

FRESH PROSPECTS

Week 7 – July 31, 2008

This Week:

- Where's the beef?
- Slow Food
- Zucchini soup recipe
- News from Windflower Farm

Where's the beef?

We've seen a sharp downturn in meat shares this year. Either our carnivores have all moved to Queens, or we haven't explained the process clearly enough. Anyone remotely curious about Lewis Waite Farm's wonderful grass-fed dry-aged beef or all natural pasture-raised pork should register at their website: www.csalewiswaitefarm.com. Ordering the meat requires an additional step, but registration at least gives you the option of ordering, along with helpful reminders about when and how to order.

You might also want to read about the considerable nutritional and ethical benefits of eating well raised animals: <http://www.lewiswaitefarm.com/benefits.html>.

The Way of the Snail

If every movement needs its conceptual underpinnings, CSAs could do worse than adopt the principles of Slow Food. Slow Food began in Rome in 1986, when Carlo Petrini tried to block the opening of a McDonald's in the Piazza di Spagna. His struggle became more than just a fight against fast food but the preservation of a culture's cuisine and the associated food plants, domestic animals, and farming within an ecoregion.

New York opened its own chapter in 2000, adopting an Americanized mission that emphasizes food quality, environmental sustainability, and social justice.

"We seek to catalyze a broad cultural shift away from the destructive effects of an industrial food system and fast life; toward the regenerative cultural, social and economic benefits of a sustainable food system, regional food traditions, the pleasures of the table, and a slower and more harmonious rhythm of life."

Got a minute? www.slowfoodnyc.org

Chilled zucchini yogurt soup

3 zucchini cut into 1/4" thick slices
2 tablespoons butter
1/4 cup olive oil
1 large onion finely chopped
2 garlic cloves finely chopped

2 cups chicken or vegetable stock
1 cup yogurt
salt & pepper to taste
4 ice cubes (if in a hurry)
1 tablespoon dill (half chopped, half unchopped)

Grease a large baking pan with butter. Add the zucchini and the remaining butter. Cover with oil and broil.

When the zucchini begins to brown (about 5 minutes), remove from broiler, turn the brown sides over. Add the onion and garlic, and return to broiler. When the zucchini again begins to brown (about 2 minutes more), remove from broiler.

Setting the unchopped dill aside, scrape the zucchini mixture and the remaining ingredients into a blender. Blend until smooth.

If made with ice cubes, serve immediately. If not, chill in refrigerator for 1 hour. Garnish with remaining dill. Serves two. May be refrigerated for a day.

Beet tip: The easiest way to cook beets is to roast them unpeeled with only the greens removed. Roasting keeps the color saturated. And once they've cooked and cooled, you can slip the skins right off.

News from Windflower Farm

In this week's dispatch, our farmer Ted endures a tempest, a hail storm, a deluge, and frogs. There's a heron, too, but who ever heard of a plague of herons?

"I abandoned my tractor in the field on Saturday. I was preparing land for fall cauliflower, a crop I haven't tried to grow in a while, when the thunder and lightning and large rain drops came. By the time I gave up, the rainfall was heavy. I was working on the far side of the ravine, so I was soaked through by the time I made it back up to the house. I arrived to find that Jan had closed down all the greenhouses and that we were under a severe storm warning. The blast that came through was powerful, but nothing compared with what came during the night. Jan and I awoke to the sounds of heavy rain, a brief period of hail, and roaring water. On her inspection tour in the morning, she found that the new dam had blown out, and that the roaring was the sound of the pond as it was being emptied. A dry August might be difficult to endure. The young heron that had made its home near the pond was in the backyard harpooning frogs today. I don't know if the pond can sustain the heron now, but we are hopeful. He has already made a practice of visiting the other ponds in the neighborhood to round out his diet.

And so, for the second time this year, hail has ripped through our greens and battered our crops. Six inches of rain has fallen since Saturday, and more is expected on Wednesday. And I am again reminded of how grateful I am that you have agreed to share in the risk of our farming. This weeks share will consist of green snap beans [ed. note: aka string beans], two heads of red Romaine lettuce, both showing a bit of wear from the hailstones, a handful of yellow onions, three cucumbers or zucchinis, 1 1/2 lb of

red and gold beets, two sweet Italian frying peppers, a few tomatoes or an eggplant, and a selection of cooking greens. Bon appetite."

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