

## **FRESH PROSPECTS**

Week 2 – June 26, 2008

### **This Week:**

- Local Food Events
- Hakurei Turnip Tutorial + Recipes
- Chickens—and Eggs—Safe For Now
- News from Farmer Ted

### **Local Food Events**

This Sunday, June 29, check out two great events that will promote and celebrate sustainable food and local producers.

UnFancy Food Show (<http://unfancyfoodshow08.tumblr.com/>)

Standing in direct opposition to the Fancy Food Show, the behemoth trade show taking place at the Javits Center this weekend, is the second annual UnFancy Food Show. Sample a variety of locally-made products, such as pickles, chocolate, and pate, and meet the artisan producers behind them. 12pm-6pm, East River Bar, 97 South 6th Street, Williamsburg. \$5 suggested donation.

New Amsterdam Market Meeting (<http://www.newamsterdampublic.org>)

New Amsterdam Public is a non-profit organization that seeks to establish a year-round indoor public market at the South Street Seaport for butchers, fish and cheese mongers, and other purveyors who want to foster a sustainable food system in New York City. This Sunday will be a sneak preview of things to come: Amy's Bread, Bouchon, East New York Farms!, Saxelby Cheese, Rick's Picks, and more than a dozen other purveyors will set up shop. 11am-4pm, South Street between Peck and Beekman, Downtown Manhattan. \$5 suggested donation.

### **Hakurei Turnip Tutorial + Recipes**

The sweetest of all the turnips, the creamy-white Hakurei—and their leafy green tops—are best eaten raw or very lightly cooked. These are a far cry from your typical turnip: Hakureis have a mild, delicate flavor and offer up a pleasing crunch. Pickle them, add them unpeeled to salads dressed with an assertive vinaigrette, use them in place of daikon in Japanese recipes, or gobble them up just as they are (perhaps as you're walking home from distribution?).

Turnip Cooking Methods: braise, boil, roast, sauté, steam

Flavor Pairings: butter, chives, garlic, lemon, lemon thyme, mustard, olive oil, parsley, potatoes, sea salt, tarragon, thyme, vinegar

### **Spring Turnips with Their Greens**

*Vegetarian Cooking for Everyone* by Deborah Madison

12 or more small turnips, scrubbed, greens trimmed and washed

Salt and freshly milled pepper  
2 to 4 tablespoons butter  
Several thyme or lemon thyme sprigs, leaves plucked

Bring 3 quarts water to a boil for the greens and set a steaming basket over salted water for turnips. Add 1 ½ teaspoons salt, add the greens, and simmer until tender, 8 to 10 minutes. Meanwhile, steam the turnips until they're tender-firm, 10 to 12 minutes. Drain the greens, press out excess moisture with the back of a spoon, toss them with half the butter, and season with salt and pepper. Arrange them on a plate. Toss the turnips with the remaining butter, a few pinches salt, a grind of pepper, and the thyme. Pile the turnips on the greens and serve them together.

Daniel "Chino" Parilla's Braised Hakurei Turnips  
A recipe from the chef of Manhattan's 5 Ninth, printed in *New York* magazine:  
<http://nymag.com/restaurants/recipes/inseason/41271/>

### **Chickens—and Eggs—Safe For Now**

The inclement weather that caused so much trouble last week for Ted and his fruit providers has also been ruffling feathers at our egg farm, Elihu. Farmer Mary Pratt updated us via email:

"So far the hail has missed us. Yesterday there was a tornado warning. First they projected the storm to go north of us, then right over us, then to the south of us. (A distance of no more than 10-12 miles from north to south.) By the time it was near us, we were at the northern edge, and the storm mostly fizzled into heavy rain.

Our birds can go into their tents if it rains [the chickens are free-roaming on a pasture, Mary and Bob rotate the placement of their shelter called the Chick-Inn]. If we had a tornado the house would be demolished, and the birds could end up in Vermont."

### **News from Farmer Ted**

Ted sent us a lovely update for this week describing the landscape of the farm and some of the wildlife--hawks, worms, and all--that calls Windflower Farm home.

"The red-tailed hawk nests high in an old beech tree where it has lived for several years. I think that it recognizes my old John Deere and mower. Often when mowing old weeds or rye, the machinery will scare a rabbit into the open. The red-tail follows the tractor overhead, circling, making the connection, it seems to me, between the tractor and the chance at a meal. As the hawk makes its approach it seems slow and awkward, especially compared to the quick, darting movements of the rabbit, but the speed and agility of the bird is deceptive, and it catches its prey more often than not.

Our farm consists of numerous small fields separated by woods, swampland and hedgerows. And our farm, in turn, is surrounded by other farms also made up of small fields. This patchwork of varied terrain is wonderful habitat for all kinds of wildlife. Jan and the boys, who rode in a small plane over the farm a few years ago, tell me that from the sky it's also a watery place, with one or two ponds gracing every farmstead, and with

an abundance of brooks. The ravine that divides the north half of our farm from the south half, and in which one of our ponds sits, is safe haven to ducks, the occasional heron and coyotes. Deer bed down at night around the borders of the swamp from which they can safely venture out to graze the neighbor's alfalfa, or, as they've done this week, munch on our golden beets and Swiss chard. Red-winged blackbirds nest on the cattails in the swamp. As far as I can tell, the only time they come into the field is to find worms in newly-worked soil.

Numerous Killdeer—a kind of Banded Plover whose relatives are mostly shore birds—have made homes in our fields. Their nests are nothing more than depressions in the bare soil, and their small, mottled eggs blend in perfectly. You know you're getting close to the nest when a parent feigns an injury in order to draw you away. It's a drama we'll witness many times in a day if our farm work takes us close to its nest. In May, Jan found a nest with three eggs in a field I was about to plow. She placed a red glove near it to serve as a marker. Spotting a nest from a tractor seat is virtually impossible, and I hate to think of what this has meant for other expectant Killdeer parents. Nevertheless, the birds are abundant. Jan was able to chase down one of the spindly-legged youngsters and bring it to the house to show all of us before releasing it again to its little pack of siblings to run among the fennel and leeks.

This week's share consist of a bunch of scallions, a handful of garlic scapes, 1 1/2 lb of Hakurei turnips, two heads of lettuce, 3/4 lb of Swiss chard, a head of bok choy, and potted parsley. Hakurei turnips are much sweeter and more tender than the Purple Top turnips that come a little later. They can be sliced or cubed and sautéed in olive oil and garlic (or diced garlic scapes) until tender. Marble-sized hail hit here this afternoon (Tuesday), doing some damage to the leafy crops, the peas and the first generation of squash fruits, but leaving most other crops unscathed. This week's lettuces and chard will be tattered, and the first squashes might be delayed, but I don't think the storm resulted in much lasting damage."

UNTIL NEXT WEEK, we wish you all happy veggie eating...