



www.sunnysidecsa.com  
 (718) 670-7354  
 Design: Sarah Miller; Edit: Kevin Kolack  
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 contact newsletter@sunnysidecsa.com

# Newsletter

Nov. 15<sup>th</sup>, 2007

## Produce list

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

- Carrots: 1 bunch
- Red Beets: 1 bunch
- Toscana Kale: 1 bunch
- Green Cabbage: 1 head
- Loma Lettuce: 2 heads
- Guy Lon: 1 bunch  
(Chinese broccoli/kale)
- Cauliflower: 1 bunch

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

## CSA News

Hello, neighbors!

The end of the season is upon us!

Final pickups are:

today 11/15/07

Monday 11/19/07

Thursday 11/29/07

There are a very few winter shares still available... signup is today! The price is \$175 for 5 deliveries to take place on December 13, January 3 & 24, February 14, and March 6. A fruit share can be added on for an additional \$65.

Signup for next season will be announced soon, so keep an eye on your email from the yahoo group. If you don't have email and want to sign up for next year, please leave a note for Eva or Angie at pickup.

Have a great week,

Kevin

## Broccoli cheese soup

This recipe was so awesome, I had to put it in again this week. I have no idea if it'll work with the guy lon, but perhaps some adventurous reader will give it a try... I'm sure you could use the cauliflower.

Adapted by Diane Kolack from Bon Appetit Magazine, September 2003

- 8 cups broccoli florets (about 1 ¼ pounds)
- 2 cups low-salt chicken broth
- 1 cup cream
- 3 tablespoons butter
- 2 small diced potatoes
- 1 chopped onion
- 2 oz. good sharp cheddar
- Pinch of nutmeg
- Pinch of cumin
- salt and (white) pepper to taste

Cook broccoli until very soft but still bright green. Drain, if applicable. Ditto for the potatoes. (Steaming in a pressure cooker works great and saves time.) Sauté the onion in butter in a heavy large saucepan, and then add broth and 1 cup cream, and bring to a boil. Working in batches, puree the broccoli, potatoes, cheese, and broth mixture in a blender until smooth- about 45 seconds per batch. (Alternatively, you can use a rotary electric hand mixer directly in the pot.) Return the puree to the original pan. Add nutmeg and cumin, and season to taste with salt and pepper. Makes four filling servings.

## BEEF CHIPS WITH CURRIED SOUR CREAM

from *Gourmet Magazine*, June 2004, via *epicurious.com*

### For chips:

- 2 medium beets with stems trimmed to 1 inch (1 lb total, including greens)
- 1 cup water
- 1 cup sugar

### For curried sour cream:

- 2 tablespoons finely chopped shallot
- 1 tablespoon olive oil
- 3/4 teaspoon Madras curry powder
- 3/4 cup sour cream
- 1 1/2 tablespoons finely chopped fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

To make chips, peel beets with a vegetable peeler, then slice paper-thin with slicer, using stems as handles.

Bring water and sugar to a boil in a 3-quart heavy saucepan, stirring until sugar is dissolved. Add beets, then remove pan from heat and let stand 15 minutes. Drain beets in a colander, discarding liquid, then let stand in colander 15 minutes more.

Put oven rack in middle position and preheat oven to 225°F.

Line a shallow baking pan with nonstick liner like parchment paper, then arrange beet slices snugly in 1 layer (it's not necessary to use any partial or broken slices) and season with salt and pepper. Bake beets until dry, about 1 hour. Immediately transfer chips to a rack to cool (chips will crisp as they cool).

For the curried cream, cook shallot in oil in a small skillet over moderate heat, stirring frequently, until golden, 3 to 4 minutes. Stir in curry powder and cook, stirring, 1 minute. Stir shallot into sour cream in a bowl along with chives, salt, and pepper. Serve curried cream with beet chips.

Beet chips can be made 5 days ahead and cooled completely, then kept in a sealed plastic bag at room temperature. Curried sour cream can be made 1 day ahead and chilled, covered.

Note from Kevin: Diane made these and everyone loved them even without the curried cream (except me because I think they still taste like... beets).

## Announcements

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.

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

**Free range turkeys are available from Dines Farm. Order from them NOW!**

### 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

Kevin would like to apologize for the scallion pancake recipe from 2 weeks ago which was really disgusting. I'll find a better one...

### ROASTED CAULIFLOWER SOUP

from *Golden Earthworm*

- 1 head cauliflower
  - 2 garlic cloves
  - 1 shallots
  - 1 tablespoons olive oil
  - 1.5 cups chicken broth
  - 1/2 cup water
  - 1/2 teaspoon finely chopped fresh thyme leaves
  - 1 bay leaf
  - 1 cups heavy cream (or milk, or soy milk)
- Preparation  
Preheat oven to 425°F.

Cut cauliflower into 1-inch flowerets (about 10 cups). In a large baking pan toss cauliflower, garlic, and shallots with oil to coat and roast in middle of oven about 30 minutes, or until golden. In a 4-quart kettle simmer broth, water, roasted cauliflower mixture, and herbs 30 minutes, or until cauliflower is very tender. Discard bay leaf and in a blender puree soup in batches until smooth (use caution when blending hot liquids), transferring to a bowl. Return soup to kettle and stir in cream and salt and pepper to taste. Heat soup over moderate heat until just heated through.