

# Chubby Bunny CSA Newsletter

July 24<sup>th</sup>, 2007

## Bernie's Notes

Did you get our e-vite to the potluck movie night? Are you getting the e-mails sent by our volunteer coordinator? If not then this will be your last newsletter. If you haven't done so already, PLEASE make sure to add chubbybunnynyc.org to your address book so that you will receive e-mails that our staff periodically sends out. If our e-mails are being filtered out then you will be "out of the loop" as they say because **as of next week our newsletter will ONLY be sent via e-mail.**

WOW! What an amazing cookout we had last week thanks to our volunteer events team headed by Chris Browder! Chris, along with many other volunteers helped make the cookout a huge success. I can't say enough about how exciting and gratifying it was for me to see so many members enjoying themselves! Chubby Bunny takes a lot out of me but it's moments like that when my tank gets refilled....and then some! Especially warming was seeing all the children there! It's my secret hope that we are planting seeds that will bloom into their great appreciations and understandings of organic food and I also hope that we are nurturing their connection to local, sustainable agriculture.

In case it slipped by some of you, almost all of the produce you enjoyed last Tuesday came right from our very own farmers! The grass-fed beef was graciously donated by our supplier **Whippoorwill Farms**, the raw milk & cream for the ice cream was donated by **Stonewall Dairy**, the peaches in the ice cream came from **Hepworth Farms**, and the grilled veggies were donated by Chubby Bunny. After experiencing some of these mouth-watering sensations, many of you inquired about signing on for a dairy share and ordering meats. Meats continue to be available for order throughout the season. All information on how to do so can be found on our website. As for dairy shares, we normally don't pro-rate shares but will make an exception for the raw milk. If you desire a  $\frac{1}{2}$  gallon share for the remaining of the season it will be \$80.00 and \$127.00 for the full gallon. Simply let one of the site coordinators know or send me an e-mail.

Some members also asked about how they can **help with future events** so consider this your official invitation! Our next event that we *would like to* organize is a trip to the farm(s) in early August. I say "*like to*" because as of now, we don't have anyone to coordinate that event because our events team is away on vacation. If anyone one is interested in volunteering for this AND/OR future events please e-mail or call me at 212-580-4124. Remember, helping out the events team also fulfills your volunteer requirement normally expected at the site.



Chubby Bunny Farm

## Notes from the Farm

The garlic crop is in! The garlic harvest is the first big bulk harvest of the year and we are happy to report it is looking good and is curing in the barn. Curing allows the papery skin around the bulb to dry, making it ready for storage. You will probably start seeing garlic in your share in about a month.

Have you met our newest little friends at the farm? Last week we got 4 new baby piggies! These are the smallest guys we've had yet and they are cute! They are still in the barn with the sheep until they get a bit bigger. We're also happy to report that our guinea hens have successfully hatched some chicks. There are about 15 of the little ones trailing behind their mama through out the farm.

Speaking of animal life.... Thursday evening we had a bear in our yard! He was making his way up to the porch while we were having dinner. He was a pretty good size & had tags in his ears. Although it is a treat to see one we hurried to scare him off and send him on his way. Keep your eye out for him at your house!

Dan has peeked into the potato patch and it looks like we are going to have a bumper crop! But they still have some growing to do so we won't start harvesting them for a few more weeks.

Dan has been tending our fall cabbage and brussel sprouts. Like other members of the brassica family - arugula, komatsuna, turnips, mustard greens, and broccoli - they are susceptible to the flea beetle. These are the little critters that eat tiny holes in the leaves. They do a lot of damage because as the plant grows so do the little bites, leaving big holes in the harvested crop. More importantly it can be very hard for the plant to thrive with all the abuse of these little folks. So one thing we do is cover the crops with row cover to protect them. Another thing we use is an organic insecticide called Entrust. It is a biologically based spray that can dramatically reduce the flea beetle population on your farm if you use it on all your brassica crops. Dan's been spraying to make sure that the fall cabbage does indeed make it into the fall.

(continued...)

## Bernie's Nutritional Tip of the Week

So last week I wrote about the need/benefits of water so let's discuss the different kinds of water and how you can get the cleanest, safest water for you and your family. NYC tap water isn't the answer either as it's treated with many chemicals including chlorine and fluoride both of which are very toxic and shouldn't be ingested. In addition, after the water leaves the distillery it travels through all those NYC pipes where it has the potential to accumulate all kinds of interesting bacteria, lead and PCB's. BTW Did you know that the EPA in DC went on record against adding fluoride to public drinking water? That fluoride is more toxic than lead? That Europe is 98% fluoridation-free free? Yep. I don't feel bottled water is the answer either because it's usually in plastic, which means that the water is "dead" and. Refrigerator filters, pour through containers and faucet mount filters only provide limited filtration capabilities with most only eliminating chlorine.

I recommend at least a filtration unit that uses a solid carbon water filter or a water ionizer for the best tasting and cleanest water. These types of units usually produce water with high PH levels which then makes the water even healthier at a cost of only pennies per gallon. What about distilled water? You make the call but know that it is de-mineralized so only oxygen and hydrogen remain. When soft water (water with the minerals removed) is primarily used as drinking water, it appears to contribute to a higher incidence of hypertension and heart disease. Having said that, because of it's "purity" it is used safely in detox programs and in herbal formulas. Whichever filtration unit you choose, it should be NSF certified to ensure that the product meets strict standards for performance. Please realize that this is only a **brief** explanation so don't be surprised if you still have questions. I can't fit everything in today so know that you can always e-mail or call me with your water concerns/questions and I'll help you if I can. BTW I do have "connections" for discounts on some units so if I can be of assistance here let me know that too. -- Bernie

## Notes from the Farm (cont.)

Pick your own Organic/Biodynamic Blueberries!  
We've just come back from visiting Irving Wasley in Warren. We were picking this morning. This is the place to go for tasty high quality blueberries. Irving as a lot of organic and biodynamic knowledge and keeps an impeccable berry patch. He's open for picking on the weekends and they are just off of Route 45. There is a sign at the end of the road. For more info their number is 860-868-2011.

This week's harvest: lettuce, potatoes, cukes, squash, peppers, broccoli, cabbage, beets, basil



Chris Browder flipping burgers at the Chubby Bunny Cookout. (photo by Jay)

## Recipe of the Week

### Chilled Watermelon-Cucumber soup

In the summer few things are more refreshing than sweet, juicy watermelon and cool, crunchy cucumber -- two plants that belong to the same botanical family.

- 1 small seedless watermelon, approx. 1 pound
- 2 seedless cucumbers, peeled and chopped into one-inch pieces
- 1/2 clove garlic, minced
- 1 piri-piri chile, minced (available at Fairway)
- Juice of half a lemon
- 2 tablespoons olive oil
- salt and white pepper to taste



Cut watermelon into large chunks and remove rind. In a high-speed mixer, blender, or food processor, combine first six ingredients and blend until smooth. Season to taste. Garnish with a slice of grilled melon.