

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

From Ducks and Potatoes to Wine and CSAs: A History of Farming on Long Island

Marcia Kaplan Belgorod, Member, Tuv Ha'Aretz CSA

I grew up on Long Island in southwestern Nassau County. At the time, there were still two small family farms in town, but by the time I was in my 20s, there were none. I remember that on weekends, particularly in the spring or fall, my parents would say, "Let's go for a ride." That meant that they would hand me a map of Long Island, and I would navigate as we drove eastward until my father got tired, or they became concerned about getting home too late, or we reached the end of the island. Sometimes we went along the North Fork; sometimes we stayed on the South Shore. Either way, at a certain point the landscape would change: the suburbs gave way to farmland where most of the farms grew potatoes or raised ducks.

In 1950s, there were almost 3,000 farms on Long Island. Agriculture developed in Nassau County for the easy shipment of goods to New York. As time went on, more of the area became a residential community for commuters to the "City" like my father, and the farms moved farther east. Today, there are only 4 farms in Nassau County, one of which is owned by the county and operated as a non-profit. Of the 700 farms left on the Island, the remainder is in Suffolk County.



In 1931, duck farmer Martin Maurer constructed the Big Duck at the edge of his property as a retail store for ducks and eggs. After the farm was sold, the structure was listed in the National Register of Historic Places and purchased by Suffolk County. The duck was moved to its current location in Flanders and houses a gift shop and duck ephemera.

Local Native American peoples were primarily hunters and fishermen, though a few grew corn. European settlers migrated from Massachusetts and brought their agricultural techniques; those who farm on Long Island today are largely descended from those who have farmed there since the 17th century. Much of what we know about life on these early farms comes from family traditions and from journals and diaries kept by women. Farms were self-sufficient, and families survived on what they grew and preserved.

Survival often depended on a single crop per season. Mary Cooper of Oyster Bay wrote in her diary in the 1700's that her family was becoming bored of cherries. Later, she wrote that the pumpkins had not been harvested before an early frost, and the family would have to make do with apples (similar to our members voicing their disappointment with the copious zucchini and at the weather's effect on peaches).

In the 19th century, technology and the Long Island Railroad changed the nature of farming. Farmers could produce more and ship their crops efficiently. Cordwood for heating and construction was the most profitable cash crop, providing currency for farmers to purchase manufactured goods. The crop mix gradually changed to accommodate the

8/23/2016
[Week #13 – B]

5-8pm Pick-up

Lori Wolf
Ariella Nelson
Pamela Calo

12:45 pm Truck Unloading
Brian Gardner Hoashi

Maria Sirico
Marci Birnbaum

8pm Unclaimed Shares
Sofia Sainz

THANKS TO OUR VOLUNTEERS

8/30/2016
[Week #14 – A]

4-6:30pm Pick-up:
Beans, Grains, Flour Share
Alissa Harris

4:45-8pm Pick-up
Moshe Hanan
Ari Feldman
Peter Wilner

12:45 pm Truck Unloading
Brian Gardner Hoashi
Maria Sirico

8pm Unclaimed Shares
TBA

DRIVERS NEEDED
for 8/30 Tues, 9/6
Tues, 10/16 Thurs.
iwarch@gmail.com

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
106-06 Queens Blvd.
Forest Hills, NY 11375
tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**
foresthilstuvcsa.com
- **Facebook:**
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- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

8/23 [B] : WHAT'S IN THE BOX??

Watermelon, Swiss Chard, Green Leaf Lettuce, Cucumbers, Red Tomatoes, Zucchini / Summer Squash

FRUIT: Peaches and Nectarines

Long Island, cont'd from page 1 ...

market, and farmers moved toward crops that could be stored and were favored by Irish and Northern European immigrants. Potatoes became a major crop after the Civil War; technology assisted to make them easier to grow and to harvest.

Long Island became one of the major agricultural areas in the United States in the early 20th century. World War I opened up more markets, but market prices went down during the 1920's, which was followed by the stock market crash and the Great Depression. Farmers had to borrow cash for seed and equipment, and suffered with the rest of the country. However, WWII helped farming; farmers

were excused from the wartime draft, so they could produce food for the war effort.

Duck farming began in the 1870's with the introduction of Chinese Pekin ducks. Their quick maturation produces

particularly tender meat, and demand for "Long Island ducks" grew during the 20th century. However, environmental concerns and land prices contributed to the decline of the industry and today, Crescent Duck Farm in Aquebogue is the last remaining duck farm.

After WWII, pressure to convert land to housing development increased, prompting farmers to sell out or to move farther east. Families like the Schmitts moved from Rosedale, to Farmingdale, to their current location in Riverhead. On the South Shore, farmland was squeezed between the demand for first homes to the west and for second homes to the east.

Viniculture came to the North Fork at the end of the 20th century; in Cutchogue, Alex and Louisa Hargrave established the first vineyards. Other growers, winemakers, and investors followed and today, the Island is one of the main wine-growing regions in the country with approximately 60 vineyards ranging from 2-1/2 acres to 500+ acres. Most wines are sold directly from the vineyards.

There are no corporate farms on Long Island and local farmers explore innovative ways to market their produce; many like Fred Terry, whose family arrived in the area in the late 1600's, originally sold to wholesalers. He switched to selling directly to consumers through farmers' markets and experienced higher profits and got to know his customers, who benefited by getting fresher produce. Other farms, like our own Golden Earthworm, use the CSA model.

The rest of the world may think of Long Island as full of suburban houses, beaches, and luxury homes. And yet, to this day Suffolk County is the fourth most valuable agricultural area in the country. Despite environmental concerns and economic pressures, the Long Island farm community continues to provide produce for markets throughout Long Island and New York City.

Diane's Dad's Summer Sandwich

Marti Olesen, All Things Considered, npr.com | Makes one sandwich

2 slices whole grain bread
4-6 thin slices white sharp cheddar cheese
Tomato, thinly sliced
Cucumber, thinly sliced
Vidalia or red onion, thinly sliced
2 tablespoons crunchy peanut butter

Between the slices of bread, Layer the ingredients in the order given; eat with the cheese layer on top and peanut butter on the bottom.

Curried Zucchini & Chard

Emilie Raffa, theclevercarrot.com | Serves 2 hungry people

1 bunch of swiss chard
1 medium zucchini, thinly sliced
2 scallions, white and light green parts
¼ tsp. curry powder
2 tbsp. butter
splash of olive oil
a bunch of lemons
jasmine rice (optional)

Wash and trim swiss chard. Remove the stems and the large center vein. Chop into pieces.

Thinly slice zucchini; a mandolin is best for this. Thinly slice scallions.

In a large, wide saute pan heat 1 tbsp. of butter with a splash of olive oil over medium heat. Add scallions and saute for 1 minute. Add a large handful of swiss chard and cook down batches. The chard is done when it is tender -- about 5-6 minutes. Season to taste with salt and pepper.

Using tongs, remove swiss chard from the pan, squeezing out any excess liquid. Set aside on a platter and keep warm.

In the same pan, heat 1 tbsp. of butter with a splash of olive oil. Add the curry powder and warm it through to bring out its flavor, about 1 minute.

Add the zucchini and saute for about 3-5 minutes (the thinner they are, the faster they'll cook). Season with salt and pepper.

Sprinkle the zucchini over your swiss chard and squeeze some lemon over the top.

Serve with extra lemon wedges and jasmine rice if desired.

