

FRESH PROSPECTS

Week 1 - June 19, 2008

Welcome to the first distribution of the 2008 season! We're excited for another season of great food. Don't forget to BRING YOUR BAGS.

About Fresh Prospects

Fresh Prospects is our very own CSA newsletter, dedicated to sharing news from the farm, neighborhood happenings, veggie inspiration, and more. This year, Fresh Prospects will be coming to you paper free, hot off the presses, straight out of cyberspace.

The Core Group

A core group of CSA members volunteers their time to work with our farmers, recruit members, run the distribution site, maintain records and accounting, manage member work shifts, write the newsletter, and perform community outreach. Decisions are made by consensus, and everyone can have a say. We are happy that the group evolves every year to bring fresh ideas into the mix—your ideas are always welcome. Consider it a great way to meet some neighbors and help run a vibrant organization.

If you would like to volunteer to join the core group, your support would be much appreciated! Email us at prospectheightscsa@gmail.com.

Get Your Meat and Cheese

Did you know that you can have grass-fed meat, poultry, eggs, bread, honey, and much more delivered to our distribution site? Visit Lewis Waite Farm's site (<http://csapasturedmeatandpoultry.com>) for payment and ordering information. Sign up for an account with the user ID "Prospect Heights" and password "brooklyn," then select Prospect Heights from the CSA pull-down menu. The next delivery date is set for July 31. Place your orders one week in advance.

Prospect Heights: Funky Neighbors

Did you know that over the years, Prospect Heights has been home sweet home to

- Foxy Brown, rapper
- Aaron Copland, composer (who grew up above the family furniture store on Washington Avenue)
- Joan Rivers, comedienne (Her father was a doctor and they used to live on Eastern Parkway)
- Mark Rudd, leader in the 1960's Weather Underground and Columbia University's 1968 protests (When he lived "underground" in the early 1970s, it was in one of the large apartment buildings on Plaza Street)

Thanks for the info, Wikipedia! (http://en.wikipedia.org/wiki/Prospect_Heights,_Brooklyn)

Recipe Heaven

Radishes don't have to be a salad accent ALL the time—give them their moment in the sun, their 15 minutes, their time to shine as a primary ingredient. The delicious recipe below lets radishes star in their own show—and comes from a fellow CSA cookbook, to boot.

Smashed Radishes in Soy Dressing

Adapted from Henry's Farm, cookbook of the Henry's Farm CSA

www.greenearthinstitute.org/radishes.htm#Smashed%20Radishes%20in%20Soy%20Dressing

2 bunches small radishes
2 teaspoons salt
1 tablespoon white vinegar
1 tablespoon sugar
2 teaspoons soy sauce
3 tablespoons peanut oil
1 teaspoon sesame oil
1 teaspoon fresh ginger juice
Cilantro for garnish

Use the bottom of a heavy drinking glass, or any blunt object you may have in your kitchen, to slightly crush but not completely mash the radishes. (The point of the smashing is not only stress relief, but to let the dressing through the flesh.) Sprinkle radishes all over with salt, put them in a bowl, and set aside for about 15 minutes at room temperature. Combine vinegar, sugar, soy sauce, peanut oil, sesame oil and fresh ginger juice. Drain the liquid from the radishes and pour dressing over them. Cover and refrigerate for at least 30 minutes before serving.

The Weird World of Veggies: Garlic Scapes

In this week's distribution we have plenty of garlic scapes, the long and winding green stalks that form an appealing, if strange-looking, tangle in the bin.

What are they? Garlic scapes are the curly, flowering tops of the garlic plant.

What's so weird about them? Garlic is an asexual plant, so it has no true flower or seed pod. The scape is its answer to the traditional seed pod, but instead of seeds, the scape contains bulbils, which are more or less tiny bulbs. Scapes are harvested when the garlic bulb is young so that it won't take resources (i.e., sun and water) away from the garlic bulb itself.

What should I do with them? Chop and steam like green beans, grill like asparagus, or make garlic-scape pesto! The bite of the scape is great foil for the richness of olive oil and pine nuts.

Garlic Scape Pesto

Adapted from What Geeks Eat,

<http://www.whatgeekseat.com/wordpress/2007/06/16/garlic-scape-pesto/>

1 pound garlic scapes
1 cup grated parmesan cheese
Olive oil (about 1/2 to 1 cup)
Pine nuts, if available

Chop the garlic scapes into 3-inch lengths. Put them in the food processor and process until pureed. Add the parmesan and pine nuts and process until smooth. Slowly add the olive oil as the food processor runs and continue processing until all the oil is combined into the garlic. Store in an airtight jar in the refrigerator.

Upcoming Events

Take advantage of these great free programs offered by Brooklyn Botanic Garden's GreenBridge program:

Make Compost with a Touch of Spanish

Wednesday, June 25

6:00 PM - 8:00 PM

This class addresses two audiences—English and Spanish speakers—and is translated in both languages simultaneously throughout the session. We cover the basics of composting in a complete, practical, and interactive way. Call 718-63-7220 to register.

Food Grows in Brooklyn

Thursday, July 10

6:00 PM - 8:00 PM

In this free workshop, explore the many faces of urban agriculture in Brooklyn—from culinary and medicinal herbs in window boxes to farms to creating sustainable food systems. Call 718-623-7220 to register.

UNTIL NEXT WEEK, we wish you all happy veggie eating...