melt butter in a small, heavy skillet or saucepan over medium heat. Add flour and cook, stirring constantly, until bubbly, fragrant and just golden, about 2 minutes.
2. Whisk in about 1/3 of the milk and bring to a simmer. Repeat twice more with remaining milk, continuing to whisk as sauce thickens and reducing heat if it boils.
3. Whisk in the cheese and heat through. If sauce is too thick, whisk in a little more milk. Pour into small bowls for dipping and serve with broccoli.
Yield: About 1 cup sauce.

A Note From our Farmers about the Visit!

Potluck Lunch

We ask that you bring a dish to share with 3-4 people. Don't forget to bring serving utensils, and put your name on the dish if you would like it washed and returned to you. (We request homemade dishes, but if you do buy something to bring, please use discretion and *leave the Dunkin Donuts home!*)

Call for Volunteers!

We are looking for a few good men and women to help us out on CSA Day by organizing the potluck tables, directing parking, and checking people in. If you'd be willing to help out for a two-hour shift, please let us know! The volunteer shifts would run 11-1 and 1-3. Please e-mail us at info@goldenearthworm.com if you're interested. THANK YOU!

Maple Butter-baked Bosc Pear Slices

1/4 cup unsalted butter
3 tablespoons maple syrup
4 large Bosc pears, stems on
Freshly ground pepper

Preheat oven to 400 degrees F.
Melt the butter in a small saucepan over medium-low heat. Cook until the butter browns, about 2 minutes. Pour into a large bowl and stir in the maple syrup.
Core the pears and cut lengthwise into 1/4-inch slices; toss with the butter mixture to coat. Arrange in a single layer on a sheet pan and sprinkle with pepper to taste.
Bake, turning several times, until caramelized to a deep amber color, 25 to 30 minutes. Let cool for 30 minutes before removing from the pan.

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.

Farm trip! Sunday October 21st 2007
8:30am to 5pm Don't forget to sign up!

Attributions:

Frittata from *Vegetarian Times* newsletter; Broccoli trees from *The New York Times*, 10/10/2007; Pears, *The Greenmarket Cookbook*, Joel Patraker and Joan Schwartz