

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!

This is our last week for the summer distribution season! It has been quite a pleasure to be members of an awesome CSA with all of you- old and new members!

I thought this issue would be on the lite side, but I was wrong, it is backed! We have a letter from our awesome 2011 CSA Core Group Coordinator that includes survey results. Yay for data!

Included in Heather's letter/article is a call for members to join the core team and help manage the operation. We are all volunteers and the more we have, the better we run. Please read below for details. We hope you do consider!

Two last business points: The last day to order turkeys through Lewis Waite is Monday, November 7th. That is 5 days from now. Also, winter share starts November 19th. We will be collecting forms and checks to mail to the farms for those interested members, after today, you will be responsible for getting your form and checks to the farms. Please read below the details on what to do.

This evening we invite you all to partake in an end of the season shindig in the back area (by the office) of Hour Children. We'll be serving tasty appetizers and beverages and encourage all of you to stop by, share a few words, mingle and be jolly. Ups, downs and bumps, we THANK YOU for being awesome members and helping us have a great 2011 season!

As you'll see below, I'm signing off as the newsletter coordinator after this season. I'm planning (fingers crossed) to visit Japan next fall/ winter to study paper making (yes, it's true!). I will still be a member of the LIC CSA, I just won't be sending you my thoughts as often as I do now. I look forward to seeing how this part of the CSA develops as I've dedicated a lot of me in each newsletter the past two years and know that my replacement will do an even better job (no pressure). Thank you for reading this publication the past two years! I hope you all stay committed to food related issues!

Enjoy,
Sara & the LIC CSA Volunteers

This Week's Produce Delivery, November 2nd

-1 lb. sweet potatoes	-1 butternut
-1 lb. carrots	-1 red cabbage
-2 garlic	-1 head lettuce
-2 broccoli	-1 lb. cauliflower
-1 baby bok choy	-1 bunch green kale

From The Farm -Weekly Letter

What a year!!! Thank you for all your support!

I almost posted the photo below with "Need we say more?" I realized, however, that I do need to say more, because we weathered an unbelievably challenging year so well.

The land produced abundantly, our employees worked without

Logo and carrot graphic designed by Oona Ratcliffe.



complaint and though we may have aged a bit more than average, we are looking forward to planning and scheming for next year. The budget is out, the tour of farms with implements we would like has begun and we still love what we do!!!

Thank you,
Katie & Chris

2011 Winter Share

WINTER SHARE**WINTER SHARE** WINTER SHARE Begins..... November 19 and goes every two weeks through February 4th

- Fresh from the fields for as long as they last out there!!!
- Great storage crops harvested at their peak this fall
- Frozen summer vegetables (tomatoes, beans, peppers and greens)

Eat local and organic from our farm all winter long!!!!
WINTER SHARE**WINTER SHARE** WINTER SHARE
Contact your sire coordinator, or the farm for more info!!!

Today is the last day that we will be collecting forms and checks at distribution. After today, you will have to mail the forms directly to the Farms.

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. 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.

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

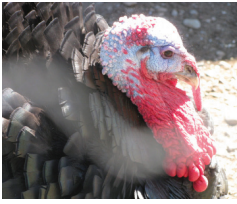
Threshold Farm

Turkeys and Chicken from Grey Horse Farm

Bring your family and enjoy our 200 acre farm

For Directions and information

www.farmatmillerscrossing.com



**Lewis Waite -
Thanksgiving Turkey
Announcement - Order by
November 7th!**

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 y 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.



Recipes From the Farm at Miller's Crossing

Carol Hargis, The Market Fresh Chef

Week 22- November 2, 2011

Double Cooked Potatoes

Serves 4

8-12 POTATOES, 3" in diameter.

2 Tbsp. fresh HERBS, chopped (rosemary, oregano, marjoram, thyme)

OLIVE OIL

Set oven 450°. Put potato in cold water, salt. Bring to boil, set to vigorous simmer, til tender. Line baking sheet w/ foil shiny side up. Drizzle foil w/ oil to coat. Drain potato, put on foil. Gently flatten w/ potato masher or spatula. Brush oil on potato. S&p, sprinkle chopped herbs. Bake 15-25m til edges are golden crisp. *Can sprinkle w/ cheese, scallions last 10min.

Barbecued Onions

Serves 4

Heat 2T OIL in skillet. Add 2 lg sliced ONIONS & cook til soft. Add 1/2 c BBQ sauce, 1/4c BEEF BROTH & 1T CIDER VINEGAR & simmer 20m. Serve warm on burgers, steaks, etc.

Broccoli & Carrots w/ Orange Butter

Serves 6-8

2 cups sliced CARROT

2 cups BROCCOLI FLORETS

1/3 cup BUTTER

1 Tbsp. grated ORANGE ZEST

1/4 cup ORANGE JUICE

1 tsp. CORNSTARCH

Steam carrot 5 min. Add broccoli & steam til both are crisp-tender. Remove to platter. Mix butter, zest, juice & starch in saucepan & simmer til thick. Pour over veggies.

Bitters & Honey Vinaigrette

Whisk: 1/4 cup VEGETABLE oil, 1/4 cup RICE VINEGAR, 3 Tbsp. HONEY, 1 Tbsp. chopped MINT, 2 tsp. BITTERS, 1/4 tsp. each S&P. Toss w/ GREENS, particularly arugula & other slightly bitter greens.



Warm Winter Squash Salad

Serves 8-10

1 HARD SQUASH: butternut, small pumpkin, etc.
1 cup OLIVE OIL
1 lb chanterelle or other wild MUSHROOMS, bite size
2 Tbsp. dry WHITE WINE
2 Tbsp. THYME leaves, chop, plus 4 thyme sprigs
1 SHALLOT, minced fine
3 Tbsp. SHERRY VINEGAR
1 pound FRISEE' or other bitter winter salad greens
Seeds of 1 POMEGRANATE
Aged hard SHEEP'S MILK CHEESE for shaving

Set oven 425, line baking sheet w/ parchment. Halve squash, seed, slice 1". Toss w/ 3T oil, thyme, s&p. Put on baking sheet & bake 30min. Cool, peel. Toss mushrooms w/ 3T oil; s&p. Put on a baking pan, top w/ thyme sprigs, add wine. Cover, bake 20min. Uncover, bake til tender 5-10min. Put shallot in bowl w/ vinegar & salt, let set 15. Slowly whisk in 1/2 cup oil. Reheat squash & mushroom if cool & toss w/ greens in large bowl. Add vinaigrette, s&p, toss. Plate. Garnish w/ pomegranate. Shave cheese directly on top. Shave cheese directly on top.

Buon Appetito!

Don't forget to Compost!

It may be the end of the season, but that doesn't mean you have to stop composting! Connect with the Western Queens Compost Initiative (a project of Build it Green! NYC) to compost over the winter, especially you winter share 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

Special thanks to Erycka and Becky for being the compost coordinators this season. These ladies rocked and helped us bring something new to the CSA. THANK YOU!! If you have any questions during the off season contact licgardencompost@gmail.com.

Storage Recommendations for Crops From The Farm at Miller's Crossing

Cold & Very Moist (34 degrees and 95% humidity)

Refrigerator in crisper drawer w/soil left on the vegetables

Carrots (5-7 months)

Beets (4-6 months)

Turnips (4-5 months)

Leeks (2-3 months)

Rutabagas (4-6 months)

Celeriac (6-8 months)

Radish (2-4 months)

Parsnip (4-6 months)

Brussels Sprouts (3-5 weeks)

Cold & Moist (32 - 40 degrees and 80 - 90% humidity)

Refrigerator crisper w/damp rag in the bottom

Potatoes (5-8 months)

Cabbage (4-5 months)

Cool and Dry (32 degrees and 60 - 65% humidity)

Crisper drawer in paper bags

Garlic (4-6 months)

Onions (2-6 months)

Warm and Dry (50 degrees and 60 - 70 % humidity)

Spare bedroom or cool closet on an open shelf

Butternut Squash (4-8 months)

Carnival Squash (1-3 months)

Pumpkins (1-3 months)

Warm and Moist (50 degrees and 90-95% humidity)

Eat these soon, they do not reliably store well

Sweet Potato (1-2 months)

Book Club - November 19th

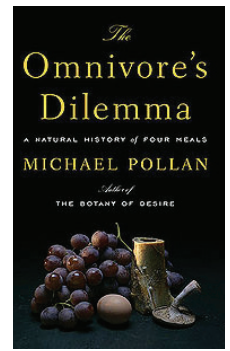
The next Book Club Meeting will be held on November 19th! We will finally discuss our selected book "The Omnivores Dilemma" by Michael Pollan and select the next book for December/January.

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!



2011 Survey Results and YOU!

The survey results are in and here is what you had to say...

About 50% of you filled in the survey – thank you for taking the time.

Why did you join the CSA?

- 94% joined the CSA to get access to local produce and to support local farms.
- Affordability of produce and supporting equal access to fresh food across income levels is also important to 70% of respondents, but community involvement was important to only 50%.

CSA Events

75% are interested in having CSA events. The top picks are:

- Farm trips
- Cooking Demos
- Potlucks
- Community service

And since we have managed to do each of these this year, we are feeling pretty good about the events.

Newsletter

Respondents love the newsletter and their favorite way to communicate is by email. More people prefer Facebook to getting information from the website.

Favorites

Tomatoes
Kale
Leeks
Beets
Basil
Chard
Carrots

Least favorites

Salad greens
Kale
Leeks
Beets
Chard
Carrots
Radish

Confused? The only thing we are sure of is the members of the CSA has diverse tastes.

Distribution

97% find Wednesday a convenient day for distribution

92% liked the hours

77% find the location convenient

Volunteering

95% said the number of volunteer hours was reasonable (24% said they would do more!!!)

52% fulfilled volunteer hours at distribution & 20% volunteered in another way

88% thought their volunteer shift went well

89% liked the ease of signing up through Volunteerspot

Only 40% said they knew what the Core group does!!! Next Core Group meeting is Monday, November 7th at 6:30 at Hour Children

In the last survey, only 40% of respondents said they knew what the Core Group does and 25% said they would do more than the 4 hours of volunteer works.

That's great because the Core Group needs new members to keep it running smoothly!!!

The roles are:

Core Group Coordinator

Outreach Coordinator – open - Responsible for recruiting. This role is busy at the beginning of the year leading up to distribution

Site Co-Coordination – Manages distributions

Farm Liaison – Contacts the farms to manage number of shares and any issues with distribution

Extra Item Payment Collector – open - NYCCA is not going to handle payments for extra items next year. We need someone to handle checks

Communication Coordinator / Newsletter Editor – open - Sara is heading to Japan! Yeah for her but sad for us.

Webpage / Facebook - open

Member relations – open – answers emails, writes brochures & surveys

Events Coordinator – organizes meet-the-farmer & farm trip

Volunteer Coordinator – open

Compost Coordinators – Work with Western Queens Compost to assure compost is collected, delivered and that volunteers work with WQC

CSA Chef – Hopefully you have been lucky enough to try some of Daniel's creations

This is YOUR CSA. Want to make some changes or just get involved? Please come join us talking about the wrapping up the summer season, beginning the winter season, and planning for next year.

Core Group Meetings in winter: First Monday of the month, 6:30 at Hour Children

Heather Smith

2011 Core Group Coordinator