

Long Island City
Community Supported
Agriculture



Contact Us:

212-825-0028 ex. 201
longislandcitycsa@gmail.com
<http://liccsa.wordpress.com/>

Pick up location:

Hour Children
36-49 11th Street
Long Island City, NY 11106
5 pm - 8pm

Enter through a parking lot in the middle of 11th Street between 36th and 37th Avenue. The entrance to the Food Pantry has a green awning.

Monthly Meetings:

Are held the first Wednesday of each month in the Hour Children office at 6:30pm. All members are invited to attend and join.

Member Volunteering:

Every household signed up with LIC CSA has a requirement of 4 volunteer hours to fulfill throughout the season.

Our volunteer schedule is managed online, go to <http://www.volunteerspot.com/login/entry/110-62435705849> to sign up. You can revisit the schedule by logging back in to Volunteerspot with your email and password.

If you can not help with distribution, email longislandcitycsa@gmail.com to let us know, and we'll add you to a list of people that can be notified as other volunteer opportunities arise.

Hi Members!

The season is quickly coming to a close. Incredible isn't it? It seems to have gone by in a blur!

Next week is our last distribution for the summer season. We will be having a bit of a celebratory shindig during distribution as a way to say thank you and for members to mingle. We encourage all members to not just grab and dash, but take a moment to enjoy your last gathering for the season with fellow members. As is customary with CSAs, and a transient population, some members may not return next year so lets go out with a BANG!

Winter Share orders are being accepted now. We are collecting them at distribution through November 2nd and then mailing them to Chris at the Farm at Miller's Crossing or Argyle Dairy Farm. An alternative is that you fill out and directly mail your check(s) to the farms. Details about the winter share are available below and online.

Turkeys can now be ordered through Lewis Waite. The deadline for placing your order is November 7th with a Delivery for them will be on November 17th at LIC Market. Don't wait! Details are online and below.

As the season comes to a close, we ask that you think about your participation next season. What might you do to help grow the CSA? As we mentioned in an earlier issue, we have some members moving on to next adventures and responsibilities and are looking for members who are willing to donate a few hours a month to help administer the CSA. Give it a think; we need you!

Finally, you know the drill...we are always recruiting volunteers for weekly distribution. If you haven't signed up for your 4 hours, please do so by visiting Volunteer Spot.

Enjoy,
Sara & the LIC CSA Volunteers

This Week's Produce Delivery, October 26th

- | | |
|--|-------------------|
| -1 lb. fingerling potatoes (rusiiian banana) | -2 heads broccoli |
| -1 bunch turnips | -1 head lettuce |
| -2 peppers | -1 Butternut |
| -1 bunch collards | -1 lb. onions |
| -1 bunch arugula | |

2011 Winter Share

Good news, we are offering a winter share this year!

Thank you to members who voiced their interest! Please note that we are not offering EBT payments nor are we subsidizing shares. If you are interested in participating, money is due immediately. Other changes to be aware of are that sign-up and distribution are different from the summer share:

1. Please make your checks out to the farms. We will have vegetable & dairy shares available from Miller's Crossing & Argyle Cheese Farmer respectively and each will need its own check.

2. You may leave your check & application with Carrette during one of the October distributions OR mail the check directly to the farm.

3. Pick-ups are SATURDAY mornings, 9-12, at Hour Children on Nov. 19th, Dec. 3rd & 17th, Jan. 7th & 21st, and Feb. 4th. Please note the times & dates because we cannot hold the shares for you if you are not able to pick up.

4. We are asking for a 2 hour volunteer commitment, but this may change.

5. The full winter vegetable share will include 6-10 lbs. of storage vegetables and up to 1-3 packages of frozen vegetables, with salad and cooking greens as weather allows. The single shares will be half these amounts. The vegetables will be lightly washed and free of excessive mud and dirt. Leaving the vegetables slightly dirtier helps preserve quality and freshness. Our own vegetables have been frozen by Farm to Table in their freezing facility.

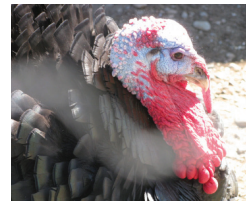
The forms for both are available on the LIC CSA website. Members with any additional questions, can contact the farms directly, or email the core group at longislandcitycsa@gmail.com.

Next Lewis Waite in November - Thanksgiving Turkey Announcement

Well, it is that time of year again! Thanksgiving approaches and it is now time to begin planning for the big meal. This year, we plan to offer Stonewood Farms All Natural Turkeys for \$ 4.04/lb (information on Stonewood Farm is available online at the LIC CSA website and on the Lewis Waite website).

Orders for Turkeys must be made by Monday, November 7th. Please note that traditional Lewis Waite extra items orders will be delivered at a later date separately from the turkey delivery. Starting now, when you sign in, there will be a special link "Place my Thanksgiving Turkey Order," which will take you right to all the available turkeys we offer for the Holiday. Any other items you'd like with your Turkey MUST BE ORDERED SEPARATELY, under the delivery date closest to Thanksgiving for your pickup site November 17th. If you have any questions, or concerns, please call the office, and Nancy, Caroline, and Joanna are

happy help or take your order by phone: 518-692-3120.



Instructions and details about ordering with Lewis Waite can be found on the Lewis Waite FAQ. Please submit any additional questions to LIC CSA volunteers at longislandcitycsa@gmail.com. Distribution for Lewis Waite items takes place at LIC Market on the delivery date between the hours of 3:30PM - 10:00PM. LIC Market is located at 21-52 44th Drive, LIC, NY.

Please note: LIC Market is a busy restaurant so it is recommended that members avoid pick ups during the dinner rush (7:00 -8:30-ish) or be prepared to wait as it may take the staff a little bit longer to get your items than it would during the other hours of distribution.

This list below helps you figure out what sizes we offer, and estimate the end cost of the birds.

Whole Turkey—will be between 12 – 13.9 lbs. each. These will be about \$ 49 to \$ 56 based on \$ 4.04/lb. price.
Whole Turkey— will be between 14 – 15.9 lbs. each. These will be about \$ 56 to \$ 64 based on \$ 4.04/lb. price.
Whole Turkey—will be between 16 – 17.9 lbs. each. These will be about \$ 64 to \$ 72 based on \$ 4.04/lb. price.
Whole Turkey—will be between 18 – 19.9 lbs. each. These will be about \$ 72 to \$ 80 based on \$ 4.04/lb. price.
Whole Turkey—will be between 20 – 21.9 lbs. each. These will be about \$ 80 to \$ 89 based on \$ 4.04/lb. price.
Whole Turkey—will be between 22 – 23.9 lbs. each. These will be about \$ 89 to \$ 97 based on \$ 4.04/lb. price.
Whole Turkey—will be between 24 – 25.9 lbs. each. These will be about \$ 97 to \$ 105 based on \$ 4.04/lb. price.
Whole Turkey—will be between 26 – 27.9 lbs. each. These will be about \$ 105 to \$ 113 based on \$ 4.04/lb. price.
Whole Turkey—will be between 28 – 29.9 lbs. each. These will be about \$ 113 to \$ 121 based on \$ 4.04/lb. price.
Whole Turkey—will be between 30 – 45 lbs. each. These will be about \$ 121 to \$ 182 based on \$ 4.04/lb. price.



From The Farm -Weekly Letter

There is an expression about riding horses which applies very well to farming—if you fall off, you need to get right back on!

Despite the challenging weather, we know you all got what you paid for, (each week represents at least a 30% savings over our retail pricing) but inevitably my mind drifts to the things I want to improve for next year.

Guaranteed, every season we fall off the horse in the form failed crops, broken machinery, and missed opportunities. Fortunately this is not the norm here at our farm, we work hard to keep the food coming your way! Rather than resting on our laurels, I would rather focus my energies on where we need improvement.

As 2011 rapidly comes to an end (there are 2 days in the forecast this week calling for snow!), this season will not go down as an easy growing season.

Like any endeavor which depends upon the natural elements, we still have deal with the great variable of the weather. From now until we turn on the greenhouse next February we will plot, plan, and scheme a way to make everything perfect. Purchasing new equipment, improving and repairing what we already own, and getting rid of the obsolete is one strategy.

There are several winter conferences for Northeastern growers which showcase new equipment at trade shows, as well as present lots of specialized workshops by other farmers and researchers. Besides the programs and trade shows, these conferences offer a chance to network with other growers, and learn from one another. One kernel of wisdom from another respected grower can illuminate a better way to grow.

After fighting the elements and producing tons of vegetables over 8 months, the opportunity to sit back and get some perspective from others in your profession is both rewarding and enjoyable.

By the time the winter begins to fade, I find myself chomping at the bit to get back on the horse and do it again....Good Thing!!!

Enjoy,
Chris

Upcoming Events at Farm at Miller's Crossing

CSA storage crop pre-buy
THE FARM AT MILLER'S CROSSING
Friday November 4th 4 p.m. – 7p.m.
before the
10th annual On Farm Sale Day
We are offering a special day for our CSA members
COME AND BUY FOR THE WINTER...STORE IT HERE FOR FREE
Certified Organic Vegetables & Beef
Potatoes—Beets—Carrots—Onions--
Winter Squash—Turnips
Special pricing on large quantities and selected cuts of Beef

AND THEN...
10th annual On Farm Sale Day
MARK YOUR CALENDARS AND EAT LOCAL ALL WINTER LONG

Certified Organic Vegetables & Beef
Saturday November 5th 10 a.m. – 2p.m.
Potatoes—Beets—Carrots—Onions--
Winter Squash—Garlic

Special pricing on large quantities and selected cuts of Beef
Also Biodynamic/Organic Apples and Cider from Threshold Farm
Turkeys and Chicken from Grey Horse Farm

Bring your family and enjoy our 200 acre farm
For Directions and information
www.farmatmillerscrossing.com



Recipes From the Farm at Miller's Crossing

Carol Hargis, The Market Fresh Chef

Week 21 - October 26, 2011

Barley Minestrone

Makes 3 Quarts

2 Tbsp. OLIVE OIL
1/4 cup fine dice PANCETTA or thick bacon
2 cups chopped Savoy or Napa CABBAGE
1 cup dice ONION
1 cup 1/4" sliced CARROT
1/4 cup diced CELERY
2 CLOVES GARLIC, mince
2 qts. BROTH
2 cups canned diced TOMATO, w/ juice
1/2 cup PEARL BARLEY, rinse
2 sprig ROSEMARY
2" PARMESAN rind (optional)
1 cup canned KIDNEY BEANS, rinsed, drained
Grated PARM

Heat oil in stockpot on med. Sauté pancetta til golden 2-3m. Add vegetables. Sauté til soft 6m. Add broth, tomato w/ juice, barley, rosemary, Parm rind, 1/2t salt, 1c water. Bring to boil, simmer til tender 20m. Discard rosemary, Parm rind. Add beans, s&p. Sprinkle Parm.

Japanese Kabocha (Soy Simmered)

Serves 4

1 lb. Kabocha SQUASH, peeled w/ 1/2 strips left in place, seeded, diced 1&1/2"
2 cups DASHI* or water
1 Tbsp. SAKE
1 Tbsp. SOY SAUCE
1 Tbsp. SUGAR (or less, based on squash sweetness)

Put squash in pot skin-down, 1 layer. Add dashi to just cover, put lid from 1 or 2" smaller pan on top. Bring boil, set simmer. Check @ 4min w/ pick. Should be some resistance. Add sake, sugar. Swirl pan. Turn squash over. Cover, simmer 2-3m. Check tender, skin ez to pierce. Add soy. Simmer 2m. Platter. Strain liquid, return to pan, reduce to thin syrup. Pour on squash, serve. *Dashi is traditional broth/base in Japanese cuisine; the liquid of miso soup; from dried bonito flakes & seaweed. Has smoky savory flavor; sub. good veg broth.



Savory Allium Tart - Alsatian flammenküche

3 Tbsp. BUTTER
2 med. ONION, thin slice
2 med. LEEKS, thin slice white
1 tsp. chopped THYME
2 tsp. chopped MARJORAM
1 Tbsp. chopped PARSLEY
1/2 cup CRÈME FRAICHE or best quality sour cream
1 recipe Basic Pie Dough, cold
1 EGG YOLK
1 tsp. cold WATER

Melt 3T butter in huge skillet med. When foamy, add alliums. S&p. Caramelize golden 10m. S&p. Put in bowl. Mix herbs, crème w/ alliums. Cool 5m. Oven 425. Flour a work surface, roll dough 11x1/8". Lay dough on baking sheet, spread filling leaving a 1" border. Fold edge over, flute. Whisk yolk & water. Brush on edges. Bake til bottom crust golden 20-25m.

Buon Appetito!

Don't forget to Compost!

Don't forget that we're partnering with the Western Queens Compost Initiative (a project of Build it Green! NYC) to offer composting to members.



It is OK to Compost:

- RAW & FROZEN veggie & fruit peels, skins, seeds
- Coffee grounds (including paper filter)
- Tea bags (staple removed)
- Egg shells & Nut shells
- Leaves & Grass

Also, if you're looking for ways to fulfill your volunteer hours, you can do so on Saturdays with WQCI! Help Western Queens Compost Initiative (WQCI) collect compost Saturdays, 10-Noon at Socrates Sculpture Park Greenmarket. Sign up online at Volunteer Spot, in person at weekly distributions or email licgardencompost@gmail.com.

If you have any questions, email Erycka at eryckajde@aol.com, and/or Becky at licgardencompost@gmail.com.

NYC Compost Project in Queens Brings Workshops to LIC

Composting this season has been going great! Many thanks to our wonderful team Becky and Erycka for coordinating this addition to the CSA.



Western Queens Compost Initiative is offering two events coming up for those interested in learning more about composting.

For Teachers: Wormshop

Thursday, October 27, 5 to 7pm at Materials for the Arts, 33-00 Northern Blvd 3rd Floor, Long Island City

Discover the benefits of a composting worm bin in your classroom, an excellent hands-on and inquiry-based activity to teach biology, ecology, environmental science, recycling, and responsibility. Registration is required and small \$5.00 fee applies. Email compost@queensbotanical.org or call 718-539-5296.

October Book Club - RESCHEDULED FOR NOVEMBER

The next Book Club Meeting will be held in November before the holiday season starts. The date will be announced in next week's issue.

We apologize for any inconvenience this may present, if you were planning to attend. October has turned out to be quite busy for many members. We will discuss our selected book is "The Omnivores Dilemma" by Michael Pollan.

We will be meeting at LIC Market between 2pm and 4pm for delicious food, talk of all things book and good, and other great conversation.

If you'd like to join us, grab a copy of the book and start reading. If you are attending, please send an email to longislandcitycsa@gmail.com so we have a headcount.

We do plan to continue the book club during the off season, so if you'd like to be part of it, please send us an email at longislandcitycsa@gmail.com so we can make sure you receive the emails about meetings and book selections.

Happy Reading!

