

PRINCE GEORGE 2018

SUMMER CSA NEWSLETTER

Prince George – Norwich Meadows Farm CSA

Welcome!

Welcome to the Prince George-Norwich Meadows Farm CSA! We are elated to see so many people in our community actively participating in the very important world of community supported agriculture. We can't wait to get to know you these next twenty-two weeks and learn and grow together as a community.

Yours in sustainable farming,
Rachel and Noah



A little about the Prince George

The Prince George Hotel opened in 1902 and fit in perfectly with the lavish lifestyles and social life of the surrounding Madison Square. The hotel continued to thrive through the 1960's, but slowly began to decline thereafter. As tourism in New York City declined in the 1970's and the rise in homelessness in the 1980's, the Prince George accepted a contract from the city to house homeless families. By the late 1980's nearly 1,600 people were living in the hotel and it was named "Hell's embassy in New York" by the New York Times due to the uncleanly, unsafe condition that had befallen it. The building was closed by the city in 1989 and sat vacant for seven years.

The Prince George was then bought and restored by Breaking Ground and was re-opened in October of 1999. Today, the Prince George provides 416 studio apartments as supportive housing to formerly homeless and low-income New Yorkers; many of whom are attempting to improve their lifestyle choices as they cope with histories of substance abuse, mental illness and homelessness. Breaking Ground's social services partner, the Center for Urban Community Services (CUCS), provides tenants with on-site access to social, medical and psychiatric services.

Spinach & Tomato Frittata

Ingredients:

- 1 tablespoon olive oil
- 2 handfuls spinach, chopped
- 1 clove garlic, minced
- 8 big basil leaves
- 5 eggs
- 1 heaping cup chopped tomatoes -- like, just a big ol' mound of them
- 2 ounces shredded asiago cheese
- 3 ounces ricotta
- Salt and pepper



Directions:

Preheat oven to 375° F. Heat olive oil and garlic in a smallish pan over medium heat. Add the spinach and cook down until just wilted. Remove from pan and set aside. Whisk eggs together in a big bowl. Add cooked spinach, asiago, and 5 of the basil leaves, chopped. Season with salt and pepper. Pour mixture back into the pan on the stove. Top with tomatoes, pressing them into the mix, and the remaining chopped basil leaves. Sprinkle on clumps of ricotta. Cook on the stove until the bottom is just set, about 3 minutes, then slide into the oven. Cook until set, about 15 minutes.