

FRESH PROSPECTS

Week 13 – September 11, 2008

This Week:

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Events Around Town

Harvest Days – Apples

Back in the days when large swaths of Brooklyn were covered by farmland, apple trees grew plentifully within our borough's limits. This weekend kids can celebrate the fall harvest at Lefferts Historical House by cooking apple fritters and working a cider press. *Sat and Sun 9/13-9/14, 1pm to 4pm. Inside the Flatbush/Ocean Ave entrance of Prospect Park. Free.*

Cobble Hill Bike Ride

A mellow 12-mile ride that starts at Cobble Hill Park, then cruises through Red Hook, Park Slope, Prospect Park, and back again. *Sat 9/14, 10am to 1pm. RSVP to cobblehillbikeride@gmail.com. Free.*

8th Annual New York City International Pickle Day

Promising pickles from around the world, this foodie fest doesn't exactly merit the locavore stamp of approval. But it does celebrate lost foodways of the Lower East Side. *Sunday 9/14, 11am to 4:30pm. Free.*

Local Flour

For New Yorkers trying to stick to a 100-mile diet, flour one of the first things to fall by the wayside. According to an article in the New York Times, a consortium of grain farmers, Northeast Organic Wheat, is working to change that. Though there are quite a few logistical hurdles for both farmers (e.g., milling, storage, etc.) and customers, who note inconsistencies in their baking, local flour might one day catch on. Read the story at <http://www.nytimes.com/2008/09/10/dining/10wheat.html?ref=dining>.

Cooking Up a Story

Check out Cooking Up a Story's You Tube videos (<http://www.youtube.com/user/cookingupastory>) for some nice shorts on sustainable food and seasonal cooking. See a farmer tell the story of how she started a CSA, get a tutorial on how to can pears, and watch an interview with Michael Pollan.

FENNEL RECIPES

Braised Fennel

http://food.realsimple.com/realsimple/recipefinder.dyn?action=displayRecipe&recipe_id=1549588

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Fennel, Leek, and Potato Soup

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=521640&package_id=1184727

<http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=521640&package_id=1184727>

Fennel Rice Salad <http://www.epicurious.com/recipes/food/views/FENNEL-RICE-SALAD-239244> <<http://www.epicurious.com/recipes/food/views/FENNEL-RICE-SALAD-239244>>

Polenta with Blue Cheese, Grilled Fennel, and Apples

<http://herbivoracious.com/2008/02/recipe-polenta.html>

Fennel Three Ways with Blood-Orange and Olive Vinaigrette

http://www.leitesculinaria.com/recipes/jbh/three_fennel.html

News From Farmer Ted

In this week's dispatch, Ted tries to break it to us gently: This might be it for the tomatoes.

A gentle, all-day rain fell on Saturday, giving the entire farm what it needed most, a good soaking, and this farmer the excuse to take what he needed most, a day away from the fields. The rain has meant my plow will now sink deeply into the ground, and, beginning tomorrow, I'll plow and lime in preparation for planting fall cover crops. If I had my wishes, I'd own twice as much land as I do now, and I'd plant it all to cover crops. Growing vegetables is hard on the land, and it, too, needs periodic rest. Given enough time, cover crops can be fully restorative ("regenerative" was the word used by early organic farmers). As it is, I am able to grow cover crops during those brief periods of time when vegetables are not on the land. We'll sow winter cover crops like rye and hairy vetch on fields that have been growing vegetables since early spring and that are now fallow. These cover crops will begin their lives in September, grow until it's too cold to grow in the late fall, lie dormant during the winter, where they will serve to prevent soil erosion, and then begin to grow again in the early spring, providing organic matter and nutrients for another cycle of summer vegetables.

We are sending what are probably the last of our tomatoes this week. Yes, sad news. We had hoped to have tomatoes for another couple of weeks, but the season was cut short by the diseases that followed the hail and rain earlier in the summer. Next year (says the optimistic farmer) we'll have twice as many tomatoes! Today, we are also sending basil, bell peppers, eggplants, fennel,

sweet corn, green beans, summer squashes, potatoes (or beets), lettuces, arugula, and garlic. Next week, there will be more green beans, sweet corn, peppers, squashes, and lettuces, along with celery, onions, and carrots.

UNTIL NEXT WEEK, we wish you all happy veggie eating