



Newsletter

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Written by Sarah Miller

Wanna contribute something?
contact newsletter@sunnysidecsa.com

Oct. 4, 2007

Produce list

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

Baby Arugula Qty: 1/2 lb bag

Cherry Tomatoes Qty: 1 pint

Broccoli Qty: 2 small heads

Red Kale Qty: 1 bunch

Red Beets Qty: 1 bunch

Red Leaf Lettuce Qty: 1 head

Batavian Lettuce Qty: 1 head

White Turnips Qty: 1 bunch

Baby Pumpkin Qty: 1 piece

These pumpkins are grown in our "border zone" between our certified organic land and the neighbors. So, while we grow them organically, we are required to tell you that they are not considered "Certified Organic". They make lovely decoration even if you decide not to eat them. Happy Fall!

FRUIT SHARE

Macintosh Apples & Pears (Mixed in a bag)

Qty: 1 bag

Damson Plums

Qty: 1 bag

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

CSA News

Fellow members –

We have more recipes this time! I hope you enjoy them – and all of you who are doing the fruit share, I hope you have been finding plenty to do with your apples! Please send me any more recipes you have for them!

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

CORNMEAL and KALE SPOON BREAD with RED PEPPERS

1 bunch kale, washed, leaves stripped from stems (discard stems)

1/2 tbsp. olive oil

3/4 C sliced green onions

1/2 C corn kernels (fresh, or frozen/thawed)

1/4 C chopped roasted red peppers (If you made your own- use them!)

1 small garlic clove, minced

1 C water

3/4 C yellow cornmeal

1 1/4 C milk, or half milk, half water

1/2 tsp. salt

2 eggs

1/2 C grated cheddar cheese

1/2 tsp. hot pepper sauce

Cook kale in a large pot of salted water until tender, 8-10 minutes. Drain, cool, squeeze dry and finely chop. Heat oil in a large nonstick skillet over medium-high heat. Add onions, corn, red peppers and garlic; stir 2-3 minutes.

Mix in kale. Remove from heat. Whisk water and cornmeal in a bowl to blend. Bring milk and salt to a simmer in a heavy large saucepan over medium heat. Gradually whisk in cornmeal mixture. Stir until mixture boils and thickens, about 5 minutes. Cool slightly.

Preheat oven to 350 degrees. Grease a baking dish.

Whisk eggs in a large bowl to blend; gradually whisk in warm cornmeal mixture. Stir in kale mixture, cheese and hot pepper sauce. Transfer to prepared dish; smooth top. Bake until set and golden, 30-35 minutes. Serve warm.

Roast beets

A great side to many meals, or together with the arugula greens in a salad with some soft cheese (feta or goat cheese) and perhaps some toasted pine nuts or walnuts.

beets
olive oil
fresh rosemary
salt & pepper

Preheat oven to 450 degrees. Scrub beets well, cut off stems & tail, cut into quarters, & coat lightly w/olive oil. Place prepared beets in foil-lined pan. Sprinkle liberally w/salt & pepper. Tuck rosemary segments in amongst the beets. Roast in oven for 30 minutes or until tender when pierced w/fork. Intense flavor!! Enjoy!

French apple cake from the Bretagne

I got this recipe when I was an exchange student in Germany twenty years ago and have made it (nearly) every fall since . . . It's all about melting the butter first.

5 ounces Butter or margarine
4 eggs
3/4 cup sugar
2 packets vanilla-sugar (or 1 tsp vanilla extract)
Dash salt
Dash baking powder (1/2 tsp or less)
1 1/4 cup flour
4 cups apples

First, melt the butter. Let it cool, but not re-congeal. While it's cooling, beat the eggs, sugar, vanilla, and salt together until foamy. Fold in the cooled butter, baking powder and flour. Peel, core, and quarter the apples, then slice them into thin slices. Mix them into the dough.

Grease a 24cm radius springform and fill it with the cake mixture. Place it onto the lowest rack in a pre-heated oven. Bake for 50 minutes at 400 degrees.

Interested in starting a new CSA?

I know a lot of us have to travel a bit to get to the pickup – and I also know that we had to turn people away this year. If any of you would like to start a CSA of your own, somewhere more convenient to you, here's how you get started! I know there is an awful lot of demand here in Western Queens and I'd really encourage anyone who's interested to look into starting their very own CSA. Below is a message from Paula Lukats at Just Food, the organization that facilitates CSAs here in NYC.

*As a start, I would like to invite you to a workshop on **Starting a CSA in NYC** which will give you the basics about what is needed to start a new CSA and give you a chance to ask any questions you may have. We will offer this meeting at three different locations on three different days (Queens location listed below). The locations are all at CSAs during their distribution so that you can see what a distribution site looks like, what a share looks like and get a chance to talk with CSA coordinators. If you have any questions about the workshop or are unable to come to any of these days but are still interested in starting a new group please contact me at 212-645-9880 x233 or at paula@justfood.org.*

Queens: Astoria CSA, Thursday October 11th 6:00-7:00, Café Bar, 32-90 36th Street at 34th Ave.

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.

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

Core group position: We are looking for someone who is interested in arranging social activities for the CSA. Please write us at veggies@sunnysidecsa.com if you'd like to learn more.

INSPIRED WOMEN **Individualize Nutrition**

Make the diet and lifestyle choices that work for YOU without willpower.

Quick, healthy food for you and your family. Stop your cravings. Heal your health conditions. Decrease joint aches and pains.

Balance Moods

Stabilize your hormone levels. Increase energy and focus. Feel better in your body and your life. Learn how to balance your mood.

Enhance Your Life

Relationships, career, spirituality are some of the many facets of your life. Get clear on what you want and be held accountable. Create freedom, openness, understanding and intimate friendships.

Manage Stress

Breathe, massage, get listened to, and meditate at every session. Relaxing, uplifting meetings.

Seating is limited. Meetings are \$25 a session. Call **Jennifer Wieland HHC @ 917-599-8314** or email **livelifeinspired@yahoo.com** or come to the

FREE INTRODUCTION

Wednesday October 10, 6:00pm on Park & 31st @ Cosi