

Chubby Bunny CSA Newsletter

August 28th, 2007

Bernie's Notes

I want your feedback! As I get ready to plan for next season, (yes I said next season) I'd really like to hear your comments on... well, anything and everything! Each year decisions need to be made on the size of shares offered, distribution, site conditions, delivery services and optional shares etc. and I'd rather not make these important choices in a vacuum as they effect each and every member. Because we are a young CSA, we're still adjusting things year to year but as always, the changes I make are in hopes of making Chubby Bunny CSA better! In order to do that effectively, I really need to hear from you sooner rather than later. Dan and I will soon be discussing next season matters and it would help if I had a better idea of what you all are thinking.

Currently, Dan has to prepare 4 different sized shares each week, which you can imagine is a lot of work for such a small operation. One thing we will be discussing is his desire to simplify his distribution, which could mean changes for us here in the city. So in addition to your unsolicited comments, I'd like you to specifically address the size of your share vs price. For example would you pay a little more for more or does your sized share accommodate your needs already? If you received more produce for the same price would you be forced to go to a smaller share, take on a share partner or be fine with that? It would be best if you were able to e-mail me your comments at Bernie@chubbybunnynyc.org or if that's not possible, share your comments with the site coordinators or with me when you see me but please, the sooner the better as we would like to start signing up members for next year as soon as possible. Thanks!



Notes from the Farm

Thanks to Aliyah & Alissa we were able to escape from the farm last week. They capably managed the farm tending the animals, doing field work and pulling off the Friday harvest! We got a much needed break for rest & relaxation as well as some quality family time for the three of us and with Dan's brother Chris and his wife, Jen, near Keene, NH. Now we are ready to refocus our energy towards fall and the change of season.

This week's harvest: leeks, peppers, hot peppers, arugula, broccoli, beets, summer squash, tomatoes. Also: kale or chard, radishes or turnips, delicata or sweet dumpling squash.

Sweet Dumpling and Delicata are the first and sweetest of the winter squash harvested in the season. They are quite similar to acorn and you can prepare them the same way - Halve them, take out the seeds and bake them in the oven. If you are used to putting a little maple syrup or brown sugar on your squash, hold off on these. You'll find they are quite tasty just as they are.



Bernie's Nutritional Tip of the Week

Yummy.....beets. In case you didn't realize it yet, these underrated roots are naturally sweeter than any other vegetable and are jammed packed with lots of flavor. In addition, they're really healthy for us. Besides having high amounts of natural Vitamin A, beets are one of the best sources of both folate and betaine. These two nutrients work together to lower blood levels of homocysteine, an amino acid that when found in high levels in the blood can damage your arteries and increase your risk of heart disease. BTW Many doctors regularly include a homocysteine blood test in annual check ups but if yours doesn't, it may be wise to request this test especially if you are at risk and/or heart disease runs in your family. Another and perhaps even more informative test is a C-Reactive Protein (CRP) test. This blood test is used to detect inflammatory disorders and because so many studies are now concluding that inflammation seems to be associated with so many diseases, it wouldn't hurt to request that test as well. But don't take my word for it, talk to your doctor and together decide what preventative tests are best for you. And remember, eat your beets....and the leaves too! Check the recipe blog for some great suggestions on beet preparation.

Be Educated. Be Empowered and Be Healthy!



How about those beautiful red peppers? This year we planted a variety called Carmen and we are really pleased with them. Red peppers aren't the easiest to get right as you might expect from their high price at the supermarket. This is because they have a tendency to rot at the tip just as they are turning red. Carmen has been ripening red without any rot and they are beautiful and tasty. Just seeing a bin of their bright red blows me away.



Recipe of the Week

Phyllis Jo Kubey found a great recipe to make use of the variety of greens that arrive in the fall.

Potato Soup with Greens (adapted from CalciYum)

- 1 tbsp olive oil
- 1/4 cup lemon juice
- 1 tbsp soy sauce
- 3 cups package chopped kale or turnip greens (any greens will be fine)
- 2 cups packed chopped beet greens (any greens will be fine)
- 5 1/2 cups vegetable stock (see note below)
- 2 medium white potatoes, chopped into small pieces (peeling optional)
- 2 sweet potatoes, chopped into small pieces (peeling optional)

In a nonstick saucepan, heat oil over medium heat. Add kale and beet greens; sauté 5 minutes. Set aside. In a large pot, bring vegetable stock to a boil. Add potatoes and simmer, covered for 20 minutes. Puree the soup (I use a stick blender which makes this super easy and fast). Add greens, lemon juice and soy sauce; simmer, covered, for another 15 minutes before serving.

*Note: In lieu of vegetable stock, I sauté onions, garlic, celery, carrots for a few minutes and add water, then proceed with step 2.