

Cobble Hill CSA

community supported agriculture 

Newsletter

July 3, 2007

Notes From Green Thumb Farm

Last weekend our farm tour and strawberry picking was a huge success. It was a beautiful, cool, sunny summer day. Many members and their families came and enjoyed the day, picked some berries—and we were able to have lettuce available to pick as well. I thank all those who took time to come and visit us and talk with us and see our many crops growing in this field.

In our next few weeks squashes will be arriving, as well as string beans, scallions, and carrots. We will have some peas—mostly snow and some snaps—the birds are eating most if not all of our shelling peas and are starting on our snap peas. We still have plenty of lettuce to pick and summer herbs—basils, dill, cilantros will be here soon also. More beets, swiss chard, some fennel and broccoli and fava beans, all coming your way soon. Enjoy!

Organically yours,

Farmer Bill

Swimming in Green

It's Monday evening and you're taking inventory of the contents of your refrigerator. The news is not good: one whole head of lettuce and then some, one radicchio, mustard greens, mizuna...and oh look, there's a lovely bag of snow peas hiding in the corner.

You thought you'd powered through your share last week, and yet here are the majority of last week's greens. As they say in the restaurant industry, you're in the weeds—literally.

What's the best way to stay on top of your greens? Think ahead, says Bryant Terry, co-author with Anna Lappé of *Grub: Ideas for an Urban Organic Kitchen*. Try prepping your veggies as soon as you get home. With lettuces, cut, wash, and dry them. Then, wrap them loosely in a linen towel (or place in a plastic bag with paper towels to absorb the excess moisture). With veggies like broccoli or kale, steam or sauté them as soon as you get them home, that way they'll last longer and will more likely be eaten.

Still not sure you can tackle all those greens yourself? The easiest—and most fun—way to get through them is to have people over for dinner. Keep it casual and the recipes simple—let the flavor of these local and organic veggies do the heavy lifting.



In the Kitchen With Mark Bittman

He likely doesn't know it, but Mark Bittman is my near constant companion—in the kitchen, that is. Bittman is a nationally-known cooking authority, and his column, "The Minimalist," which appears Wednesdays in *The New York Times* food section, is a must-have staple for anyone who likes to make great food but wants to keep it simple. The following recipes are from his book, *How to Cook Everything*, (Wiley Publishing, Inc., Hoboken, NJ, 1998), which is a great resource for cooks of all levels. Bittman offers up alternatives for most recipes, providing his readers to ample room to explore and experiment.

Arugula Pesto

Makes about 1 cup

Time: 15 minutes

A thin paste with the distinctive flavor of arugula; I like to use it with grilled chicken or shrimp.

2 cups of arugula, well washed and dried
1 clove garlic, crushed
2 tablespoons walnuts or pine nuts, lightly toasted in a dry skillet
Salt and freshly ground black pepper to taste
3/4 cup olive oil, more or less

Remove any tough stems from the arugula. Place it in a food processor or blender with the garlic, nuts, salt and about 1/4 teaspoon pepper.

Add 1/4 cup olive oil and pulse a few times. With the motor running, add additional olive oil to make a creamy sauce, stopping the machine occasionally to scrape down the sides if necessary. Use within a day.

Sorrel Salad with Hard-Cooked Eggs

Makes 4 servings

Time: 25 minutes

2 eggs
2 cups torn tender, mild lettuce, such as Boston (trimmed, washed, and dried)
4 cups torn sorrel (trimmed, washed, and dried)
Creamy Vinaigrette

For the vinaigrette:

1 small shallot, minced
Salt and freshly ground black pepper to taste
1 teaspoon Dijon mustard, plus more as needed
1/2 cup extra-virgin olive oil
About 1/4 cup top-quality white wine vinegar, plus more as needed.
1/2 cup heavy cream.

Mix together the shallot, salt, pepper, and

Arugula and Blue Cheese Salad

Makes 4 servings

Time: 10 minutes

4 to 6 cups torn arugula (trimmed, washed, and dried)
1/4 to 1/3 extra-virgin olive oil or walnut oil
1 or tablespoons freshly squeezed lemon juice
Pinch salt, plus more to taste
Freshly ground black pepper to taste (optional)
1/2 cup black olives, pitted and roughly chopped
Blue cheese, preferably Roquefort, Gorgonzola, or Stilton

Place the arugula, olives, and a crumbling of blue cheese in a bowl and drizzle them with oil, lemon juice and a pinch of salt. Toss and taste. Correct seasoning, add pepper if desired, and serve immediately.

mustard in a small bowl, blender, or food processor.

Add the olive oil and whisk well with a fork or keep the machine running; add most of the vinegar and cream and whisk again. Taste, and add salt, pepper, mustard, and/or vinegar as needed.

For the salad:

Pierce a tiny hole in the broad end of each of the eggs with a pin or needle. Place the eggs in a small pot of water and turn the heat to medium-high. Bring the water to a boil, lower the heat, and cook gently for 10 to 12 minutes. Leave the eggs in the pot and run them under cold water to chill.

Meanwhile, toss the lettuce and the sorrel together. Peel the eggs, chop them up coarsely, and toss them and the dressing with the greens. Serve immediately.