



Spilling the Beans

Newsletter of the Urban Greens Buying Club ~ Providence, RI

It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. ~Lewis Grizzard

Local Beet

A Give and Take for Hill Orchard Apples

by Ilana Friedman

One Wednesday last Fall, while sorting and boxing apples at the Hill Orchards salesroom in Smithfield, I looked up to find Urban Greens' very own Cassie Tharinger ready to pick up the first Hill Orchards local order. From what I remember, she walked out the door with one bushel of apples. Now Urban Greens members order an average of three bushels of apples every two weeks plus cider, plums, and peaches when they're in season. Once, last winter Urban Greens ordered 170 pounds of apples.

This fall, I called up Allan Hill, the owner and orchardist at Hill Orchards, to find out how business is going for him and how Urban Greens fits into the picture, one year later.

Even though Urban Greens buys more than before, we're still a comparatively small customer. While working with Allan last fall, orders came in over the phone from various Rhode Island public school districts demanding truckloads of small, kid-friendly apples, and from Brown University inviting not only the apples, but also Allan himself to the school's cafeteria and farmers' market. Farmers' markets throughout the state also demand a lot of time and product. In the great scheme of things, Urban Greens is a drop in the bucket.

Urban Greens accommodates Allan's busy schedule, so he is willing and able to supply our local orders with apples tastier than any found at the grocery store.

"Cassie is helpful with logistics," Allan said. The Urban Greens

order is too small to justify its own delivery, but Cassie's bi-weekly pick up and the group's flexibility makes our order viable for Allan.

Where can we go from here? How can Urban Greens build its relationship with its local source for apples, cider, and other seasonal fruits?

"I wish Urban Greens were larger," said Allan. "It's an interesting way of doing things, but I don't know if it's going for the long term."

If families and not just recent students are running the organization, he explained, Urban Greens presents the potential for a guaranteed income and customer base that Community Supported Agriculture, or CSAs, provide for many farms. CSA members buy shares of a farm's produce at the start of a season, so that the farmer has money to work with throughout the year, and has less to fear in case of drought or blight. Members receive a portion of the current harvest on a weekly basis and meanwhile know exactly where their food comes from.

With Cassie and other Urban Greens volunteers coordinating the local order and pick up, Urban Greens could be a consistent customer base for Hill Orchards without the added the work for Allan that it would normally take to run a CSA.

"Urban Greens is a good idea. I don't have time for a CSA. The next best thing is for someone else to do that work."

Allan Hill's early October picks:

For eating, choose Gala for a sweet, rich flavor; choose Macoun for tartness.



For baking, choose Rhode Island Greening and Courtland. Or mix it up and choose a few different varieties for a more complex flavor.

Husk Cherries
Are like candies



Peel off the light

Crisp lantern
A wrapper
A shield for
Long last
Little fingers to pick
Out the globe of gold
A burst of unusual juice.
Then go pick another.

Cristina Dichiera brings us this recipe all the way from **New Zealand!** The recipe source might be exotic, but all the ingredients can be found locally.

Tomato Relish

About 12 (or more) medium size tomatoes (2 kg).
 5 or 6 medium onions
 Handful of small dried chilis
 2 _ cups malt vinegar
 2 cups brown sugar
 1 Tb curry powder
 1 Tb flour
 1 1/2 teaspoon mustard

Boil tomatoes quickly to get the skins off. Slice and put them in a strainer.
 Finely slice onions. Layer slices in with the tomatoes and sprinkle the whole mix with salt.
 Let this sit overnight. NOTE: If you have fruit flies around, be careful - they can turn it into a nasty mess. Put it somewhere they can't get to it - the refrigerator may be fine.
 Next day: Drain any excess fluid. Dump the tomatoes and onions into a saucepan. Add a handful of small dried chilies (you can just sort of crush them - but they are fine whole as well).
 Add chilies according to how spicy you want the relish.
 Add about 1 1/2 cups of malt vinegar and let boil for about 10 minutes.
 In a separate bowl mix 2 C brown sugar (I usually use less than this), 1 tbsp curry powder, 1 tbsp flour. Then add 1 1/2 tsp mustard (I just use yellow mustard) and an additional 1/2 c vinegar. Then stir this all into the tomato mixture.
 Cook slowly and stir for at least an hour. Let cool.
 Refrigerate the portion you want to eat right away.
 Depending on how many tomatoes you used you can jar and seal a bunch. But once you put it on a cracker with a little brie or camembert or cream cheese - you will eat it all

Support the MACG FARM STAND!
 Every Friday from 3-5 p.m., Urban Greens member Ilana Friedman and two Olneyville teenagers are selling organic and local produce at St. Teresa's Church. From collards and chard to apples and pumpkins, the MACG Farm Stand has just what you need on Friday afternoon! And if we make enough money this fall, we can continue building our vision for a teen-run mini-business



Questions or concerns about the UG website?
 Write to Nick Horton: nhorton@gmail.com.



WRITE FOR SPILLING THE BEANS.

Email Ilana and Keally:
eatmaplesyrup@yahoo.com
keally@gmail.com

From Urban Greens member Karin Murray:

Greetings to All Star Wars Fans who are also Co-op Shoppers!
 Check out this very funny video created by the Organic Trade Association...
 Its all about Store Wars and the Organic Rebellion, and it is well done.
www.storewars.org/flash/index.html

Buy your food through Urban Greens. Buy more food at your local farmers' markets.

DAY	MARKET	LOCATION	TIME/DATE
MON	Kennedy Plaza	Downtown Providence	2 pm-6 pm June - Oct.
TUES	Wickenden Street	65 Brook Street (Parking Lot of Doyle Realty) Providence	2-6 pm June - Oct.
WED	Brown University	Wriston Quad Corner of George & Thayer St. Providence	11am-2pm Late April-Late Nov.
THU	Parade Street	Armory Park Parade Street Providence	3 pm-7 pm July - Oct.
FRI	Goddard Park	Goddard State Park, Warwick	9 am-1 pm May -Oct
SAT	Broad St.	807 Broad St. Providence (Algonquin House)	9 AM-1 PM July - Oct
SAT	Hope St.	Hope High School Hope Street Providence	9:30AM-12:30PM June -Nov.

See you there. Or be square.