

FLATBUSH FARM SHARE

NEWS

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This week's eats*:

- 1 head of lettuce
- 1 bunch of broccoli rabe
- 1 lb. russet potatoes
- 1 pepper
- 1 head of Napa cabbage
- 1 celery root
- 1 bunch of leeks
- 1 bunch of Japanese turnips
- 1 bunch of basil
- 1 carnival winter squash

* Please let us know what you think of the veggies you are receiving! Our farmers want to know and will try to adjust accordingly.



last week's share! courtesy of Amy Dreher

Italian Vegetable Stew

courtesy of FFS member Emma Zurer
Adapted from *Gourmet* magazine. Great fall recipe.

Ingredients

- 1/3 cup olive oil
- 2 medium onions, chopped
- 2 celery ribs, halved lengthwise cut into 1/4-inch-thick slices
- 3 carrots, halved lengthwise cut into 1/4-inch-thick slices
- 4 garlic cloves, finely chopped
- 1 1/4 pounds eggplant, cut into 1-inch pieces
- 1/2 cup water
- 1 (28-ounces) can whole tomatoes in juice, drained, juice reserved and tomatoes chopped, or 1 3/4 pounds fresh tomatoes, chopped
- 2 red bell peppers, cut into 3/4-inch pieces
- 3/4 pound green beans, trimmed and cut into 2-inch pieces
- 1 1/4 pounds zucchini, halved lengthwise and cut into 1/4-inch-thick slices
- 3/4 pound boiling potatoes (about 2 medium), peeled and cut into 1-inch pieces

Heat oil in a 7- to 8-quart heavy pot over medium-high heat until it shimmers. Add onions, celery, carrots, and garlic and cook, stirring occasionally, until pale golden, about 10 minutes. Add eggplant and water and cook, covered, stirring occasionally, until eggplant is slightly softened, about 10 minutes.

Stir in tomatoes with juice and bell peppers, then reduce heat to low and cook, uncovered, stirring occasionally, 15 minutes.

Meanwhile, cook green beans in a 3- to 4-quart saucepan of well-salted boiling water until crisp-tender, about 5 minutes. Transfer with a slotted spoon to a large bowl. Add zucchini to boiling water and cook until crisp-tender, about 5 minutes. Transfer with slotted spoon to bowl with green beans. Add potatoes to boiling water and cook until just tender, about 10 minutes. Drain and add to beans and zucchini.

Add boiled vegetables to stew and simmer, stirring, until all vegetables are very soft, about 15 minutes. Season with 1 1/2 teaspoons salt and 1/2 teaspoon pepper.

Pear and Apple Crispy Crumble

courtesy of FFS member Emma Zurer
For all of you who receive the fruit share this week here is a good dessert.

Ingredients

- 2 pounds ripe Bosc pears (4 pears)
- 2 pounds firm Macoun apples (6 apples)
- 1 teaspoon grated orange zest
- 1 teaspoon grated lemon zest
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

For the topping:

- 1 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar, lightly packed
- 1/2 teaspoon kosher salt
- 1 cup old-fashioned oatmeal
- 1/2 pound (2 sticks) cold unsalted butter, diced

Directions

Preheat the oven to 350 degrees F. Peel, core, and cut the pears and apples into large chunks. Place the fruit in a large bowl and add the zests, juices, sugar, flour, cinnamon, and nutmeg. Pour into a 9 by 12 by 2-inch oval baking dish.

For the topping:

Combine the flour, sugars, salt, oatmeal, and butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed for 1 minute, until the mixture is in large crumbles. Sprinkle evenly over the fruit, covering the fruit completely.

Place the baking dish on a sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly. Serve warm.

Thanks for Having your Say!

Thank you to everyone who took the mid-season survey. FFS core members are meeting on October 17 and the results will help shape the 2010 season to better serve all our members. We're still analyzing and we'll post a summary of feedback when we're done.

Here at the newsletter, we are working to include more of what people said they like to see the most: community events, food policy and justice articles, and more information about the farm and specific veggies.

Know Your Farmer, Know Your Food (Compiled by FFS member Sarah Falkner)

This September, a farmer's market opened steps away from the White House, with First Lady Michelle Obama presiding over its inauguration. The Obama administration understands its goal to get Americans to buy more locally grown food requires working to make that food accessible to all, regardless of income or ability to pay. As part of that broad vision, the White House farmers' market and a handful of others around the country are part of a pilot project: food stamps (EBT) are accepted, and are worth double the value at the green markets as they would be elsewhere.

The program, known as "Know Your Farmer, Know Your Food" is administered by the U.S. Department of Agriculture, and is part of Agriculture Secretary Tom Vilsack's vision for transforming how U.S. food might be grown and distributed in the future.

"In the last five years, we saw 108,000 new farming operations get started with sales of less than \$10,000," Vilsack said to National Public Radio this week. "These are very small farms, but they are a very important component of our agriculture. "There is a real opportunity for us to grow those smaller operations to mid-income-sized operations, and the way to do that is by creating opportunities locally for local production to be consumed locally."

Vilsack says the momentum behind local food is building.

"There is, I think, a movement in the country where people are very interested in knowing where their food comes from," he says. "As we focus on health care, and as the health care debate focuses more specifically on prevention and wellness, people are going to be exceedingly interested in fresh food and food that's nutritious."

The program the Agriculture Department has launched is called "Know Your Farmer, Know Your Food." Vilsack hopes it helps people understand where their food comes from so they can make informed choices.

"There's a disconnect between the food that we eat and our awareness of where it comes from," he says. "We think it comes from a grocery store. It doesn't. It comes from family farmers across the country working hard every day."

In addition to bringing fresh, local food to urban communities, the program is also, according to Vilsack, "about rural development, economic development... It is about repopulating rural communities in this country." And by creating new markets for local food, Vilsack hopes to create wealth in rural communities.

Resources from the USDA have boosted the number of farmers markets across the nation by about 13 percent over the last year, according to Vilsack, who also says that the effort to eat nutritiously and locally has to go beyond farmers' markets.

It is important to note that only a small fraction of the nearly \$35 billion 2008 farm bill is going to organic, local and small farmers. Despite Vilsack's ideas of how the nation should be connecting to its food, he says it's not actually the Agriculture Department's job to change how America eats.

"We create a new generation of young people who have a better understanding of nutrition, a better understanding of what it takes to produce crops, how difficult it is, and a better appreciation for those who do provide us with food and fiber. I think you will see us make healthier, better decisions in the future."

With "Know your Farmer, Know Your Food," doing so well in its first year, let's hope we can look forward to a healthier, better future for us all, and regardless of income or ability to pay.

Some additional reading:

<http://www.usda.gov/wps/portal/usdahome?contentidonly=true&contentid=2009/09/0451.xml>
http://obamafoodorama.blogspot.com/2009/09/know-your-farmer-know-your-foodknow_15.html

Summer Rolls *courtesy of FFS member Emma Zurer*

Even though we are approaching fall these Summer Rolls are a great way to use all the many heads of lettuce we have been receiving!

For summer rolls

1 ounce bean thread noodles (cellophane noodles)
1 tablespoon seasoned rice vinegar
4 (8-inch) rice-paper rounds, plus additional in case some tear
2 red-leaf lettuce leaves, ribs cut out and discarded and leaves halved
1/4 cup fresh mint leaves
1/4 cup fresh basil leaves (preferably Thai)
1/2 cup thinly sliced Napa cabbage
1/4 cup fresh cilantro leaves
1/3 cup coarsely shredded carrot (1 medium)

For peanut sauce

3 tablespoons finely chopped onion
1 small garlic clove, minced
3/4 teaspoon dried hot red pepper flakes
1 teaspoon vegetable oil
3 tablespoons water
1 tablespoon creamy peanut butter
1 tablespoon hoisin sauce
1 teaspoon tomato paste
3/4 teaspoon sugar

Cooks' note: Summer rolls may be made 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag. Bring rolls to room temperature before halving and serving

Make sauce:

Cook onion, garlic, and red pepper flakes in oil in a small heavy saucepan over moderate heat, stirring, until pale golden, about 4 minutes. Whisk in remaining sauce ingredients. Simmer, whisking, 1 minute, then cool.

Make summer rolls:

Cover noodles with boiling-hot water and soak 15 minutes, then drain well in a sieve. Pat dry between paper towels and toss with vinegar and salt to taste.

Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Soak 1 rice-paper round (make sure there are no holes) in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels.

Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Spread one fourth of peanut sauce over lettuce and top with one fourth each of mint, basil, cabbage, and noodles. Roll up rice paper tightly around filling and, after rolling halfway, arrange one fourth of cilantro and carrot along crease. Then fold in sides and continue rolling. Transfer summer roll to a plate and cover with dampened paper towels.

Make 3 more rolls in same manner. Serve rolls halved on the diagonal.

Save the Date!

Pick-up Potluck on **October 28th** during distribution. Details in next weeks newsletter!