

Chubby Bunny CSA Newsletter

September 18, 2007

Bernie's Notes

Well I have to admit that I'm a little disappointed from the lack of feedback responses I received from members last week. Out of @ 120 member's, I only received **TWO** e-mails from you guys! I suppose it's safe to surmise that either everyone else is too busy, or few received the request because so few actually *read* the weekly newsletters we put out. Whatever the reason, I have to say it's a little frustrating. Again, I don't like making decisions for the CSA in a vacuum but with so little input from the members, I guess that's what I will have to do. I also recognize that it's possible that some of you don't feel the need to respond because you're so pleased that there's nothing you need to suggest to change! Hey that's great, but if that's the case, I do need to hear that as well. That's all for now. If you can, please send me a quick e-mail at Bernie@chubbybunnynyc.org. There is still time before Dan and I have our initial discussion.

Also, I guess until I get a little confirmation that members are actually *reading* the newsletters, I'll hold off on taking the time out to write the Nutritional Tip section.

FYI - here is what Bernie would like to know...

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

We just had our first hard frost. The tomatoes, peppers and eggplants weren't damaged but after a few more frosts we'll lose them. So now is the time to savor them. Along with our regular harvest this week we'll be starting our winter squash harvest. Like some of the other crops we cure the acorns and butternut squashes before we give them out in the share. This makes them sweeter and helps them store longer. To harvest the squash we first windrow them in the field by hand, then drive alongside and load up the wagon. We then unload the wagon into the greenhouse, where they'll harden up a bit for long term storage, which will eventually be in the barn. It's all heavy handwork, so expect to see us moving slowly this week! You should continue to see the delicata and sweet dumpling in your share this week. Hope you're enjoying the first taste of fall!

The first of your fall carrots are in this week. They're quite sweet, as we harvested them this morning in the cold of the frost...Harvesting them in the cold seems to bring out the sweetness, maybe due to their storing of sugars in the root to get through a cold night.

Please savor them, they're quite hard won.



Bernie's Nutritional Tip of the Week

Due to lack of response on Bernie's request for feedback, there will be no Nutritional Tip of the Week.



New field update: We received our soil test results and unfortunately they weren't great. Dan has a lot of work ahead of him. Years of haying without replacing nutrients has stripped the soil bare. If you go out and look you won't see any earth worms in this particular field. Dan's been spreading soil amendments and compost and will cover crop it with rye/vetch for the winter in hopes of regeneration by spring. The soil in all other areas has proven quite resilient and improvable given a little TLC. We've noticed more and more earthworms with every year!

It looks like spring out there in the fields now with all our last plantings of greens and cover crops coming in. We'd gladly receive another dose of rain to help along the last of their growth. There's lots of arugula out there in different stages of growth. My suggestion for using it is to wilt it on pasta or with poached eggs. There's only so much raw arugula I can enjoy. But cooked, it becomes a whole different veg. (Especially with a little Chubby Bunny Farm bacon!) Delicious!

This week's harvest: fennel, carrots, tomatoes, eggplant, peppers, onions, lettuce, kale, delicata, garlic

Recipe of the Week

A delicious cake, packed with nutrients and perfect for fall apples.

Apple Cake

5 cups apples (unpeeled and chopped)	1 1/3 cups sugar
1/2 cup oil	2 eggs (beaten)
2 tsp vanilla	1 cup whole wheat flour
1 cup flour	2 tsp baking soda
2 tsp ground cinnamon	1 tsp salt
1 cup nuts (optional)	2/3 cup brown sugar
1/4 cup milk or cream	1 tablespoon flour
1/3 cup powdered sugar	

Combine apples and sugar and let stand. Combine oil, eggs and vanilla in a separate bowl and set aside. Mix together wheat flour, flour, baking soda, cinnamon, salt and nuts. Stir flour mixture into apples alternately with egg mixture. Pour into a greased 9 X 13 inch baking pan. Bake in a preheated oven at 350, 50 - 60 minutes. Mix together the brown sugar, milk and 1 TBSP of flour. While cake bakes, heat to boiling; stirring occasionally. Remove from heat. Mix in the powdered and drizzle over the cake.