



# Newsletter

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Written by Sarah Miller

*Wanna contribute something?*  
contact newsletter@sunnysidecsa.com

Sept. 27, 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 bag

**Fingerling Potatoes** Qty: 2 lb bag

A delicacy! This variety is just perfect tossed in oil and rosemary and roasted in a single layer in the oven at 350F until tender.

**Red Tomatoes** Qty: 4 pieces

**Red Kale** Qty: 1 bunch

**Romaine Lettuce** Qty: 2 heads

**Cranberry Beans** Qty: 1 lb bag

A delicious variety. You will need to remove the beans from the pods, which are not edible. Steam the beans until tender, or try this week's delicious bean & kale recipe.

**Red Long Peppers** Qty: 6 pieces

*Disclaimer: There is a very small chance that these peppers could be hot. Please check before feeding to children, or allowing them to handle them.*

### Fruit Share

**Gala Apples**

Qty: 1 bag

**Raspberries**

Qty: 1 box

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

## CSA News

Fellow members –

Another newsletter with fewer recipes and more business – including the final installment of preserving advice courtesy of **Melanie Wehrmacher**. I've also included an invitation to a workshop on starting a CSA – there's a lot of demand in Western Queens, so I think that would be a viable option for anyone who's interested.

Remember, we are renting buses for the farm trip, so we really need to have a good idea of how many people will come! Please sign up on one of the sheets available at the pick-up. Friends, family, and prospective members are all welcome – just tell us how many people you're bringing!

And, as before, we **really** need people for the 2:30 and 4:30 volunteer slots in October and November. We'll have a sign-up sheet available at the pick-up point to fill in.

*Bon appetit,*

Sarah

## This week's recipe

### Cranberry Beans & Kale

This is a great recipe from Willie Green's farm out in WA. I would half the recipe since it makes a lot!

**1 large onion (or two small) chopped**

**8 cloves of garlic minced**

**6 c stock**

**1 lb cranberry beans cooked**

**1 can (6 ounces) tomato paste**

**½ small celeriac, peeled and cut into small pieces**

**1 tsp or more red pepper flakes - adjust to your tastes**

**1 lb chopped kale**

**1/2 cup cornmeal**

**1/2 cup water**

**1 tsp ground cumin (a little better if freshly toasted and ground)**

**Juice of half a lemon**

**freshly ground black pepper**

**Green onions or fresh cilantro for garnish - optional**

Dump all but garnish, water, lemon juice and cornmeal in pot and simmer until the kale is tender. Mix the cornmeal, water and lemon juice into paste and pour it slowly into the simmering stew. Simmer another 15 minutes. Garnish with chopped green onions and/or fresh cilantro.

## Interested in starting a new CSA?

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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](mailto:paula@justfood.org).*

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

## Preserving By: Canning

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Canning is an excellent method of food preservation. Canned foods require no refrigeration, and therefore this method presents the least storage problems. You can keep jars of produce in the closet, on top of the cupboards, or under the bed, which makes it ideal for people with small kitchens or refrigerators.

Canning is the sterilization of jars of food by heat or pressure. Items can be canned in either a pot of boiling water or a pressure cooker. Most people do not have a pressure cooker, and if you do, you probably don't need any canning advice. So the instructions here will be for the boiling water method. That being said, there are certain foods which cannot safely be canned in boiling water and do require a pressure cooker. High-acid foods, such as tomatoes, pickles, and fruits are safe to boil. But low-acid foods like most vegetables can not safely be canned with boiling water alone, as the temperature of boiling water is not sufficient to kill the toxin that causes botulism, so if you don't have a pressure cooker, preserve those low-acid foods in some other way, or just eat them all fresh.

Be sure that none of the items you are canning has begun to spoil, and make sure that your jars 100% clean and sterilized. If you open a jar of food that looks or smells as though there has been some spoilage, there probably has. Don't eat it.

The most common containers for canning are glass jars (such as Mason, Ball, or Kerr.) These jars and their lids can be found at many hardware stores, as well as some specialty kitchen shops, such as Broadway Panhandler. The jars and rings can be reused year after year (as long as no nicks or cracks develop) but the lids can be used only once, or the seal won't work. After boiling your jars, you'll want to check the seal. The lids shouldn't give when you press on them. If it does, the jar has not sealed properly and the food should be refrigerated and used within a few days, or put into another jar and re-processed.

The general process for canning is as follows:

Prepare food for canning (make jam or salsa, chop fruits, etc).

Fill a large pot with water and bring to boiling. The pot must hold enough water to cover the jars. This doesn't mean you need to buy an enormous stockpot, only that if you use a smaller pot you may only be able to process one or two jars at a time.

Wash and rinse jars and lids and put them in another pot of boiling water until you're ready to use them (at least 10 minutes for sterilization).

Using only as many jars as you can fit in your boiling water canner at one time, fill jars to no more than ½" from the top. Remove air bubbles from the jars by running a rubber spatula around the inside. Wipe the jars (make sure no food is on the lip of the jar) and screw on the top tightly.

Place the jars in the boiling water. Water should be at least 2" over the tops of the jars. Put the lid on the pan of water and bring back to boiling, if necessary.

Begin to count time as soon as the water is boiling and process as directed. Boil gently and steadily, added more water to cover as necessary.

When the time is up, remove the jars from the pan, and stand them up to cool, making sure there is enough space between them for air to circulate.

Once jars are cool, check the seal, label the jar with the contents and date, and store in a cool, dry place.

The websites of various jar manufacturers, as well as pectin companies, are excellent sources for both recipes and processing times for various items. When using any recipes, do not alter the amount of acid (lemon juice, vinegar, etc.) as it will affect food safety.

## Announcements

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*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!

**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](mailto:veggies@sunnysidecsa.com) if you'd like to learn more.

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