

FRESH PROSPECTS

Week 10 – August 21, 2008

This Week:

- * Local Fork Branches Out
- * Events Around Town
- * Raves for James
- * Attack of the Tomatoes!
- * News from Farmer Ted

The next Lewis Waite delivery is scheduled for 9/4. Place your orders by 8/30 at their web site www.csalewiswaitefarm.com <<http://www.csalewiswaitefarm.com>>

Local Fork Branches Out

We, and many other city CSAs, rely on Local Fork to keep our systems up and running smoothly. But did you know that this online community offers several other handy tools to connect local food consumers, buyers, and producers? The weekly Viviane Cooks blog provides video lessons and recipes to help you use the vegetables in your share. And the Locavore's Guide to New York City indexes local producers of vegetables, meat, fruit, and more. Check out some of Local Fork's new additions at www.localfork.com <<http://www.localfork.com>> and sign up for their email updates.

Events Around Town

Green Edge Solar-Powered Film Festival (www.greenedgenyc.org/solarfilmfest <<http://www.greenedgenyc.org/solarfilmfest>>)

On each night of this environmental film festival, view documentary films on a single theme (water, energy, and food waste) in a specially constructed outdoor eco-theater. *8/21 through 8/24 and 9/4 through 9/6, 8pm. Solar One, E. 23rd Street and FDR Drive. Free.*

Feasting for Free in Brooklyn (www.bbg.org/edu/adult/health.html#feastingfree <<http://www.bbg.org/edu/adult/health.html#feastingfree>>)

Learn all about the history of urban foraging with ethnobotanist Leda Miller and pick up some tasty edibles along the way. She'll lead you on a romp through Prospect Park to gather wild garlic, fresh dandelion greens, and other earthly delights. *8/24, 2-5pm. \$34. Register in advance online.*

Raves for James (www.jamesrestaurantny.com <<http://www.jamesrestaurantny.com>>)

James, Prospect Heights' latest addition, ups the neighborhood's dining ante according to early reports from critics at Time Out and the Daily News who praise the cuisine for its bright flavors, seasonal touches, and expert execution. And chef Bryan Calvert, whose pedigree comes by way of the legendary Bouley and Union Pacific, keeps things green by growing thyme, sage, and lovage on the

restaurant's roof top garden. 605 Carlton Ave. Average main course: \$22.

Attack of the Tomatoes!

We've been hit with a bumper crop of tomatoes this year (but don't worry, these aren't the killing kind). For optimal flavor, store tomatoes stem-side down on a countertop, as cold temperatures tend to make their flesh mushy. If you absolutely must refrigerate them, bring your tomatoes back to room temperature before eating them.

Perfectly ripe specimens need little more than a pinch of salt and drizzle of good olive oil. Add mozzarella, burrata, feta, mint, basil, oregano, or cucumber for added kick, or try one of the recipes below.

Heirloom Tomato Tart in a Parmesan Crust

(www.101cookbooks.com/archives/000283.html

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Tomato Jam (www.nytimes.com/2008/08/20/dining/201mrex.html?ref=dining

<<http://www.nytimes.com/2008/08/20/dining/201mrex.html?ref=dining>>)

Baked Garden Tomatoes with Cheese

(www.epicurious.com/recipes/food/views/BAKED-GARDEN-TOMATOES-WITH-CHEESE-235353

<<http://www.epicurious.com/recipes/food/views/BAKED-GARDEN-TOMATOES-WITH-CHEESE-235353>>)

Gazpacho (www.elise.com/recipes/archives/000603gazpacho.php

<<http://www.elise.com/recipes/archives/000603gazpacho.php>>)

News from Farmer Ted

The Skiff place borders ours to the north and east. Theirs is a 500-acre cattle farm, consisting of corn fields, pastures and woods. Stewart Skiff drops in to exchange gossip once or twice a week. When he comes on Monday mornings, he often brings leftover pie. His daughter is a baker, and pies are her contribution to their Sunday family dinner. They'll make an incredible 10,000 pies for Thanksgiving Day. This week it was blueberry.

It's handy to have someone with a large backhoe in the neighborhood. When the lime truck got stuck in our back field, Stewart pulled him out. Last year, a bus that brought CSA members from New York drove off the driveway and into a ditch. Its back wheels were firmly on the ground in the bottom of the ditch, its mid-section was bottomed out on a hump of lawn, and its front end was pointing skyward, its front wheels hanging several feet off the ground, looking like a rocket positioned for the quickest possible return to the City. The driver from the Chinatown bus company was frantic, and thought he was about to lose his job.

But Jan gave Stewart a call, and he and his backhoe pulled him off the mound, no one the wiser. The only signs of something amiss were the tufts of grass

hanging from below the cargo hold.

In something of a rite of passage, Stewart taught me how to slaughter chickens.

Two nails on a stump, a dull ax, and a solid blow – or two. It was an unpleasant experience. His son Tom killed the next one with the sharp cleaver kept on the top shelf – a swift, clean kill. I think Stewart was amused. I certainly was not.

Using the cleaver, my second bird was somewhat easier. Tom is an ace mechanic and metal fabricator who has made two transplanters and a bed shaper for us, and now makes them for other vegetable farmers in the area. He keeps all of our tractors in good repair, and we're lucky to have him in the neighborhood.

UNTIL NEXT WEEK, we wish you all happy veggie eating