



NEWSLETTER OF THE CLINTON HILL CSA

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NEWS *From the Windflower Farm*

DISTRIBUTION #17, OCTOBER 6, 2009

The changing seasons dictate our activities on the farm, of course, and this season we are keeping very busy. The arrival of fall means that we have just a few weeks left to bring in the last of our potatoes and root crops. And because our first frost is expected any day, it is time again to pull out our hoops and row covers. Tender lettuces and other salad crops will need their protection. Fall is when we plant the following summer's garlic. The ground is ready now, but if we plant too early, the cloves will produce shoots that will push through the surface before winter, zapping the cloves of their energy reserves. If we plant too late, the cloves won't send out roots before the cold sets in, losing their early start. It is also time to take care of our soils. We need to lime a couple of our fields. A newly rented parcel produced some mediocre crops in this first year that we've used it, and part of that may have been due to acidic soils. A lime application now should remedy the problem by spring. We also have just a few weeks to establish a good rye cover crop. We use it mostly to keep our bare soils from eroding.

The coming of winter keeps us hustling. We have a greenhouse to finish. It's a big one, measuring 30' wide by 150' long, and we'll use it to enhance our winter greens growing capacity and our summer tomato output. We hope to be able to cover it in two weeks, which is our deadline for planting the kales, lettuces, chards, tatsoi and spinach that will fill our winter shares. If we wait any longer, the cold temperatures and limited light won't allow the leafy vegetables to put on enough biomass. If we plant too early, the plants will grow rank, creating too humid a canopy, and they won't keep through the winter. Hiliberto and Daren have been working on the construction for several weeks now, and it is almost finished. We've also been trying to finish siding our barn and packing shed and adding heat to the space. We wash your vegetables in very cold water, which is quite nice in the summer, but unpleasant in late fall. The farm crew has lobbied for a heated packing shed for a couple of years. I've put it off until now by relocating fall vegetable processing to a heated greenhouse. Jacob, a finish carpenter who has been working with us, has taken on this project. Now we have a coffee maker, a microwave, a refrigerator and heat – and we're feeling downright pampered.

This week we are sending the last of our beans, sweet corn to those of you who didn't get it last week and broccoli to the rest of you, more carrots, potatoes, onions, either peppers (our last) or

reminder:

Next meat and artisanal farm products order due by midnight Saturday October 17th for delivery Thursday October 23rd, 2009.

<http://www.csapasturedmeatandpoultry.com/>

eggplants, lettuces, kale, an herb, and spinach.

NEWS *from MARY&BOB* *of the ELIHU FARM*

(be sure to see this week's Recipes for Mary and Bob's poached egg technique!)

Hello, CSA Egg Share Holders,

The leaves have been turning for a couple of weeks. First the red maples in the swamp glow scarlet, then the edges of the sugar maples show their yellows, oranges and reds. This parade usually lasts until Columbus Day, and a little afterwards if you count the dull red-browns of the red oaks. The weather has been warm enough for our pastures to continue to grow, which means the hens and the sheep should have succulent grazing right through the fall, and we hope into early winter.

We use fluorescent spotlight bulbs on timers in all our hens' shelters, to give them the 14 hours of 'daylight' they need. We wake them up around 6 a.m., and they run outside to forage and feed when we let them outside around 7:30. They go into their houses at dusk, but



stay busy until the lights go out, around 8 p.m.

Mary (& Bob)

NEWS *You* CAN USE

New York State Paves Way for Gas Drilling With Release of Environmental Review

by Abraham Lustgarten, Joaquin Sapien, and Sabrina Shankman, ProPublica - September 30, 2009 7:57 pm EDT

A long-anticipated draft environmental review laying out proposed laws for natural gas drilling in New York's Marcellus Shale has been released by the state after 18 months of study and several delays. State officials say the guidelines, which are 809 pages long and extremely detailed, address key concerns, including the disclosure of fluids used in the drilling process known as hydraulic fracturing and the on-site handling of drilling waste.

But according to a summary that accompanied the document, which was released just before 6 p.m. Wednesday, it would not ban drilling inside the New York City watershed, a central Catskill Mountain area that supplies drinking water to 9 million people.

"The state's mitigation proposals are half measures," Manhattan Borough President Scott Stringer said in a news release Wednesday night. "I believe the choice is simple: we either correct this error and ban drilling now, or soon enough the officials entrusted with protecting our environment will be asked to explain why they were asleep at the switch when it mattered most."

Provisions highlighted in the news release would make New York State's environmental protections more stringent than those in

many other drilling areas, but a quick review of the document indicates those provisions may be accompanied by conditions and stipulations, making it unclear exactly where the rules would apply and how they would be implemented.

We are beginning to work our way through the entire document and will be reporting in depth on what we find.

According to the Department of Environmental Conservation's summary, the document stipulates that:

Energy operators disclose all the chemicals used in hydraulic fracturing, including their concentration.

Operators complete a checklist and certification form before any well can be hydraulically fractured.

Residential drinking water wells near drilling sites be tested for contaminants prior to drilling, to establish baseline information in case an accident occurs.

Certain kinds of waste pits – which have been responsible for water contamination in other parts of the country – be prohibited inside the New York City watershed and limited elsewhere in the state. In some cases, drillers would be required to store their waste in steel tanks.

The review is a supplement to a 16-year-old environmental impact assessment that did not address several of the issues raised by modern drilling in the Marcellus Shale, one of the largest unconventional natural gas deposits in the United States.

New York Gov. David Paterson ordered the Supplemental Generic Environmental Impact Statement in July 2008, one day after a ProPublica investigation raised questions about the state's preparedness to handle a rush of drilling in the Marcellus Shale. The governor has since made clear that drilling will eventually play a prominent role in the state's economy.

The ProPublica investigation found that the DEC had told state legislators that hydraulic fracturing was safe, even though the agency had not studied or discussed the sometimes dangerous chemicals that it uses and that later wind up in its waste. The DEC also did not have a plan for where the vast amounts of water needed for fracturing would come from or where it would be treated after it was used.

Fracturing a Marcellus gas well can require more than 3 million gallons and a single well can be fractured as many as eight times. When the DEC's last impact statement was released in 1992, a typical well required only about 80,000 gallons of water.

In 2008, ProPublica also reported that New York was unprepared to treat the wastewater itself – the DEC said drillers would have to ship it to neighboring Pennsylvania. But ProPublica found that Pennsylvania's specialized treatment plants don't have the capacity for it either.

Hydraulic fracturing has made the Marcellus Shale and other difficult-to-reach deposits of gas accessible to drillers. The process shoots millions of gallons of water, sand and chemicals underground at high pressure to break up rock and release gas. According to some estimates, the Marcellus holds enough gas to meet the country's natural gas needs for more than 20 years.

Figuring out where to get water to fracture the wells is among the water-related questions the DEC is trying to answer. When the water is sucked back out of a well, it can contain natural toxins dredged up during drilling, including cadmium and benzene, which both carry cancer risks.

Original reporting done in conjunction with WNYC public radio. For more information and to read the original investigative report go to <http://www.propublica.org/feature/new-yorks-gas-rush-poses-environmental-threat-722>



Obama unlikely to sign US climate bill ahead of Copenhagen

The US President is, however, still considering attending the UN climate conference in December, provided heads of state are invited.

Michael von Bülow

10/05/2009 07:50

President Barack Obama is unlikely to sign a controversial US climate bill ahead of the UN climate change conference (COP15) beginning early December in Copenhagen, the White House's top climate and energy coordinator said on Friday.

"We'd like to be (finished with) the process. That's not going to happen," Carol Browner said according to Reuters.

She added that the administration is committed to passing comprehensive energy and climate legislation "on the most aggressive timeline possible". Democratic Senators John Kerry and Barbara Boxer unveiled a climate bill last week, but it remained unclear whether it would win the required 60 Senate votes for passage. Even if the bill should pass, the Senate and the US House of Representatives would have to reconcile their versions of the bill, leaving little time for Obama to sign it. White House spokesman Robert Gibbs told reporters later on Friday that Obama would consider attending the climate talks in the Danish capital if heads of state were invited.

"At this point you've got a meeting that's currently set for not necessarily a head of state meeting ... If it got switched, we would certainly look at coming," Reuters quoted him as saying.

Denmark's Minister for Climate and Energy and incoming COP15 host Connie Hedegaard still believes the climate bill could make it through the US Congress in time.

"I'm not a fortune teller. I'm a politician, but last week I spoke with some of the people in Washington and New York who work the hardest to press this through Congress. Therefore I know that senators and other people in the political spectrum are doing a tremendous effort," Hedegaard told Danish news agency

Ritzau on Sunday.

"If the United States wants a leading role in the 21st century, then there is an expectation that they, one way or the other, join in here. The American politicians know this too," she added.

From *Just Food*

INGREDIENTS, a feature-length documentary, illustrates how people around the country are working to revitalize the connection between our health and local community.

Narrated by Bebe Neuwirth, the film takes us across the U.S. from the diversified farms of the Hudson River and Willamette Valleys to the urban food deserts of Harlem and to the kitchens of celebrated chefs Alice Waters, Peter Hoffman and Greg Higgins. The film also includes discussions about CSA in NYC by CSA farmers Jean-Paul Courtens and Jody Bolloyt of Roxbury Farms. **INGREDIENTS** is a journey that reveals the people behind the movement to bring good food back to the table and health back to our communities.

INGREDIENTS will be screening at the Anthology Film Archives as part of the New York United Film Festival. To purchase tickets, click here.

Where: Anthology Film Archives - 32 Second Ave, Ny

When: Sunday, October 11, 2009 - 1:15 pm

The Monsanto Empire

The Monsanto Corporation of St. Louis has spent over \$30 billion in recent years buying numerous U.S. seed companies and has slowly dominated the world's supply of seed for staple crops (corn, soybeans, potatoes).

Monsanto is a major global producer of genetically modified seeds. For a farmer to use their patented seeds, they must be purchased from Monsanto. Monsanto has even sued farmers

who have not paid for their gm seeds which accidentally contaminated their farms.

In addition to patenting their seeds, Monsanto seeds require the use of Roundup herbicide to grow to maturity. Roundup is also owned by Monsanto. Another herbicide Monsanto has ownership of is Agent Orange, which is one of the most toxic chemicals on the planet, causing everything from severe birth defects to cancer to neurological disorders to death.

Join the growing opposition to genetically modified foods. Tell Obama to investigate Monsanto and their control of the world's seed supply; please sign the following petition (http://act.credoaction.com/campaign/monsanto_monopoly/?r_by=-2185550-VfG0Dix&rc=paste1) which will be sent to the Assistant Attorney General for Antitrust, Christine Varney

Lessons from India and the US

Join Devinder Sharma as she discusses the influential role US agribusiness corporations have played on shaping policies that have exacerbated hunger and driven us into a global food crisis. She will be accompanied by Arun Gupta, reporter and an editor at the Independent, Nancy Romer, leading organizer of the Brooklyn Food Coalition and other leading US food justice activists. The event will map the network of powerful corporations, institutions, and interest groups who are driving US policies; and begin a dialogue on how to build strategic alliances between anti-corporate struggles in India and organizations and individuals in the US who are committed to stopping the global expansion of US-led agricultural neoliberalism.

When: Tuesday, October 13th from 7-9pm

Where: BRECHT FORUM - 451 West St, New York, NY

Cost: Sliding scale of \$6-15



THIS WEEK'S SPOTLIGHT IS ON SPINACH

Know, cabbages, that there is spinach in the stew. —Spanish Proverb

On spinach: "I dislike it, and am happy to dislike it because if I liked it I would eat it, and I cannot stand it." —Le Prudhomme Flaubert's Dictionnaire des idées reçues



Spinach is among the most popular dark leafy greens in North America. Its existence was first recorded 2000 years ago in the Middle East and has only been incorporated into the North American diet in the last 600 years. Spinach is a close relative of beets and swiss chard. Due to its low tolerance for hot weather, spinach is one of the first crops to be directly seeded into the ground in early spring. In the Northeast spinach is available from mid-May through June, and then again in mid-September until the first frost.

STORAGE:

Store spinach in a damp towel or an open plastic bag in the refrigerator drawer. It can last this way for about one week. Spinach and other greens maintain their crispness by holding water in their cells. You can sometimes revive wilted leaves by soaking in ice water for 2-3 minutes. But be sure to thoroughly dry the leaves before storing to avoid rotting or wilting. To freeze, blanch the spinach for 1-2 minutes. Rinse in cold water to stop the cooking process. Drain and store the leaves in an airtight container or freezer bags until ready for use.

PREPARATION

Rinse the leaves thoroughly in cool water and pat or spin dry. Remove all tough stems and dead leaves. Spinach can be eaten raw or cooked. 2 to 3 lbs. of raw leaves will reduce to 2 cups when cooked.

RECIPE IDEAS: Make a spinach salad or combine with other salad greens. Try a dressing of lemon juice, olive oil, salt and pepper. Add olives, tomatoes and feta cheese. Add raw to sandwiches or bake into quiche, lasagna, or quesidillas. Stir-fry or steam spinach. Steam 2 pounds for 8-10 minutes. Eat plain or sprinkle with salt, lemon juice and butter as a side dish or an addition to pasta. To maintain the highest amount of nutrients, rinse the leaves but do not dry. Put into a frying pan while still damp. Add herbs and spices and cook 2-3 minutes stirring occasionally. Cover for another 2-3 minutes until dark in color.

NUTRITIONAL INFORMATION

Spinach is an excellent source of vitamins A, C, K, folate and a good source of potassium and iron. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin K is involved in blood clotting. A healthy diet with enough folate may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord. Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia. Spinach contains oxalic acid which can inhibit the absorption of calcium.



* RECIPES *

Spinach Pesto

adapted from www.southernfood.about.com

- 4 cups fresh spinach leaves
- 3 cloves garlic
- 3 tablespoons pine nuts
- 1 cup fresh basil leaves or 2 tablespoons dried
- ¼ cup olive oil
- 1/3 cup grated Parmesan
- 1/8 teaspoon salt
- 2 tablespoons lemon juice

Thoroughly wash and dry the spinach and basil. In a blender or food processor combine a few spinach leaves, garlic, pine nuts, basil, parsley and a few tablespoons of oil. Pulse blend until the ingredients are chopped and mixed. If the blender is not blending, try adding a few tablespoons of water and a dash more oil. Continue adding spinach leaves a few at a time with some oil into the blender. It may help to use a rubber spatula to scrape down the sides of the blender and combine the ingredients. Once all of the spinach and oil has been blended, add the cheese, salt and lemon juice. Blend until smooth. Serve on top of pasta or chicken.

Use it as a spread or dip. Try the pesto as a spread on sandwiches.

Stir Fried Curry Spinach

recipe contributed by Abby Bell, Just Food Intern, 2003

- 4 cups fresh spinach
- ½ onion chopped
- 2 garlic cloves crushed or chopped
- 3 Tablespoons olive oil
- curry spices to taste
- ½ cup raisins
- ¼ teaspoon salt (or 1-2 teaspoons soy sauce)
- ¼ cup sunflower seeds without the shell (optional)

Thoroughly wash and dry spinach and tear leaves into small pieces. Remove stems and dead leaves and set aside. In a small frying pan heat 1 tablespoon of oil. Add sunflower seeds and stir constantly until seeds start to turn a light brown color. Remove from heat and set aside. In a frying pan, wok or large pot, saute onions, garlic and spices in the olive oil on medium heat until onions are translucent. Add spinach and raisins. After a few minutes add the salt or soy sauce. Cover and let cook, stirring often, until spinach is soft and tender.

Make sure spinach does not burn or stick to the bottom of the pot. Remove from heat. Add sunflower seeds.

Serve as a side dish and enjoy.

Spinach Salad

recipe contributed by Abby Bell, Just Food Intern, 2003

- 1 or 2 handfuls of walnuts
- 2 tablespoons sugar
- 2 tablespoons red wine vinegar
- minced garlic to taste
- dry mustard to taste
- salt and pepper to taste
- 1 tablespoon cottage cheese
- ¼ cup olive oil
- 1 bunch spinach cleaned and stemmed
- 2 medium tomatoes
- ½ onion chopped
- feta cheese

In a dry skillet, toast walnuts stirring often until they begin to darken slightly and are fragrant. Set aside to cool. In a small bowl combine sugar, vinegar, garlic, mustard, salt, pepper and cottage cheese. Whisk in oil in a thin stream. Toss with spinach, chopped tomato, onion, and walnuts. Sprinkle feta on top.

Makes 4 servings

Richard Olney's Garlic Soup Recipe

from www.101cookbooks.com

The following recipe reflects how I make this soup, with my notes/words. The original recipe often calls for a range of a particular ingredient, for example, 10 - 15 cloves of garlic, or healthy pinch of thyme....I decided to included the amounts I use when I make it.

- 1 quart (4 cups) water
- 1 bay leaf
- 2 sage leaves
- ¾ teaspoon fresh thyme
- a dozen medium cloves of garlic, smashed peeled, and chopped
- 1 teaspoon fine grain sea salt

Binding pommade:

- 1 whole egg
- 2 egg yolks
- 1½ ounces freshly grated Parmesan cheese
- freshly ground black pepper
- ¼ cup extra virgin olive oil

day-old crusty bread & more olive oil to drizzle



Bring the water to a boil in a medium saucepan and add the bay leaf, sage, thyme, garlic, and salt. Heat to a gentle boil and simmer for 40 minutes. Strain into a bowl, remove the bay and sage leaves from the strainer, and return the broth and garlic back to the saucepan, off the heat. Taste and add more salt if needed.

With a fork, whisk the egg, egg yolks, cheese, and pepper together in a bowl until creamy. Slowly drizzle in the olive oil, beating all the time, then add (slowly!), continuing to whisk, a large ladleful of the broth. Stir the contents of the bowl into the garlic broth and whisk it continuously over low-medium heat until it thickens slightly. Olney states, "just long enough to be no longer watery." I usually let it go a wee-bit beyond that - until it is the consistency of half-and-half or cream. Place a handful of torn bread chunks into the bottom of each bowl and pour the soup over the bread. Finish with a drizzle of olive oil, and serve immediately.

Makes about 4 cups of soup.

Poached Eggs

from Mary at Elihu Farm

For two eggs. Break the eggs into a custard cup. Use a small sauce pan, about one and a half to two quarts. Bring 2-3 cups of water to a boil. Add a glug of vinegar. Swirl the water gently and slide in the eggs. Let simmer until they start to float. I test for doneness by lifting the egg gently with a slotted spoon, then shaking gently, to see if the egg has set. Most of the time the eggs come out of their bath fairly egg shaped.

Succotash Frittata

from Every Day with Rachel Ray and via Ted

Salt and pepper

¼ lb green beans, stemmed and cut on an angle into 1" pieces
 4 tbs. butter (2 tbs. chopped into small pieces)
 3 ears corn, kernels scraped off, or 1 cup frozen corn
 1 small red pepper, seeded and chopped
 1 small onion, chopped; 1 clove garlic, chopped
 3 sprigs tarragon, chopped
 12 large eggs; a few dashes of hot pepper sauce.

Preheat the oven to 400 degrees. In a small saucepan, add enough water to reach a depth of 2" and bring to a boil. Salt it, add the green beans, simmer for 3 minutes, and drain. In a large ovenproof, non-stick skillet, melt the un-chopped butter over medium-high heat. Add the corn, bell pepper, onion and garlic, and cook, stirring until softened, about seven minutes. Season with salt and pepper, and stir in the green beans and tarragon. In a bowl, beat the eggs with the hot sauce, and season with salt and pepper. Add the chopped butter and pour over the succotash. Cook until set. Transfer the skillet into the oven and cook

until firm, about 8 minutes. Let cool. To serve, cut into wedges.

Broccoli Crunch Recipe

from www.101cookbooks.com

4 -5 cups tiny broccoli florets (and chopped stalks if you like)

1 garlic clove, smashed and chopped
 scant ½ teaspoon fine grain sea salt
 ¼ cup almond butter
 3 tablespoons freshly squeezed lemon juice
 1 teaspoon honey
 2 tablespoons extra-virgin olive oil
 2 tablespoons hot water

2 small crisp apples, cut into bit-sized pieces (if you aren't going to use the apples immediately, let them sit in a bowl of water with the juice of ½ a lemon)

½ small red onion, thinly sliced
 ½ cup toasted or candied walnuts or almonds
 1/3 cup pan-fried crunchy shallots*
 chives (optional)

Bring a medium pot of water to a boil and salt as you would pasta water. Boil the broccoli just long enough to take the raw edge of - 10 or 15 seconds. Drain and immerse it in cold water (or let cold water run over it). At this point, I like to spin the broccoli in a salad spinner to get the water off, but a few good knocks against the sink in a strainer can do the trick pretty well. Set aside.

Make the dressing by sprinkling the salt over the clove of garlic. Smash the clove and chop, smash and chop - turning it into a paste. In a small bowl whisk the salty garlic paste with the almond butter, lemon juice, honey and olive oil. Add the hot water and whisk until light and creamy. Taste, make any adjustments and set aside.

In a large bowl gently toss the broccoli, apples, red onion, most of the shallots and nuts with a generous drizzle of the almond dressing. Turn out onto a platter and finish with the rest of the shallots and chives if you like. Serve family style.

Serves 4.

*Stir together the shallots, a splash of clarified butter (or olive oil) and big pinch of salt In a large skillet over medium heat. Stir every few minutes, you want the shallots to slowly brown over about fifteen minutes. Let them get dark, dark brown (but not burn), and if needed turn down the heat. Remove from skillet and onto a paper towel to cool in a single layer where they will crisp up a bit.

