

FRESH PROSPECTS

Week 11 – August 28, 2008

This Week:

- * West Indian Wonderful!
- * Care to Compost?
- * Dispatches from an Ice Cream Queen: Corn Edition
- * 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/>>

1. West Indian Wonderful!

Another Labor Day, another West Indian Day Parade in Brooklyn! The parade-- one of the largest in the world, drawing between one and three million people each year-- is the culmination of the West Indian Carnival that takes place through Labor Day Weekend. Breathtaking costumes and floats parade down Eastern Parkway from Utica Avenue to Grand Army Plaza. Enjoy the spectacle while trying some of the incredible West Indian food sold up and down the parade route, as specialties from every country are offered and include, [according to the Brooklyn Public Library](http://www.brooklynpubliclibrary.org/ourbrooklyn/carnival/) <<http://www.brooklynpubliclibrary.org/ourbrooklyn/carnival/>> , "codfish fritters, rice and peas, butterfly shrimp kebabs, curried chicken, fish cakes, raw sugarcane, fresh coconut, roti, curried goat, meat patties, coconut bread, hot dogs, jerk chicken, pelau (rice with meat), escovitch fish, fried plantains, chicken wings, Italian ice, sweet potato pie, oxtail, fried flying fish, ackee, aloo pie, bake (fried dough), breadfruit, Italian sausage, roasted corn, beef patties, roasted goat meat, rice balls and carrot cake; beverages include rum punch, sorrel tea, ginger beer, beer and coconut water." Whew!

If you want to celebrate the parade with your own concoction, however, take inspiration from the our first corn of the CSA season for this delicious Trinidadian corn soup.

Trinidad Corn Soup (Adapted from <http://www.recipezaar.com/211905>

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Ingredients:

- 6 ears of corn, cut into 2" pieces
- 2 onions, chopped
- 2 tablespoons vegetable oil
- 3 garlic cloves
- 1 lb potatoes, peeled and quartered
- 2 carrots, diced
- 1/3 cup chives, chopped
- 1/4 cup celery, finely chopped
- 1/3 cup fresh thyme, chopped

- 3/4 cup yellow split peas
- 2 pimento pepper (optional)
- 8 cups chicken stock
- 1 scotch bonnet pepper or habanero pepper, left whole
- 1/2 cup coconut milk (optional)
- 1/4 cup cilantro, chopped
- salt and black pepper

Directions

- In a large soup pot, heat oil.
- Add the onions and garlic and saute until fragrant.
- Add the potatoes, carrots, celery, thyme and pimento peppers and cook for about 5 mins stirring constantly.
- Add the split peas and stock.
- Add salt and black pepper to taste.
- Add the scotch bonnet pepper and if using the coconut milk.
- Cover the pot and simmer for about an hour until peas are soft.
- Use an immersion or ordinary blender to puree soup to a thick, creamy consistency, and return to the pot.
- Add corn and dumplings and cook for 20 minutes more, until corn is cooked.
- Add cilantro, remove from the heat, taste and adjust seasonings.
- If soup is too thick at any time, add water.

2. Care to Compost?

At next week's distribution (September 4), PHCSA welcomes Sigrun Wolff-Saphire, who recently completed the Master Composter program at Brooklyn Botanic Garden, will demystify the world of composting for CSA members. Sigrun will be answering questions and providing information from 5ish on, and at 7 p.m. will give a short presentation about how to compost both indoors and out, where to drop off compost in the neighborhood, and the benefits of this magical method of food waste treatment. Come learn all about this horticultural "black gold!"

3. Dispatches from an Ice Cream Queen: Corn Edition

My dear friend Florence Fabricant shared a recipe for corn ice cream with me way back in 2002—and, as she notes, it's not as strange a concept as one might think, considering how much food on the market is sweetened with corn syrup. With an abundance of fresh summer corn, you'd be a fool not to try it, especially considering how easy one can make ice cream these days! (See 08/14 newsletter, of course.)

"Combine one and a half cups of fresh corn kernels with a cup of half-and-half in a blender, and purée. Then force the mixture through a fine sieve into the top of a double boiler. Whisk in three egg yolks and half a cup of sugar, and cook until thickened and starting to steam, about 180 degrees on an instant thermometer.

Allow to cool, and whisk in a cup of heavy cream, half a teaspoon of vanilla and a pinch of cinnamon. Refrigerate until cold, and churn in an ice cream maker."

Thank you, dear Florence!

<<http://query.nytimes.com/gst/fullpage.html?res=9A06E1DB1731F932A2575AC0A9649C8B63>>

4. News from Windflower Farm

This week's share consists of tomatoes, heads of celery and lettuce, bunches of carrots and parsley, an eggplant, bell peppers, snap beans, and, at last, sweet corn from the Moses Farm. We'll send more corn next week, along with white carrots, assorted tomatoes, basil, Romaine lettuce, Swiss chard (or arugula), sweet bell peppers, green beans, garlic, and perhaps our first potatoes. Bon appetite!

Our open house last weekend was well attended and great fun. The good weather, great company, and excellent food made the event truly enjoyable.

Visitors commented more than once about how terrific it was to see the very vegetable beds where their carrots and peppers and tomatoes have been coming from. I especially enjoyed the interaction of farm staff and CSA members: We like to know who eats our food as much as you might like to know who grows it.

A farm tour, a wagon ride to watch the sunset from the hilltop, a bonfire to gaze into, and a trip to the county fair rounded out the weekend. Campers fell asleep to the music of coyotes. Visitors from Stanton Street found a discarded kitten in our broccoli patch. We took it to the vet yesterday and were told that, although malnourished and flea-infested, it is otherwise healthy and mostly in need of some loving kindness. A CSA core group member from Stanton Street has written to say she'd like to have her, so she'll be on the road with Giovanni on Thursday to her new home in the City. In the meantime, our boys have been enjoying their days with her and are in search of a kitten of their own.

The county fair changes little with each year, which is perhaps one of its attractions. Farm equipment exhibits, farmer Olympics, pig races, carnival rides, tractor pulls. The maple sugar pavilion is our first stop (Washington County has a large number of maple sugar houses), and we rarely walk away without maple milk shakes. When we do, it's because I want mocha, and the boys are content with maple cotton candy. The poultry barn is the boys' favorite (they currently have a highly diverse flock of about 35 chickens); the 4-H exhibits were Jan's favorites this year; and mine, as always, were the sheep building and draft animal tent. I marvel at the sight of a small boy with a gentle stick maneuvering an 1800 lb ox through its course.

Best wishes, Ted

TED'S RECIPE: Spicy Corn Salad (*Adapted from Soups, Starters and Salads, edited by Felicity Forster*)

Serves four.

INGREDIENTS:

2 tbsp vegetable oil; 1 lb corn kernels; 1 green bell pepper, seeded and diced; 1 small, fresh red chili, seeded and diced; 3 small onions, sliced; 3 tbsp chopped fresh parsley; two small tomatoes, diced; salt; and ground black pepper.

For the dressing: ½ tsp sugar; 2 tbsp white wine vinegar; ½ tsp Dijon mustard; 1 tbsp chopped fresh basil; 1 tbsp mayonnaise; ¼ tsp chili sauce.

Heat the vegetable oil in a frying pan. Add the corn, green pepper, chili, and onions. Cook over medium heat, stirring frequently, for about 5 minutes, until softened. Transfer the vegetables to a salad bowl. Stir in the parsley and the cherry tomatoes.

To make the dressing, combine all the ingredients in a small bowl and whisk together until thoroughly combined. Pour the dressing over the corn mixture. Season to taste with salt and pepper. Toss well to combine, and then serve immediately, while the salad is still warm.