

FRESH PROSPECTS

Week 17 – October 9, 2008

This Week:

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- * The Many Names of Arugula
- * Recipe Heaven
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The Gowanus Harvest Festival Draws Nigh!

Pumpkin carving! Potato sack races! Chickens! Live music! Welcome the change of seasons on the waterfront at the Gowanus Harvest Festival, this Saturday from 11 a.m. to 9 p.m. Kids will delight in the face painting, pony rides and urban chickens, while adults sip delicious brews, mull over canning demonstrations, voter registration, bike education, live music and more. The farm fresh food roundup includes Red Jacket Orchards, McClure's Pickles, and Saxelby Cheesemongers and-- best of all-- proceeds benefit Just Food, an organization that supports CSAs and other local food associations! Saturday, 10/11, \$12 and kids under 5 free. More information at Green Brooklyn <http://greenbrooklyn.com/gowanus-harvest-festival-2nd-annual-fest-the-yard-sat-oct-11/2008/10/06/> and tickets available at Ticketweb.

The Many Names of Arugula

Arugula is sometimes called rocket. Other times, it's known as Garden Rocket, Eruca, Rocketsalad, Rucola (Italian), Rukola (Slovenian, Polish), Rugola (Italian), Rauke (German), Roquette (French), Rokka (Greek), Roka (Turkish), Ruca (Catalan), Beharki (Basque), Rúcula, Oruga and Arúgula (Spanish), Rúcula (Portuguese), Ruchetta (Italian) and Rughetta (Italian). The term arugula (variations of Italian dialects around arigola) is used by the Italian diaspora in Australia and North America and from there picked up as a loan word to a varying degree in American and Australian English, particularly in culinary usage. The names ultimately all derive from the Latin word eruca, the genus of the plant.

The veggie in question is rich in vitamin C and potassium and is widely cultivated.. It has been grown in the Mediterranean area since Roman times, and was considered an aphrodisiac. Before the 1990s it was usually collected in the wild and was not cultivated on a large scale or researched scientifically. In addition to the leaves, the flowers (often used in salads as an edible garnish), young seed pods and mature seeds are all edible. Yum!

Also: on the island of Ischia in the Gulf of Naples, a digestive alcohol called rucolino is made from the plant, a drink often enjoyed in small quantities following

a meal. The liquor is a local specialty enjoyed in the same way as a limoncello or grappa and has a sweet peppery taste that washes down easily.

Recipe Heaven

Ever find yourself with one vegetable left you're not sure what to do with? This week, our brave newsletter team offers two recipes for each of four vegetables included in our share. Good luck!

Arugula

1) Arugula with Lemon and Olive Oil (so easy!)

<<http://www.epicurious.com/recipes/food/views/ARUGULA-WITH-LEMON-AND-OLIVE-OIL-108177>>

2) Linguine With Creamy Arugula and Goat Cheese

<<http://query.nytimes.com/gst/fullpage.html?res=9901E4D81438F93BA25756C0A962958260&sec=&spn=&partner=permalink&exprod=permalink>>

Eggplant

1) Steamed Eggplant with Sesame-Soy Dressing

<<http://www.nytimes.com/2008/09/05/health/nutrition/05recipehealth.html?em>>

2) Baba Ghanouj <<http://cheaphealthygood.blogspot.com/2007/08/baba-ghanouj-and-tyler-too.html>>

Vitamin Green (a close cousin of chard)

1) . . .With Pine Nuts and Raisins <<http://www.thespicehouse.com/recipes/chard-with-pine-nuts-and-raisins-recipe>>

2) Chard "Lasagna" <<http://www.cookieomag.com/food/2008/02/chard>>

Sweet Corn

1) Frozen Sweet Corn <<http://www.recipezaar.com/97038>> (thaw it out for a spot of brightness on a cold winter day!)

2) Cornbread with Fresh Corn <<http://www.cooks.com/rec/view/0,184,151176-242202,00.html>>

News from Windflower Farm Week #17, October 9, 2008

This week, Ted tells us about one of his farm workers and gives us a great celeriac recipe.

It must be difficult to leave your home and family for six months at a time.

Esequiel and I were talking about that while we were planting chard in the greenhouse the other day, a crop that wouldn't be ready until long after he

returned home again. I get his story in bits and pieces - the language barrier has slowed the pace of information exchange. Esequiel tells me he has been a farm worker since the mid-1980s. That's when he was caught in a raid on a marijuana farm he was working on. The authorities told him he could either join the tens of thousands of other workers and find a job in the states or go to jail. (He was interested to learn that I, too, was on a small farm that grew the same crop at about the same time, and that a raid on that farm was also transformative.)

When Esequiel gets home, he tells me, he'll take long siestas every day. That sounds good, I tell him. Next year, he'll bring one of his sons to work with us, and Salvador will bring his wife. And so, there we were, Esequiel and me, planting chard and listening to selections from the accordion and to Selene sing of love ("mi grande amore"), Esequiel pining for his wife at home, I think, and for his five children and fifteen grandchildren, knowing just how long and cold four more weeks can be.

We awoke to a heavy frost this morning. The thermometer showed 28 degrees at 6:30 a.m. Last night, we covered crops, but I'm afraid the freeze means the end of corn, beans, squashes, eggplants and many of the peppers. Fall has arrived in earnest here, and the colors are beautiful, but the change heralds the end of our farm season. All is not lost - for the last five farm shares, you can expect all kinds of hardy greens, root vegetables, alliums, and winter squashes.

This week's share includes the last of summer's goodies: sweet corn, snap beans, peppers, and eggplants, along with lettuces, 'Vitamin Green', arugula, celeriac, and other vegetables, depending on your site. Most everyone is getting celeriac. Although we don't eat many fried foods, we occasionally make an exception for celeriac fritters (see recipe below). Next week you should expect peppers, potatoes, lettuces, arugula, carrots, and other hardy vegetables.

Best wishes,
Ted Blomgren

Celeriac Fritters
and a cold mustard dip

1 egg, 1 cup ground almonds, 3 tbsp freshly grated Parmesan cheese, 3 tbsp chopped fresh parsley, 1 celeriac bulb, lemon juice, oil (for deep frying), salt, ground black pepper, and sea salt flakes (to garnish)

For the dip: 2/3 cup sour cream, 1-2 tbsp wholegrain mustard

Beat the egg well and pour into a shallow dish. Mix the almonds, Parmesan and parsley in a separate dish. Season with salt and pepper and set aside. Peel the celeriac and cut into batons (about 1/2" wide and 2" long). Drop them into a bowl of water with a little bit of lemon juice to prevent discoloration. Heat the oil to 350 F, or until a cube of day-old bread browns in 30 seconds. Drain the celeriac and

pat dry. Dip them first into the egg, and then into the almond mixture, making sure the pieces are coated completely and evenly. Deep-fry the celeriac fritters, in batches, for 2-3 minutes, until golden. Drain on kitchen paper. Keep warm while you cook all the remaining fritters. To make the dip, mix the sour cream, mustard and salt to taste. Spoon into a serving bowl and sprinkle with sea salt.

Until next week, we wish you all happy veggie eating. . .