



# Newsletter

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Written by Sarah Miller

*Wanna contribute something?*  
contact [newsletter@sunnysidecsa.com](mailto:newsletter@sunnysidecsa.com)

Oct. 18, 2007

## Produce list

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

**Winter Squash** - Sunshine Delicious orange variety. Qty: 1 piece

**Lettuce Mix** Qty: 1/2 pound bag

**Green Cabbage** Qty: 1 heads

**Baby Bok Choi** Qty: 4 pieces

**Red Beets** Qty: 1 bunch

**Romaine Lettuce** Qty: 1 head

**Guy Lon or Broccoli Raab** Qty: 1 bunch

**White Salad Turnips** Qty: 1 large bunch

**Yellow Potatoes** Qty: 2 pound bag

**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. Thanks!

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

## CSA News

Fellow members –

I hope you're all looking forward to the farm trip Sunday! It's supposed to be sunny and nearly 70 degrees, perfect weather for being outside.

It's 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 some open volunteer positions, including core member roles.

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.

*Bon appetit,*

Sarah

## This week's recipe

### Stir-fried Baby Bok Choy

Baby bok choy has a sweeter flavor than adult varieties. For a lighter taste, feel free to stir-fry the baby bok choy in olive oil. Low-sodium chicken broth can be used in place of water.

Ingredients:

4 bunches baby bok choy (basically, 1 bunch per person)

2 slices ginger

2 tablespoons soy sauce

1 teaspoon sugar, or to taste

1/4 teaspoon salt, or to taste

1/4 cup water

A few drops sesame oil

1 1/2 tablespoons vegetable oil for stir-frying

Preparation:

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across.

Heat wok or large frying pan and add oil. When oil is ready, add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, adding the stalks first, and then the leaves. Stir in the soy sauce, sugar, and salt, and [stir-fry](#) on high heat for 1 mminute.

Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves four.

## Honey-Glazed Pear Upside-Down Cake

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- 1/4 cup chestnut or other intense honey  
4 small or 3 large Bosc pears, peeled, quartered lengthwise and cored  
3 sprigs fresh thyme (optional)  
1 cup sugar  
Finely grated zest of 1 lemon  
2 large eggs  
1 tablespoon vanilla extract  
1 cup all-purpose flour  
1/4 teaspoon salt  
1/2 cup (1 stick) plus 1 tablespoon unsalted butter, melted and cooled  
1/4 cup sliced almonds.
1. Preheat oven to 350 degrees. In a 9-inch ovenproof skillet (not nonstick), simmer honey until it begins to reduce, caramelize and darken in color, 6 to 10 minutes. Do not let honey burn; if it starts to smell burned, turn off heat.
  2. Arrange pears, close together and cut-side down, in a circular pattern in skillet, stem ends pointing toward center. Simmer over medium heat, turning them from one cut side to the other, until they begin to turn golden, about 10 minutes.
  3. Flip pears over to their curved side and scatter with thyme sprigs if using. Transfer skillet to oven and roast, uncovered, until very tender, about 25 minutes.
  4. Meanwhile, in a large bowl, whisk together sugar and lemon zest. Whisk in eggs and vanilla. Fold in flour and salt; stir in 1/2 cup butter.
  5. When pears are soft, remove skillet from oven, discard thyme sprigs and brush edges of pears with remaining 1 tablespoon melted butter. Pour batter on roasted pears and scatter almonds over batter. Bake until a toothpick inserted in center comes out clean, 25 to 30 minutes. Let cake cool for 30 minutes in pan. Run an offset spatula along edges of pan to loosen cake; carefully invert cake onto a serving platter. Serve warm or cooled.

Yield: 6 to 8 servings.

## Pasta With Winter Squash and Tomatoes

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- Salt and pepper  
3 tablespoons extra virgin olive oil  
1 tablespoon chopped garlic  
1/4 cup sliced shallots  
1/4 teaspoon crushed red pepper flakes, or to taste  
2 cups chopped tomatoes  
1 1/2 to 2 pounds peeled, cubed or shredded butternut or other winter squash, about 5 cups  
1/2 pound cut pasta, like ziti or penne  
Freshly chopped parsley or Parmesan for garnish.
1. Bring a large pot of water to a boil and salt it. Put olive oil in a large skillet over medium heat. Add garlic, shallots and pepper flakes and cook for about a minute; add tomatoes and squash, and cook with some salt and pepper.
  2. When squash is tender — about 10 minutes for shreds, 15 or so for small cubes — cook pasta until it is tender. Combine sauce and pasta, and serve, garnished with parsley or Parmesan.

Yield: 4 servings.

## Freezing bok choy

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Well, we've been getting a lot of bok choy lately. It's not an ideal vegetable to freeze, but if you just can't handle it, you can freeze some now and use it for stir-fries or soups later. Prepare it by cutting to size you like, blanch in boiling water for less than 2 minutes, plunge into ice water to cool quickly, and drain/dry on thick terry towels (squeeze out all the extra liquid). Portion out into containers or bags, suck out air, and freeze. Like everything else, it isn't like fresh - but still works well in stir fry, soups, and other dishes that need layered greens.

## Announcements

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**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](mailto: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:  
Pasta and pear cake from *The New York Times*, 10/17/2007