

## FRESH PROSPECTS

Week 19 – October 23, 2008

### This Week:

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Ted's Pretty Beets & Carrots

### Shooting Brooklyn

Every month, it seems, some new local development confirms that *Brooklyn has arrived*. First, the Nets threaten to move here; then Saul wins a Michelin star; then celebrity architect Richard Meier designs a high-end, if ungainly, tower on Grand Army Plaza. Just this week, Brooklyn's arrival was hammered home for me with the discovery of a new website, *Filming In Brooklyn* ([www.filminginbrooklyn.com](http://www.filminginbrooklyn.com) <<http://www.filminginbrooklyn.com/>> ), which in typical Brooklyn fashion does just what it says.

Curious what all those on-location winnebagoes were doing near Le Gamin last month? Well, *FIB* scratches that very itch with the report that "Jason O'Mara, Michael Imperioli, and Harvey Keitel descended upon Dean Street to continue filming of the new ABC series *Life on Mars*, a remake of the BBC series."

The website's creator, Amy from Clinton Hill, scouts the borough and chronicles the clusters of production assistants wherever they bloom. You can search the site by neighborhood, by month, by actor, and by category (movies, TV, music videos, commercials). Who knew that enough footage gets shot in Brooklyn to even warrant the cataloguing?

In fact, if you rush over to Ft. Greene this month, you can catch Jason Schwartzman and Ted Danson filming a 2009 HBO comedy called "Bored to Death", in which Schwartzman plays a struggling writer who advertises himself as a private eye, hoping to emulate his fictional heroes, Sam Spade and Philip Marlowe. Thanks *FIB*.

### Take Your Pick

There you are, week after week, eyeing the fruit share and wondering why you didn't sign up for your own. Agonizing over those strawberries. Mourning the

blueberries. Pouting over peaches. And even though you have found yourself compulsively admiring the apples recently, fret not. Your time has come. Apple season is booming throughout New York State and, with fall colors exploding all over the Hudson Valley, it's a beautiful time to hit the road, get a little country, and pick yourself some fruit. Or pumpkins. Or visit a corn maze.

And since a study recently published in Molecular Nutrition & Food Research showed that apples and apple juice help reduce plaque build-up in the arteries, you'd be doing yourself a disservice if you stayed home. So get picking! Here are a few options. Consult websites or call the farm to find out what's on the tree:

<http://www.lawrencefarmsorchards.com/>  
<<http://www.lawrencefarmsorchards.com/>>  
<http://mrapples.com/> <<http://mrapples.com/>>  
<http://www.eatapples.com/index.html> <<http://www.eatapples.com/index.html>>  
<http://www.soonsorchards.com/> <<http://www.soonsorchards.com/>>  
<http://www.maskers.com/> <<http://www.maskers.com/>>  
<http://www.libertyviewfarm.biz/website/Apples.html>  
<<http://www.libertyviewfarm.biz/website/Apples.html>> (my personal favorite -- for \$50 you can "lease" a tree and take home over 100lbs of apples. Empires are now at their peak.)

A few fun facts to consider as you drive those winding country roads:

New York state ranks #2 in US apple production, picking nearly a billion pounds of fruit last year alone

Over half of New York's apples are enjoyed in the same form they came off the tree -- bite after wholesome bite.

New York declared the apple its state fruit in 1976

New York City's nickname "The Big Apple" has nothing to do with the fruit. Rather, it has been attributed to one of two sources: either the horse-racing community or jazz musicians of the 1920's and 30's.

## **A Chili in the Air**

If you must stay in the city, consider exploring the healthful benefits of a hearty bowl of chili. There are two, count them, TWO cookoffs happening in Brooklyn this weekend – enough to torch the tastebuds of even the fiercest chili fiend:

On Saturday, the Debate Society holds its second annual Chili Cookoff at Moonshine in Redhook. Saturday at 2pm. \$10 gets you unlimited eatin' from competing pots. Email [oliver@thedebatesociety.org](mailto:oliver@thedebatesociety.org) <<mailto:oliver@thedebatesociety.org>> for more details.

Then Sunday, the Brooklyn Underground Chili Extravaganza (or "BRUCE") throws down at Barcade in Williamsburg at 8pm. Visit the BRUCE myspace page for more details: <http://www.myspace.com/brucechili>  
<<http://www.myspace.com/brucechili>>

## **News from Windflower Farm**

In this week's dispatch, freezing weather hits the farm, and Ted reports he's halfway to CNG certification.

"We started our day with the thermometer at a frigid 19 degrees this morning, our coldest to date. Mud puddles were icy. The computerized voice on weather radio proclaimed that, 'the growing season has come to an end.' We were forced to delay harvesting until the greens thawed, seeding salad crops for the winter share inside our greenhouse instead. Esequiel and Salvador seemed pleased to remind me that they are heading home in eleven days. Jan made coffee and a walnut coffeecake. This week's share came, just as our earliest shares do, almost entirely from under protective row covers. The only exception was the broccoli, which is hardy stuff. The share consists of lettuces; a choice of arugula, Swiss chard or kale; young carrots; a slightly weathered bulb of fennel; two small garlic bulbs; Jalapeno peppers; assorted sweet peppers; the last of our eggplants; broccoli; and a choice of potatoes, beets or 'Crimson' turnips. Next week we'll send the last of our Italian peppers and broccoli, if they survive this cold spell, and a variety of root crops and salad and cooking greens.

Organic certification update: I'm happy to report that last week I mailed my Grower Declaration form and administrative payment to the staff at Certified Naturally Grown (CNG), an organization that runs a third party farm certification program. The farm inspection - in which a certified organic grower will evaluate our farm, review our production techniques, and report back to CNG - is the final step in the process. I'll keep you posted.

Have a great week,  
Ted"

## **Ted's Pretty Beets & Carrots**

From *Moosewood Restaurant's New Classics Cookbook*

- 1 large raw beet (or 3 small ones), peeled
- 1 large carrot (or 3 small ones), peeled
- 1 walnut-sized piece of fresh ginger root

2 tablespoons vegetable oil  
3 tablespoons cider vinegar  
1 garlic clove, minced or pressed  
salt and ground black pepper to taste  
¼ cup minced scallions  
6 green or red lettuce leaves

Coarsely grate the beet(s) and then the carrot(s) to yield 1 ½ cups of each. Place in separate bowls and set aside.

Grate the ginger finely and combine it with the oil, vinegar and garlic. Toss the beets with half of the dressing and add salt and pepper to taste. Mix together the scallions, carrots and the remaining dressing. Add salt and pepper, if you like.

Arrange the lettuce on a platter, mound the carrot mixture in the center, and spoon the beets around it. Serve chilled or at room temperature.

Serves four and takes 45 minutes to make.

UNTIL NEXT WEEK, we wish you all happy veggie eating