



Newsletter

www.sunnysidecsa.com

(718) 670-7354

Written by Sarah Miller

Wanna contribute something?

contact newsletter@sunnysidecsa.com

Sept. 13, 2007

Produce list

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

Lettuce Qty: 2 heads

Parsley Qty: 1 bunch

Red Tomatoes Qty: 5 pieces If your tomatoes are under-ripe, you should leave them out on the counter until the turn a deep red (but not soft!).

White Salad Turnips Qty: 1 bunch

Cherry Tomatoes Qty: 1 pint

Red or Yellow Bell Peppers Qty: 2 pieces

Red Long Peppers

Qty: 3 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.

Green Beans Qty: 1 bag

Romano Beans Qty: 1 bag

FRUIT SHARE

Gala Apples Qty: 1 bag

Raspberries Qty: 1 bag

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

CSA News

Fellow members –

We have a couple of announcements this time:

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.

Secondly: as fall approaches, we start thinking about the next season. We will be making some changes in the core group, and we already have the 'social coordinator' position free – please let us know if you're interested. Also, it's a good time to start thinking about whether or not you want to sign up again next year, and for how big a share . . .

And since you all want to prepare for the winter, and use up these big shares we've been getting, we have preserving tips for you. We'll do these over three weeks and this week's topic is freezing. A big thank you to member **Melanie Wehrmacher** for giving us this information!

Guten appetit,

Sarah

This week's recipe

TURNIPS WITH BREAD CRUMBS AND PARSLEY

4 small turnips (about 3/4 pound), peeled

1 tablespoon unsalted butter

2 tablespoons fresh bread crumbs

2 teaspoons minced fresh parsley leaves

1/2 teaspoon freshly grated lemon zest

In a large saucepan of salted boiling water cook turnips 15 minutes and drain. When turnips are cool enough to handle, cut each into 8 wedges. In a large skillet cook turnips in butter over moderate heat, stirring occasionally, until almost tender and golden on the edges, about 10 minutes. Stir in bread crumbs, parsley, zest, and salt and pepper to taste and cook, stirring occasionally, until turnips are tender, about 5 minutes.

PEPPER SALAD with FONTINA

Adapted from From the Cook's Garden by Ellen Ogden
1.5 pounds Sweet peppers, roasted and cut into 1/4 inch strips

12 black olives, such as kalamata, pitted and coarsely chopped

6 ounces Fontina cheese, cut into 1/2 inch cubes (about 1.5 cups)

2 Tablespoons heavy cream

1 teaspoon fresh lemon juice

1 teaspoon dijon mustard

1 teaspoon finely chopped cutting celery OR tarragon OR parsley

1/4 cup best extra virgin olive oil

S & P to taste

Combine the peppers, olives, and cheese. Mix the cream, lemon juice, mustard, and herb in a small bowl. Gradually whisk in the oil. Season with the S & P. Pour over the peppers and mix. Serve immediately.

Preserving by: Freezing

(from Melanie Wehrmacher)

Freezing is probably the easiest method of preserving your share. True, it takes up precious freezer space. But it saves a lot of time and mess as opposed to canning or drying, and is also better at preserving texture, flavor, and nutrients. And come February, halfway through the long haul between CSA seasons, you'll be glad for "almost-fresh" produce.

A general rule for freezing: The vegetables that are best to freeze are those that will be cooked. For example, greens freeze very well, but a frozen and thawed cucumber is unpalatable, at best. Food should be prepared and frozen as soon as possible after harvest to retain the most nutrients. The freezing process itself doesn't destroy any nutrients, but time will.

Many vegetables benefit from blanching in boiling water or steaming prior to freezing. This helps vegetables to retain their color and flavor. Fruits generally do not need to be blanched to be frozen. Fruits can be frozen in a sugar or honey syrup which helps to retain color. Directions given here are for 'no-added-sugar' fruits.

Glass containers are ideal for freezing, as are zip-top freezer bags. The latter are excellent for saving space, as items can be frozen in a single layer on baking sheets and then placed in bags and stood on end like file folders or stacked. When using glass, be sure to leave some head room at the top, as freezing causes expansion. Plastic containers (such as Tupperware) can be used as well. Make sure all packages are airtight; oxygen entering the container is what causes freezer burn and the unpleasant taste that attends it. Lastly, mark containers with the contents and date it was packaged. It can be tricky to remember, five months after the fact, which bag held collards and which held kale.

Keep in mind that freezing is not a method of sterilization, and therefore all frozen items should be thawed in the refrigerator, rather than on the countertop.

FOODS THAT ARE SUITABLE FOR FREEZING

BEANS (Green or Roma): Wash, drain, and snip ends. Blanch or steam 3-4 minutes. Cool, pack and freeze.

BROCCOLI: Choose only green heads, not those beginning to yellow. Rinse, peel, and trim. Cut lengthwise into pieces (about 1 ½" across). Blanch 3 minutes, or steam for 5. Cool, pack and freeze.

BRUSSELS SPROUTS: Pick only green heads. Heads that are beginning to yellow are too mature to process. Rinse, trim and remove outer leaves. Blanch or steam 3-5 minutes, depending on size. Cool, pack and freeze.

EGGPLANT: Wash, and cut into small slices or cubes. Dip in solution of 1 tablespoon lemon juice to 1 quart water. Blanch or steam for 4 minutes. Cool, pack and freeze.

PEAS: Shell peas (the pods don't freeze well). Blanch or steam 1 ½ minutes. Cool, pack and freeze.

PEPPERS: Wash and halve. Remove seeds and ribs. Slice or dice. Peppers do not require blanching.

EDAMAME: Use only green pods. Wash and blanch or steam for 5 minutes. Cool, pack and freeze.

GREENS (Spinach, Kale, Collards, Beet, Turnip, etc.): Rinse well, trim leaves off of center stalk. Blanch 2 minutes or steam for 3. Cool, pack and freeze.

APPLES: Peel, core and slice. Pack and freeze.

BLUEBERRIES: Wash, dry thoroughly, pack and freeze.

CURRENTS: Stem, wash, pack, and freeze.

RHUBARB: Remove leaves, wash, and chop. Pack and freeze.

RASPBERRIES: Wash, dry, pack, and freeze.

STRAWBERRIES: Wash. Slice, halve, or leave whole. Pack and freeze.

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.*

SAVE THE DATE: Fall farm trip!
SUNDAY, OCTOBER 21st from 11-3.
Details to follow!

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.

Another tomato recipe

Egyptian Tomato Salad

1 shallot
1 clove of garlic peeled
3-4 tbsps olive oil
Salt and pepper
5 medium size ripe tomatoes
Lemon juice
Chopped fresh chervil (or other herb)

Chop the shallot and garlic very fine. Put in a small bowl with the oil, a bit of salt and pepper, and leave while you blanch the tomatoes (i.e., cover them in boiling water, then cool so you can peel them). Peel tomatoes, slice thickly, then arrange on a dish and pour shallot/garlic dressing on them. Stir or mix the tomatoes with your fingers so they are coated. Let sit a couple of hours, at room temperature. When you are ready to serve, put some lemon juice on the tomatoes, then sprinkle with salt and pepper and the herbs, and serve at room temperature.

(Adapted from 'Nigella Bites,' by Nigella Lawson, 2002.)