

# FLATBUSH FARM SHARE

## NEWS

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### This week's eats\*:

1 head of lettuce  
1 bunch of mustard greens  
1 head of cabbage  
1 head of baby bok choy  
1 garlic  
2 peppers  
1 carnival wintersquash  
1 bunch of spinach  
1 Japanese turnip  
1 lb. of sweet potatoes

**Fruit Share:** Gala Apples

\* Let us know what you think of your veggies!  
Email [info@flatbushfarmshare.com](mailto:info@flatbushfarmshare.com).



**Final Potluck October 28** Plan to bring a dish and linger at our last distribution, as we'll be celebrating the end of our first season with a potluck from 5-8 (ish)!

### Fulfill your required volunteer hours by participating in 2010 planning!

We will be soliciting your help in 2010 planning, fundraising, policy-making, event brainstorming. Making our CSA great takes a lot of work, and we hope you'll have some time to contribute over the winter. If you need to complete volunteer hours (or you're way over but still want to help out), be in touch with Lee at [volunteer@flatbushfarmshare.com](mailto:volunteer@flatbushfarmshare.com).

### Planning meetings for 2010

**season** Whether or not you want to be an official 'core group' member, we want your input for 2010. Our next meeting date is not yet finalized, but we will send out an announcement when it is, and we hope to see you!

### Complete volunteer hours by volunteering in Food Pantry

The Food Pantry is getting over 100 people coming for assistance, and the staff is overwhelmed considering that they are a very small pantry. Contact Sheila Friend for details 718-781-6952 / [sbevff@aol.com](mailto:sbevff@aol.com)

**Flatbush Farm Share 2010 Season Coming Up!** With only two weeks left of distribution, we are getting started with next year's planning, and we welcome your help and input. In fact, some volunteers may be giving you a phone call to ask you, personally, for some extra help to make next year happen!

Here is a head's up on upcoming deadlines and changes we're considering for next year:

\* **Renewing your membership** ~ Current members who have completed volunteer hours get priority for 2010 membership. We have set a tentative date of December 1 as a deadline for renewals — stay tuned to hear about the procedure for renewing.

\* **Pricing Scale** ~ We are restructuring our pricing system to better accommodate people who receive different forms of assistance and people with children - who need it most. Since we are modifying the pricing system for the CSA, you may not pay the same price you paid this year. As soon as we set the scale, we'll let you know.

\* **Funding** ~ We need to raise money for next year to cover the farmers' costs at the beginning of the season (most of which will consist of your member payments) and to subsidize low-income shares. We'll be strategizing and welcome any ideas in the next few weeks. The sooner you can pay the full cost of your share (or 1/2 share), the less money we will need to raise.

\* **Fruit Shares!** - We know that Breezy Hill is just getting started and has suffered some kinks along the way, but we are going to look into finding a more established farm for sourcing our fruit next year: more variety, more quantity.

More developments to come over the next couple of months as we plan for a great 2010 season. ~ Amy Seek

## Spicy Black Bean & Squash Soup ~Lisa Knauer

This soup was inspired by needing to use up some leftover roaster kabocha squash as well as other odds and ends of vegetables from the past few weeks (onion, celery, green pepper) However, on a long-ago visit to Havana, the mother of one friend used pieces of calabaza (a fleshy orange-yellow squash) in her black beans (a staple of the Cuban diet), so it's not a completely original idea. You can cook in a pressure cooker (should be done in about 30 min.) or a crockpot (it needs to cook for at least 10 hours), but on a cold rainy day, I like to have a pot of soup simmering on the stove for the aromatherapeutic value. The great thing about a slow-simmered soup is that it only requires real "work" at the beginning and the end; otherwise, you just need to stir it occasionally.

- 1-1/2 c black beans, picked and washed
- 1-1/2 c squash, peeled (can use leftover cooked squash)
- 1/2 large onion
- 1 small green pepper, cored and seeded
- 1-2 stalks celery (mine had dried, but dried leaves are fine for soup)
- fresh jalapeno pepper, w/ or w/o seeds (dep on how hot you want the soup) (if you have no fresh hot pepper, you can use ground cayenne pepper instead – start with 1/2 tsp.)
- 2 cloves garlic, chopped
- 2-3 T olive oil
- 2 bay leaves
- 1 tsp. mild paprika
- 1 tsp. ground cumin
- 1/2 tsp. dried thyme
- salt and pepper to taste (at least 2 tsp. salt)
- 2 tsp fresh chives, minced

Soak black beans (quick-soak method: place in saucepan, add water until it covers beans, bring to boil, turn off heat and let soak for 1 hour. Pour off water before cooking. But you can also soak overnight if you want – in that case, don't bring to boil). Chop onion, green pepper, celery and jalapeno – they don't have to be super-fine. Chop garlic separately.

Place drained black beans in a saucepan (3 qt) and add 4-5 cups of water. Add bay leaves and dried spices. Turn flame to medium while you prepare the vegetables.

While beans are coming to the boil, heat olive oil in a heavy skillet. Add chopped vegetables and saute until translucent. Turn heat down, add chopped garlic and saute for another few minutes. Add to the pot where you have the beans cooking. Add squash. Bring to the boil and then turn flame down, cover (leave lid partially ajar) and cook until beans are tender – figure at least 1-1/2 hours. Stir from time to time, and checking to see if beans are tender.

When beans are fully cooked, add salt, pepper and half the chives. Remove from heat, and let cool slightly. Fish out the bay leaves and discard. Put a colander or strainer over a large bowl and drain the beans, reserving all of the liquid (you may need to add more). Clean out pot; you'll be using it again.

Scoop 3/4 of the beans and 3/4 of the liquid into the blender or food processor container and whirl until smooth (add more liquid if necessary). Pour contents of blender into the pot and place over a low flame. Either leave the rest of the beans whole and simply add to the pureed mixture along with the remaining liquid, or process the last part of the beans and liquid very briefly so that it retains a chunky texture, and then add. Add more water if necessary until soup is the consistency you like. Taste for seasoning, and make any adjustments (salt, pepper, cumin, cayenne). Cook over low heat until thoroughly heated. Add the rest of the chives as a garnish. Serve with crusty bread, cornbread, tortillas... the possibilities are endless. Try with other garnishes (sour cream, sliced scallions, grated cheddar or Monterey Jack cheese, additional hot sauce).

## Storage Solutions to Keep Your Produce Fresh

~Jessica Masarek. This is our first year participating in a CSA, and throughout the year we've struggled to keep our veggies fresh. After some experimentation, we've come up with some easy and sure-fire ways to keep your share fresh for the week.

**Tool Tip** For lettuce and many greens, we've invested in a "lettuce crisper" which has a small draining piece at the bottom, so the leaves will drain while in the fridge. It keeps our lettuce and other greens crisp for more than a week: <http://www.containerstore.com/shop/kitchen/foodStorage/specialty?productId=10005500> Most things seem to keep best in a sealed container. We primarily use the lettuce crisper, plastic takeout containers (the black ones that seal), large Gladware containers (the disposable ones, although we don't throw them out) and Ziploc bags. If you can wash the veggies, it makes cooking easier later, but it's not necessary. In a hurry we've used the plastic grocery bags tied tightly – they don't work as well, but are fine in a pinch.

Squash, eggplant, peppers, cucumbers and tomatoes seem to survive just fine in the fridge on a shelf or in the drawer. For freezing, it's best to wash them, cut them up and blanch them (quick boil followed by immersion in cold water) before packing them for the freezer.

Here are the storage conditions that we've had success with:

GREENS		
	<b>Lettuce (heads), kale collards, chard, turnip greens, bok choi, arugula</b>	<b>Lettuce (loose), spinach, tatsoi</b>
Washed	Separate leaves, trim as necessary, wash thoroughly and drain. Store in sealed plastic container or Ziploc bag.	Not recommended
Unwashed	Unwashed in sealed container/bag (best), or kept in tied plastic grocery bag.	Store in tied plastic grocery bag or Ziploc.
ROOT VEGETABLES		
	<b>Turnips, radishes, carrots</b>	<b>Potatoes, garlic, onions</b>
Washed	Trim greens, scrub bulb and store in a sealed container or Ziploc bag.	Not recommended
Unwashed	Unwashed in sealed container/bag	Store in an open container anywhere that is dry and preferably cool.
OTHER VEGETABLES		
	<b>Cauliflower</b>	<b>Green Beans</b>
Washed	Trim/separate, wash and store in a sealed container or Ziploc bag.	Trim, wash and store in a sealed container or Ziploc bag.
Unwashed	Unwashed in sealed container/bag	Unwashed in sealed container/bag
	<b>Herbs</b>	<b>Celery</b>
Washed	Not recommended	Trim/separate, wash and store in a sealed container or Ziploc bag. Placing stalks upright in a container (we cut them in half), so they can sit in an inch or two of water will keep them crisp and moist longer.
Unwashed	Place in plastic storage bag or container. Even better is if you can keep the ends of the stems in water.	Place stalk/bulb in plastic storage bag or container. Better is if you can keep the ends of the stems in water (as above).