

## **FRESH PROSPECTS**

Week 16 – October 2, 2008

### **This Week:**

- \* TastebudsNYC Brooklyn Greenmarket Bike Tour
- \* On Leeks
- \* Leek Recipes
- \* News from Farmer Ted

**TastebudsNYC Brooklyn Greenmarket Bike Tour** ([www.tastebudsnyc.com](http://www.tastebudsnyc.com)  
<<http://www.tastebudsnyc.com>> )

The air is crisp, the leaves are changing colors, and the farmers' markets are on the cusp of fall. All this means that now is the best time to EAT! Work up an appetite as TastebudsNYC bikes the Saturday Brooklyn Greenmarkets and samples fall's bounty. Stops include scones and coffee at McCarren Park, pressing apple cider at Brooklyn Borough Hall, touring Ft. Greene market with a neighborhood chef, and an insider's tour at Grand Army Plaza, followed by a market-inspired lunch in the park. 10/11, 10:00am-2:30pm, \$15. RSVP to [Heidi@tastebudsnyc.com](mailto:Heidi@tastebudsnyc.com).

### **On Leeks**

In season from fall through early spring, leeks are the milder, sweeter cousin of onions and garlic. Though they are subtle, leeks still pack punch in the flavor department. Use them in place of some of the onions in soups and stocks; add them to sauces; and steam, sauté, or roast them. Stick to using the white and light green portions as the darker parts can be bitter. Also, be sure to clean leeks thoroughly in order to flush out the sand that tends to accumulate between layers. Slit them lengthwise or slice them into rings or half moons, then swish vigorously in a bowl of water. The sediment will fall to the bottom.

Leeks have a long and fascinating history that belies the plant's humble appearance. Phoenicians cultivated them, Roman emperor Nero adored them, and Shakespeare made reference to them in Henry V. Leeks have long been a national symbol of Wales. According to legend, the man who would later become the Welsh patron saint, Saint David, ordered his soldiers to attach leeks to their helmets in a battle against Saxon invaders. A more poetic variant of the story places said battle in a field of leeks. Today, on March 1st, the Welsh celebrate St. David's Day, in part, by wearing leeks tucked into their caps or pinned as a corsage. They also eat a leek-based soup called cawl. Read on for a recipe. (Vegetarians: Avert your eyes.)

## Leek Recipes

### Welsh Cawl

1 tablespoon bacon fat  
2 medium onions, diced  
2 parsnips, chopped  
5 carrots, sliced  
1 pound beef brisket  
2 pound bacon  
10 peppercorns  
4 garlic cloves, peeled and minced  
Water or beef stock  
1 pound potatoes, peeled and quartered  
5 small leeks

In a heavy soup pot, heat the bacon fat and add the onions, carrots, leeks, garlic and parsnips. Brown the vegetables, and remove from the pot. Add the beef brisket and brown. Return the vegetables to the pot, removing some of the grease (as much as you prefer). Then add the bacon and spices, covering all in the pot with water. Heat to boiling, take off the skim on top, and reduce heat. Simmer for 3 hours. Add potatoes about 30 minutes before the end of the simmering.

Potato Leek Soup: [www.pinchmysalt.com/2008/03/19/a-hearty-potato-leek-soup-recipe-for-the-last-days-of-winter](http://www.pinchmysalt.com/2008/03/19/a-hearty-potato-leek-soup-recipe-for-the-last-days-of-winter) <<http://www.pinchmysalt.com/2008/03/19/a-hearty-potato-leek-soup-recipe-for-the-last-days-of-winter>>

### Belgian Leek Tart with Aged Goat Cheese:

[www.epicurious.com/recipes/food/views/Belgian-Leek-Tart-with-Aged-Goat-Cheese-em-Flamiche-Aux-Poireaux-em-350098](http://www.epicurious.com/recipes/food/views/Belgian-Leek-Tart-with-Aged-Goat-Cheese-em-Flamiche-Aux-Poireaux-em-350098)  
<<http://www.epicurious.com/recipes/food/views/Belgian-Leek-Tart-with-Aged-Goat-Cheese-em-Flamiche-Aux-Poireaux-em-350098>>

### Leeks Romesco with Crumbled Garrotxa Cheese:

[www.foodandwine.com/recipes/leeks-romesco-with-crumbled-garrotxa-cheese](http://www.foodandwine.com/recipes/leeks-romesco-with-crumbled-garrotxa-cheese)  
<<http://www.foodandwine.com/recipes/leeks-romesco-with-crumbled-garrotxa-cheese>>

Sauteed Leeks with Chestnuts: [www.foodandwine.com/recipes/sauteed-leeks-with-chestnuts](http://www.foodandwine.com/recipes/sauteed-leeks-with-chestnuts) <<http://www.foodandwine.com/recipes/sauteed-leeks-with-chestnuts>>

## News from Farmer Ted

In this week's dispatch, we learn more about Ted's relationship with NYC's food

banks and get an invitation for another farm visit.

"We had visitors today: seventeen staff members from the ten food banks and pantries we deliver vegetables to each week. Since 2000 we've been working with the NYS Department of Health, United Way of NYC, Just Food, and some terrific agencies in the Bronx and Brooklyn to provide the very poorest New Yorkers with fresh, local produce. Under this program, there now six farms working with dozens of emergency food providers in every borough of the city.

Today they toured our farm to learn more about organic farming and where their food comes from, and, of course, they shared with me all kinds of improvements I can make for next year (soon, we'll send out a survey and ask you to do the same).

You are also invited to visit. We are holding our second open house on the farm on Columbus Day Weekend, from about noon on the 11th to 3:00 PM on the 12th of October. The fall colors should be at their peak here. We'll start with a farm tour. Then there will be opportunities for getting your hands dirty. We'll be planting garlic and winter greens in the greenhouse. We'll even begin building a new greenhouse. The evening will include a social hour, a potluck dinner (we'll provide table settings and some beverages), a walk to the hilltop lookout, and a campfire. We'll make a farm breakfast in the morning, then visit nearby Elihu Farm, a beautiful sheep and poultry farm, and the source of your egg share.

After that, it's either back to the work of planting, hanging out, or home.

Camping is all we can offer here, but there are B&Bs and motels in the area.

Send me an email and I'll send you lodging information. Please let me know if you are coming ([windflowerfarm@earthlink.net](mailto:windflowerfarm@earthlink.net)).

This week's share consists of a salad mix, white turnips, purple and orange carrots, Italian peppers, bok choy, zucchini squash, leeks, and some combination of fennel, chard, corn or potatoes, depending on your site."

UNTIL NEXT WEEK, we wish you all happy veggie eating