

FRESH PROSPECTS

Week 21 – November 6, 2008

This Week:

- * White House Victory Garden
- * No. 7
- * Events Around Town
- * Spuds

Meat and Cheese Reminder: Place your order by November 15 for delivery on November 22

White House Victory Garden

[<http://www.eattheview.org/petition>]

Change is in the air, so make your voice heard by signing the Eat the View petition. Tell President-Elect Barack Obama that planting an organic garden on the grounds of the White House will help put the nation on the path to a greener, more sustainable agricultural future. Eleanor Roosevelt set a positive example for Americans everywhere by planting a victory garden on the White House lawn in 1943. Could we do it again today? I say, yes we can!

No. 7

Yet another establishment has joined the ranks of new and notable Brooklyn restaurants. With entrees priced between \$16 and \$20, Fort Greene's No. 7 features dishes that are big on flavor, but easy on the pocket book. Chef Tyler Kord, formerly of Jean-Georges Vongerichten's Perry Street, serves comfort food with a polished, funky edge. A full bar and late-night menu are added pluses. Notable dishes: Tuna with Asian Pear, Hanger Steak and Kimchee Pirogies, Miso Stewed Bananas and Vanilla Pudding. 7 Greene Avenue at Fulton Street, (718) 522-6370.

Events Around Town

The Politics of Food—A Conference on New York's Next Policy Challenge

[<http://calendar.columbia.edu/sundial/webapi/get.php?vt=detail&id=27357&con=embedded&br=ais>]

Addressing a range of policy issues related to food in New York City including energy, sustainability, affordability, public health, jobs, neighborhood preservation, and the pressures of globalization. Featured speakers include Mayor Bloomberg and Miquel d'Escoto Brockman, President of the UN General Assembly. 11/19, 8:30am to 2:30pm, Columbia University, free.

Artisan Ice Cream Workshop with Van Leeuwen

[<http://www.thebrooklynkitchen.com/classes-events/>]

Ice cream proprietor Ben Van Leeuwen steps out from behind the wheel of his buttercup-yellow ice cream truck for a tutorial using organic and local ingredients. 11/13, 6:30pm, Brooklyn Kitchen, 616 Lorimer Street, \$40.

Spuds

* Contrary to popular belief, potatoes are very good for you. A medium potato, with skin, provides significant quantities of vitamins C and B6, as well as potassium. Potatoes are also a good source of fiber.

* Potatoes were originally New World crops that can be traced to a single cultivar grown in Peru. The vegetable was not introduced to Europe until 1536.

* Though cultivation has been focused on a small range of varieties (lack of genetic diversity resulted in the blight that caused the Irish famine of the mid-nineteenth century), thousands of types of potatoes are still grown today within the Andes.

* Mr. Potato Head was developed by the Brooklyn-born toy inventor George Lerner, originally using materials from his mother's garden to create dolls to entertain his younger sisters. In 1952, it became the first toy advertised on TV. Here's a sign of the times: During that decade, you could also outfit your Mr. with a Mrs., two children, a car, boat, kitchen set, stroller, and pets called Spud-ettes.

* The spelling variant potatoe was well-accepted into the nineteenth century, though Vice President Dan Quayle's infamous 1992 gaffe probably had little to do with a love of ye olde-fashioned English.

Oven Baked Parmesan Cheese Fries [<http://www.foodnetwork.com/recipes/michael-chiarello/oven-baked-parmesan-french-fries-recipe/index.html>]

Potato Gratin with Goat Cheese and Garlic

[<http://www.epicurious.com/recipes/food/views/Potato-Gratin-with-Goat-Cheese-and-Garlic-104727>]

Latkes [http://www.press.uchicago.edu/Misc/Chicago/100235_latke.html]