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Newsletter

Oct. 25, 2007

Produce list

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

- Escarole: 1 head
- Broccoli Raab or Swiss Chard: 1 bunch
- Broccoli: 1 piece
- Carrots: 1 bunch
- Parsley: 1 bunch
- Red Beets: 1 bunch
- White Salad Turnips: 1 bunch
- Toscana Kale: 1 bunch
- Red Oakleaf Lettuce: 1 head

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

CSA News

- Greetings, fellow members –
- Our illustrious newsletter producer has had to leave us for warmer climes, so this is my inaugural issue with her template. Many thanks to Sarah for a great job this season.
- The season really is drawing to a close – we will have news about a potential winter share soon!
- Remember: 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.
- It's also time to start thinking about next year. Please fill out a survey at the pickup, if you haven't already done so, so that we can decide what we want to do differently next year. We'll also have more volunteer positions, including core member roles.
- Great to see many of you at the farm trip!
- Have a *veggie good week*, (*yowch, what an awful pun*)
- Kevin (10/25 birthday boy)

This week's recipes...

CARROT CAKE WITH MAPLE CREAM CHEESE ICING
 from *Bon Appetit*, September 1999, via epicurious.com

- Cake
- 2 cups all purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 cups sugar
- 1 1/4 cups canola oil
- 4 large eggs
- 3 cups grated peeled carrots
- 1 1/4 cups coarsely chopped walnuts
- 2 tablespoons minced peeled ginger
- Icing
- 10 ounces cream cheese (such as Philadelphia), room temperature
- 5 tablespoons unsalted butter, room temperature
- 2 1/2 cups powdered sugar
- 1/4 cup pure maple syrup
- 12 walnut halves (for garnish)

For cake: Preheat oven to 350 °F. Butter two 9-inch-diameter cake pans. Line bottom of pans with waxed paper. Butter and flour paper; tap out excess flour. Whisk flour, baking soda, salt and cinnamon in medium bowl to blend. Whisk sugar and oil in large bowl until well blended. Whisk in eggs 1 at a time. Add flour mixture and stir until blended. Stir in carrots, walnuts and ginger. Divide batter between prepared pans. Bake cakes until tester inserted into center comes out clean, about 40 minutes. Cool cakes in pans 15 minutes. Turn out onto racks. Peel off waxed paper; cool cakes completely.

For icing: Using electric mixer, beat cream cheese and butter in large bowl until light and fluffy. Add powdered sugar and beat at low speed until well blended. Beat in maple syrup. Chill until just firm enough to spread, 30 minutes.

Place 1 cake layer on platter. Spread with 3/4 cup icing. Top with second layer. Spread remaining icing over entire cake. Arrange walnut halves around top edge. (Can be made 1 day ahead. Cover with cake dome; chill. Let stand at room temperature 30 minutes before serving.)

HONEY-PEPPERED TURNIPS

from *Greene on Greens*

- 1 tbsp. unsalted butter
- 2 tbsp. honey
- 1 lb. turnips, cut into 1/4" cubes
- 1/2 tsp. freshly ground black pepper
- Salt
- Chopped fresh parsley

Melt the butter with the honey in a medium saucepan over medium-low heat. Stir in the turnips and pepper. Cook, covered, until tender, about 12 minutes. Add salt to taste and sprinkle with parsley.

AWESOME ZESTY FETA GARLIC DIP

from *The Moosewood Restaurant Daily Special*

- 1/2 cup olive oil
- 2 tablespoons cider vinegar or white wine vinegar
- 2 garlic cloves, minced or pressed
- 2 teaspoons chopped fresh dill (3/4 teaspoon dried)
- 3/4 cup crumbled feta cheese
- 2/3 cup milk or buttermilk
- ground black pepper to taste

In a blender, combine the oil, vinegar, garlic, dill, and feta, and puree until smooth. With the blender running, gradually pour in the milk or buttermilk and whirl until creamy. Add pepper to taste. This dressing will keep in a covered container for about a week in the fridge. If it separates, whisk or shake before serving. Pour over vegetables you love & you'll love them even more. Pour over vegetables you hate, and you may actually like them!

NOTE FROM THE FARM

Thank you for joining us on CSA Day this past Sunday! The weather was beautiful and the potluck dishes were delicious! We hope that you all had a good time.

Why so many white turnips?

We planted our fall crop of white salad turnips to come in over a 6 week period, but due to the warm fall weather we've been having, they're all coming in at the same time! We apologize for the overload and suggest that you store what you can't use right now. Remove the stems and leaves and place in a plastic bag or container in the fridge. They should hold up for at least 3 weeks or more. When in doubt, throw them in a soup. They add delicious flavor to any broth!

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

ESCAROLE AND EDAMAME SALAD

from *Gourmet, January 2005, via epicurious.com*

- 2 cups frozen shelled edamame (soybeans; 9 oz)
- 1 tablespoon red-wine vinegar
- 1/2 teaspoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons extra-virgin olive oil
- 1 1/2 lb escarole, trimmed and cut crosswise into very thin strips (8 cups)
- 1/3 cup finely chopped fresh mint
- 1 3/4 oz finely grated Parmigiano-Reggiano (2/3 cup)

Cook edamame in a 3-quart pot of boiling salted water 5 minutes. Drain in a sieve and rinse under cold running water to stop cooking. Drain edamame again and pat dry.

Whisk together vinegar, sugar, salt, and pepper in a small bowl until sugar and salt are dissolved. Add oil in a slow stream, whisking until combined.

Toss together edamame, escarole, and mint in a large bowl. Add cheese and drizzle salad with dressing, then toss again. Serve immediately.