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New York Grains

THE 607 CSA

The 607 CSA is a multi-farm CSA based in the Northern Catskills of New York State. They offer abundant and diverse veggie shares sourced from their four collaborating vegetable farms, plus season-long add-ons of pastured meat, eggs, a dairy, and other items from 40+ neighboring farms and food businesses. The 607A CSA is now a part of a new non-profit called Catskills Agrarian Alliance. The Catskills Agrarian Alliance (CAA) is a comprehensive food sovereignty project built from the ground up by farmers in Delaware, Otsego, and Schoharie Counties. They fundraise to provide mutual aid and offset historic under-resourcing; grow and source food from local farms; facilitate regional land-access work; and facilitate and operate a regional value-chain, collaborating with and serving a variety of partners, including schools, businesses, households, and mutual aid groups.



SFOGLINI



Sfoglino was founded in Brooklyn in 2012 and moved to Coxsack New York, in the Hudson Valley, in 2018. Owners of Sfoglino are Steve Gonzalez and Scott Ketchum, a chef and a creative director. The pasta made by Sfoglino combines Italian techniques with American ingredients. The pasta is slow-dried at a low temperature to preserve both the flavor and the nutrients. They made 15 different types of pasta using organic grains which are all grown on North American farms!

You can buy their pasta on their website and Amazon. Stop by one of your local Taste NY stores to purchase as well! According to Sfoglino fans, the top-rated pastas are their Beet Fusilli and Hemp Rigatoni.

HARVEST

of the

MONTH



Nutrients in

Whole Grains

-  **Vitamin E** ➤ Helps protect cells and tissue from damage
 -  **Magnesium** ➤ Supports bone, muscle, and nerve function
 -  **Iron** ➤ Important for red blood cells to carry oxygen through the body
 -  **Thiamin**
 -  **Riboflavin**
 -  **Niacin**
 -  **Pyridoxine**
 -  **Folate**
 -  **Potassium** ➤ Controls nerve impulses and muscle contractions, and controls fluid balance
 -  **Fiber** ➤ Keeps the digestive system healthy
- } B Vitamins help the body make energy and red blood cells



Pasta Fagioli

Serving Size: 10A

INGREDIENTS:

- 3/4 cup whole wheat fusilli pastaA
- 3/4 cup raw onionA
- 1/2 cup raw celeryA
- 1 cup raw carrotA
- 1/4 cup olive oilA
- 1 Tbsp. chopped garlicA
- 4 cups spaghetti sauceA
- 1 Tbsp. and 1 tsp dried parsleyA
- 2 tsp. dried basilA
- 2 tsp. dried oreganoA
- 2 vegetable Bouillon cubesA
- 6 cups waterA
- 1 1/2 oz. chopped kaleA
- 3/4 cup pinto beansA

DIRECTIONS:

1. If using dry beans, soak overnight.A
2. Cook pasta to al dente and drain.A
3. Preheat oven to 375 degrees.A
4. Dice vegetables into 1/2 inch dice. Toss with oil and garlic in large bowl and spread on a sheet pan. Roast for 20-25 min.A
5. De-stem kale and chop.A
6. Mix hot water and Bouillons cubes to prepare vegetable base.A
7. Add spaghetti sauce, seasonings, base, kale, vegetables, and beans to put and bring to a low boil, reduce to simmer for 15 min. Add pasta before serving.A

Our Farm to School Program is a collaboration between Broome-Tioga BOCES Rock on Café School Nutrition Services, nutrition education from Cornell Cooperative Extension of Broome County, and technical support and education from the Food and Health Network.

Reach out to our team to learn more and see how you can get involved.



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