

WANT TO TASTE BLACK HISTORY THIS YEAR? LOOK FOR SWEET POTATOES IN THE PRODUCE AISLE

November 18, 2025



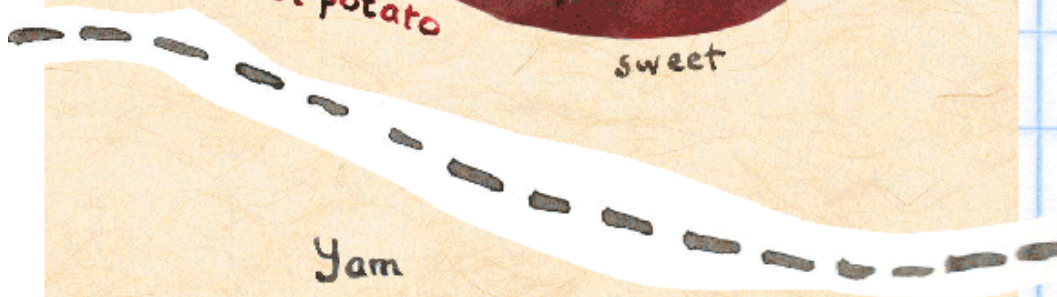
Sweet potato

sweet

Yam



Starchier
rougher skin
less sweet



November 18, 2025

By Femi Redwood

When I walk into the Coop's produce aisle and see boxes of sweet potatoes, I see more than a root. I see history. The sweet potato's journey began in South America, became a survival food for enslaved Africans in North America and later found a lasting place in Black culture. And while pumpkin pies may define the holiday table for some Americans, sweet potato pies are at the heart of celebrations for many Black families.

"Sweet potatoes are almost the way to determine whether it's a Black Thanksgiving or not a Black Thanksgiving," says Tonya Hopkins, a Brooklyn-based food and drink historian, spirit strategist and Coop member.

Yams and sweet potatoes are often used interchangeably, but they're different. Yams are native to West Africa whereas sweet potatoes originated in Peru. When colonizers arrived in the Americas, they began exporting sweet potatoes to Europe and Africa.

AS TIME WENT ON, ENSLAVED COOKS PERFECTED SWEET POTATOES INTO FORMAL DISHES FOR WHITE FAMILIES. ENSLAVED FAMILIES ALSO ATE SWEET POTATOES, BUT AS A NUTRITIOUS NECESSITY.

English royalty loved them, including Henry VIII, who often ate sweet potato tarts. Sixteenth-century Jesuit writings suggest they believed sweet potatoes were aphrodisiacs, which may explain their popularity.

In West Africa, yams were part of a regular diet and were used in soups and stews. Hopkins says Europeans assumed Africans would eat sweet potatoes because they resembled yams, but that wasn't the case. Locals didn't like the taste and only ate the

green, leafy part. Africans who were shackled on boats or enslaved on plantations had no choice. "They were given the fleshy, starchy potato part as this food ration," Hopkins says.

In America, wealthy colonialists often followed English trends, so they, too, requested sweet potato dishes. As time went on, enslaved cooks perfected sweet potatoes into formal dishes for white families. Enslaved families also ate sweet potatoes, but as a nutritious necessity. "Enslaved people often grew sweet potatoes in their own garden plots," Hopkins said. They lacked the tools in their own kitchens to make a dessert, but they were able to roast or boil a whole potato over a fire.

BLACK FAMILIES CONTINUED TO TAKE CULTURAL OWNERSHIP OVER SWEET POTATOES AS MANY MIGRATED NORTH. THIS CONTRIBUTED TO SWEET POTATO PIES, ESPECIALLY DURING HOLIDAYS, BECOMING A DISTINCTLY BLACK AMERICAN FOOD.

After emancipation, Black families gained greater access to ingredients like butter and sugar and had more time to cook in their own kitchens. While pumpkins were staples in the North, sweet potatoes remained a staple in the South due to their ease of growth. In fact, scientist and inventor George Washington Carver persuaded Southern farmers to plant sweet potatoes to help them transition away from their reliance on cotton. He even published a sweet potato guide for farmers and cooks.

Hopkins says Black families continued to take cultural ownership over sweet potatoes as many migrated North. This contributed to sweet potato pies, especially during holidays, becoming a distinctly Black American food.

"Sweet potatoes are probably the most recognizable food source in the South during the fall in the Black family beside collard greens," says Howard Conyers, a pitmaster, family farmer and moonshiner in Manning, South Carolina.

While many of us are disconnected from how our food is farmed, Conyers says he wishes consumers understood how physically demanding it is to farm sweet potatoes. He remembers collecting sweet potatoes as a child after they were harvested with a mule plow pulled by a tractor.

“We used to pick up like a quarter acre to an acre by hand in buckets,” Conyers says. Sweet potatoes sold in stores today likely come from commercial harvesters, he says, but those are still physically demanding jobs for workers.

Conyers, who studied agricultural engineering at North Carolina Agricultural and Technical State University before earning an engineering doctorate from Duke University, grows the same sweet potato seed his ancestors did. “It’s an old seed that’s probably been passed down almost a hundred years,” he says. He continues: “Maybe I’m tasting the sweet potato pie that my grandmother made or my great-grandmother made going back as far into slavery,” he says. He notes it likely tastes different from anything you’ve ever tasted because it’s made from heirloom sweet potatoes.

MOONSHINE, LIKE SWEET POTATOES, IS PART OF BLACK HISTORY, THOUGH BLACK EXPERTISE IN THE INDUSTRY IS OFTEN OVERLOOKED.

But while there is reverence for the past, many, like Conyers, are experimenting with sweet potatoes in new ways. Hopkins says they are a “great muse” for experimenting with recipes. Conyers has replaced carrots with grated sweet potatoes in his mother’s carrot cake recipe and uses sweet potatoes to make moonshine, another staple of Black history and African tradition.

In 2020, he and his father opened Backyard Distillery, one of the few Black-owned moonshine makers. Moonshine, like sweet potatoes, is part of Black history, though Black expertise in the industry is often overlooked.

Hopkins says the roots of moonshine-making can be traced back to African traditions, and in America, Black folks in the South were among its key makers. It was used for both medicinal and recreational purposes. Hopkins adds that moonshine was also a path to economic freedom for many, including her own family. Her grandmother ran a speakeasy in Camden, New Jersey, during Prohibition and afterwards.

For Conyers, moonshine isn't just a business; it's a continuation of Black creativity and survival. "It should be the spirit of Black people in America. We talk about bourbon and this other stuff, but moonshine is just as important to Black America," Conyers says.

Conyers hopes to expand how he shares these innovation stories and he's optimistic about starting tours next year of his family farm and distillery. "I hope people will come down and see what we're doing at our integrated farm distillery," he says. "So, you can see how we're trying to use the whole ecosystem to tell the whole story of the South through Black people's eyes," he continues.

"SWEET POTATOES WERE HARDY ENOUGH TO SURVIVE THE MIDDLE PASSAGE, PRACTICAL ENOUGH FOR ENSLAVED PEOPLE'S GARDENS AND VERSATILE ENOUGH TO STRETCH ACROSS BOTH PLANTATION KITCHENS AND FREEDOM KITCHENS," - SAID TONYA HOPKINS.

Based on what Hopkins shared, whether sweet potatoes are used in moonshine, pie, cake or any other dish, their botanical persistence and durability mirror the resilience of Black people. "It stores well through hardship and regenerates year after year," said Hopkins. "It was hardy enough to survive the Middle Passage, practical enough for enslaved people's gardens and versatile enough to stretch across both plantation kitchens and freedom kitchens. Its very durability and ability to reinvent itself made it much more than a survival crop."

Want to taste Black history? Try one of these recipes this Thanksgiving. We suggest using Beauregard or Jewel sweet potatoes for the best flavor. You can also use Garnet sweet potatoes, but your pie will be slightly less sweet. At the time of publication, all three of those varieties are available at the Coop. The Coop also carries Japanese, purple majesty and purple sweet potatoes, but those are not recommended because they won't give you the sweet, creamy filling and color of traditional sweet potato pie.

CLASSIC SWEET POTATO RECIPE

- 2 pounds of sweet potatoes
- 4 ounces unsalted butter, softened
- 2 large eggs
- 1 cup evaporated milk
- 1 tablespoon vanilla extract
- 1/2 cup granulated sugar
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup packed brown sugar
- 1 9-inch pie crust

Instructions

- Preheat the oven to 425 degrees. Grease a baking sheet with your preferred oil or spray it with non-stick spray.
- Wash and dry the sweet potatoes. Pierce them several times with a fork, then place them on the baking sheet. Bake for 45 minutes or until soft.
- Remove the sweet potatoes and lower the oven temperature to 350 degrees.
- Once the sweet potatoes cool, peel and throw away their skin.
- Grease the pie pan with your preferred oil or spray it with nonstick cooking spray. Add the pie crust.
- Add the peeled potatoes to a large mixing bowl and blend. Add the softened butter and continue to blend. Add the eggs and continue to blend. Add both sugars and all the seasonings, then continue blending. Lastly, add the vanilla and evaporated milk and continue blending.
- Pour the filling into the pie crust. Bake at 350 degrees for 50 to 60 minutes, or until

the top is brown. You can also insert a toothpick or knife in the middle of the pie to check if it comes out clean.

- If your pie is done, remove it from the oven and let it cool for at least 30 minutes.

HOWARD CONYERS'S SWEET POTATO CAKE, MODIFIED FROM HIS MOM HALLIE'S CARROT CAKE RECIPE

- 1 ½ cup vegetable oil
- 2 cups sugar
- 4 eggs well beaten
- 2 cups flour
- 1 cup pecan
- 1 tsp salt
- 2 tsp. cinnamon
- 2 tsp baking soda
- 2 tsp baking powder
- 3 cups grated sweet potatoes (peeled)
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 3 9-inch cake pans

Instructions for the cake

- Mix the oil and sugar, and beat well. Add eggs.
- Sift all dry ingredients, particularly the flour, two to three times. Add nuts and mix with the sugar mixture.
- Lastly, add grated sweet potatoes a small amount at a time.
- Bake in the pans at 325 degrees for 30 minutes.

Instructions for the cream cheese frosting

- ½ to 1 stick of margarine or butter
- 8 oz of cream cheese
- 1 box powdered sugar
- 2 teaspoons of vanilla extract

Mix all ingredients, beat well. Spread between layers and on the top.

If you want to support Hopkins' work and learn more about the intersection of food, drinks and history, you can join her Paetron platform.

To learn more about Conyers and his work and arrange a tour during your next southern visit, check out his website.

Femi Redwood is a Murrow Award-winning journalist. For over a decade, she has worked in prestigious newsrooms including VICE News and CBS Newspath, holding a range of roles from on-air correspondent to department manager. She lives in Crown Heights with her wife, Julie, and their cat, Leo.

OH SHOOT! IT'S GARLIC SCAPE SEASON

November 18, 2025



EVERYTHING YOU NEED TO KNOW ABOUT SPRING'S 'IT' ALLIUM

May 13, 2025

By Anita Bushell

One of the great joys of shopping at the Coop is having access to fleetingly seasonal foods.

Large supermarkets don't tend to place a premium on fruits and vegetables that have vanishingly narrow windows of availability. The trouble of tracking them down can outweigh the profits. What's more, many American consumers prefer consistency.

Shopping at the Coop, on the other hand, is like being a purveyor at a fine restaurant, one whose chef wanders the stalls at Union Square farmers market or the back roads

of Marin County looking for what's delicious today—and not for much longer.

“AMONG THE MANY REASONS I LIKE SPRING IS SEEING GARLIC SCAPES PEEKING OUT FROM THE MIST OF THE PRODUCE COOLER.”

PRODUCE MANAGER JOHN HORSMAN

In wintertime, my partner will gleefully bring home from the Coop a few Buddha's hands, the citrons whose striking fingered shapes call to mind little yellow octopi, and make marmalade for the few weeks they are available. Among the many reasons I like spring is seeing garlic scapes peeking out from the mist of the produce cooler. The sight is as much a sign of renewal as the appearance of daffodils on the city streets. Like Proust's madeleines, garlic scapes connect me with delicious meals of the past, and give me hope for the future.

Garlic scapes are edible green shoots that grow from the garlic root. The long and curly green stems, which look like wild onions, sprout in late spring. Their taste is sweet and musky, and they can be the base of gorgeous pestos and soups, among other dishes.



Garlic scape photo by Lisa Guido

To find out more I spoke with Produce Manager John Horsman to get his take on the lesser-known member of the garlic family. Below the interview you'll find my two favorite garlic scape recipes.

John, what exactly are garlic scapes?

They are the long, curly flower stalks that grow from hard neck garlic once the plants start maturing.

Do they grow at the same time as garlic?

Garlic scapes are usually removed from the plant to encourage the garlic bulbs to grow larger. After the scapes are cut, the plant redirects its energy into forming the

garlic bulbs, which are harvested in mid-to-late summer.

When does the Coop start selling them?

We usually start getting them at the end of May or beginning of June. We tend to have them on hand for about eight weeks.

What do they taste like?

They have a mild, fresh garlic flavor.

How can you use them?

They are usually sautéed, grilled or roasted but can also be eaten raw in salads.

Where does the Coop get garlic scapes from?

We have been getting them from Lancaster Farm Fresh Co-op the past few seasons.

How do they sell?

They sell very well during the short growing period. We go through about 10 cases a week.

TWO DELICIOUS GARLIC SCAPE RECIPES:

GARLIC SCAPE PESTO

Adapted from seriouseats.com

Ingredients:

- 3/4 cup coarsely chopped garlic scapes
- 1/4 cup pine nuts
- 1 tablespoon lemon juice plus 1 teaspoon grated zest (from 1 lemon)
- 1/4 cup grated Parmigiano-Reggiano cheese
- 1/4 cup washed basil leaves, with water still clinging to the leaves
- 1/4 cup extra virgin olive oil
- 1/4 cup pistachio oil
- salt
- black pepper

Directions:

Combine scapes, pine nuts, lemon juice and zest, and season with salt. Add to a food processor and process for about one minute. Add cheese and process for about 30 seconds. Add basil and pulse until finely minced, about ten one-second pulses.

Transfer to a bowl. Slowly pour oils into a bowl while stirring mixture. Season with salt and pepper to taste.

GARLIC SCAPE AND BACON STIR FRY

Adapted from bonappetit.com

Ingredients:

- 3 thick-cut slices of bacon or a similar amount of pancetta
- 1/2 pound garlic scapes, chopped into roughly 2" pieces
- Soy sauce

Directions:

1. Roughly chop bacon or pancetta.
2. Add to a wok or cast-iron pan over medium to high heat. Cook until browned. There should be enough rendered fat for the garlic scapes to sizzle in. (If the pan looks dry add a little neutral oil.)
3. Throw in garlic scapes and stir-fry for three to four minutes, until scapes are tender but still have a crunch. Sprinkle with soy sauce to taste, then remove from heat.

Anita Bushell is a freelance writer who has been published in Friends Journal, Ford Foundation Report, and Uncensored: American Experiences with Poverty and Homelessness. She just published her debut novel, One Way to Whitefish. anitabushell.com

MEMBER RECIPE: LENTIL STEW

November 18, 2025



By Greg Costikyan

October 15, 2024



This is kind of a staple in my household, partly because it's easy to vary, cheap and pretty easy to cook. It can also be totally vegan or served with additions that make it less so—the hot dog version works with the kids, but I've often cooked it for myself as a vegan dish. The recipe below is for four, but you can easily reduce or increase the ingredients if cooking for more or fewer people.

INGREDIENTS

- 1 carrot, diced
- 1 celery rib, diced
- a cup of diced onion
- a garlic clove, chopped
- 1 tbsp oil
- 1 cup lentils
- 2 cups vegetable broth or water (the broth does add some flavor)
- salt to taste
- pinch of red pepper flakes
- ½ tsp oregano
- a ripe tomato (large if cooking for 4, a Roma is enough for 2), diced

DIRECTIONS

1. Cut up the vegetables, then fry them (except for the tomato) in a medium saucepan with the oil, stirring occasionally, until the onion is translucent and the other vegetables have softened a bit (about 5 minutes).
2. Add all the other ingredients except the tomato, bring it to a boil, reduce to a simmer, cover, and cook for 35 minutes.
3. Test to see if you need to add more salt—don't give it too much at start, but make sure it's tasty.
4. Stir in the tomato.

Variations

Tex-Mex Version: Add 1 tsp of cumin and ½ tsp of chili powder to the oregano. Op-

tionally, delete the pepper flakes, and add a jalapeno to the vegetables when frying (cut up, seeds removed).

Indian Version: Replace the oregano and red pepper flakes with 1 tsp of garam masala or curry and $\frac{1}{4}$ tsp of cayenne pepper.

Provençal Version: Replace the oregano with tarragon, and add in a quarter cup of black olives and a tsp of capers.

In general: Almost any spice mixture can be used. I vary them so it's not always the same-old, same-old. Also, replacing the tomato with corn or peas is good.

Non-Vegan Options

1. Use butter instead of oil.
2. Use chicken stock instead of vegetable stock.
3. Roast (at 400 degrees for 20 minutes, turning half way through) or fry four hot dogs or other sausages until nicely crispy, then slice them into rounds, and stir in at the end with the tomatoes. My kids always sigh when I say, "Tonight we're eating vegetarian," but eat up this version with gusto.

What Kind of Lentils Should I Use?

Normally, standard green lentils. You could also use split peas. Lentils de puy (which the Coop labels as French Indigo lentils) are also good, but could use another 5 minutes cooking time. I do not recommend red lentils for this recipe because they turn to mush—if you do use them, reduce cooking time to 20 minutes.

Sides

This is a meal in its own right, but a side salad or a bit of bread and cheese is nice. If going for vegan, here's a bonus recipe for a bread dipping sauce:

Vegan Dip for Bread

- ¼ cup olive oil
- 1 chopped garlic clove
- ¼ tsp rosemary
- Salt and pepper to taste

Mix it all up and serve on the side.

Greg Costikyan has been a Coop member since 2009 and is a member of the Men-shemsaqa Angaza. He has designed more than 30 commercially published games, and has written four sff novels.

MEMBER RECIPE: TWO-WAY MAC & CHEESE

November 18, 2025



By Greg Costikyan

I've cooked for years for both kids and adults. Naturally, kids like mac and cheese. It's gooey and bland—how could they not? And naturally, I am not really enthusiastic about eating undifferentiated cheesy glop. This recipe is a compromise—some regular old mac and cheese for the brats; and something rather spicier, with chorizo, for the grown-ups. Everyone walks away happy.

FOR THE BASE

- **12 oz macaroni** (3/4 of a 1 lb. package)
- **3 tbsp butter**
- **3 tbsp flour**

- **3 cups milk**
- **1/2 lb sharp cheddar cheese** (The Coop's white cheddar is a little sharper than the orange stuff)
- **1 tsp salt**
- **Dash of hot sauce**

FOR THE SPICY PART

- **1/2 lb chorizo sausage**
- **1 tbsp olive oil**
- **1 medium onion, chopped**
- **2 cloves garlic, finely chopped**
- **2 tsp paprika** (I prefer the unsmoked variety in this recipe, but smoked is okay)
- **1/4 tsp red pepper flakes** (more if you're a capsicum masochist)
- **1 tsp Dijon mustard**
- **1 tsp hot sauce**

DIRECTIONS

1. Cook the macaroni according to package directions, and drain.
2. Slice the chorizo into 1/4 inch rounds. Set a cast iron skillet over high heat for a minute or two. When hot, add the oil and then the chorizo slices. Brown them, about 90 seconds per side, then remove to a plate.
3. When the chorizos are done and removed from the skillet, add the onions and garlic to the skillet, cooking them in the same oil as the chorizos. Turn the heat down to medium, and stir frequently until slightly browned, about 5 minutes. Remove and add to the chorizos.
4. Grate the cheddar. Turn the oven to 400 degrees to warm up.
5. Take two oven-proof containers, and butter them both.

6. In a medium-sized saucepan, melt the butter. In the meantime, warm up the milk. (I pour 2 cups into a measuring cup, nuke for a couple of minutes, and use that, then warm up the third cup later as needed, because who has a 3-cup measuring cup?)
7. When the butter is melted, add the flour and whisk it into the butter. With the heat on medium, add the milk, a little at a time, whisking it in. Incorporate each batch of milk before adding more to avoid lumps. The last cup or so you can just pour in, because by that time the mixture is pretty liquid.
8. Add the salt and dash of hot sauce to the liquid, and continue to heat over medium, whisking occasionally, until the liquid thickens—about 5 minutes. (Be careful not to let it boil over when it does.)
9. Mix in the grated cheddar until it melts, and remove from the heat.
10. Mix together the cheese mixture and the macaroni. What you have now is the not-spicy mac. Transfer half to one buttered container.
11. To what's left, add the chorizo, onions, and everything else listed under "the spicy part." Mix thoroughly, then transfer to the other buttered container.
12. Bake both for about 20 minutes.

If you only want regular mac & cheese, skip steps 2, 3, and 11.

If you only want spicy mac, increase the quantities for "the spicy stuff" by a third, and don't bother making a separate container of non-spicy.

SPRING SALAD WITH FENNEL AND ARTICHOKEs

November 18, 2025



PHOTO BY LEAH KOENIG

By Leah Koenig

Growing up, the green salads my family ate for dinner consisted of a rarely changing mix of romaine lettuce, shredded carrots and chopped tomato. They were delicious (because crunchy vegetables are always good!) but achingly routine. These days I like to switch up my salads to reflect the seasons—and, fortunately, the Coop makes this easy. In the summer I toss buttery Bibb lettuce with sun-loving heirloom tomatoes, crispy cucumbers and sweet corn shaved from the cob. Come fall, I start adding autumnal veggies like roasted squash and red onions to the bowl. And in winter, I turn to a mix of heartier greens like spinach and kale, brightening them up with fresh citrus and toasted nuts.

This salad celebrates the delicate but vibrant flavors of spring. It pairs baby arugula, peppery radishes, sweet fennel and marinated artichokes with a zesty, herb-packed dressing. It is the perfect salad to serve on the cusp of late spring and early summer. Pair it with a bowl of your favorite pasta and a glass of white wine and toast to the season.

SPRING SALAD

with
Fennel and Artichokes



Arugula



Fennel



Basil



Radishes



Artichokes



Olive Oil



Red Wine
Vinegar



Honey Mustard



Salt and Pepper



Orange Zest



Dried Oregano



DONOHUE

For the Salad:

- 5 ounces arugula (or other spring greens)
- 4 radishes, thinly sliced
- 1 small fennel bulb, quartered, cored and thinly sliced (reserve the fronds for another use)
- 4-6 marinated artichokes (I used the ones from the Coop's refrigerator case), chopped
- A handful of basil leaves, roughly torn

For the Dressing:

- 1 tablespoon of the oil from the marinated artichokes
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon honey mustard
- ½ teaspoon grated orange zest
- ¼ teaspoon kosher salt, plus more as needed
- ¼ teaspoon freshly ground black pepper
- ¼ cup extra virgin olive oil

1. Make the salad: in a large serving bowl, toss together all of the salad ingredients.
2. Make the dressing: combine all of the dressing ingredients in a bowl and whisk to emulsify. Taste and add more salt, if needed. Drizzle desired amount of dressing over the salad and toss to combine. Reserve any remaining dressing for a future sal-

ad.

Leah Koenig's new cookbook is Portico: Cooking and Feasting in Rome's Jewish Kitchen.

BORSCHT HUMMUS (BEET HUMMUS WITH HORSERADISH AND DILL)

November 18, 2025



Member Submission by Theodora Bocanegra Lang

I love beet hummus this time of year because it is both a hearty snack and the vibrant color perks up dreary winter days. This recipe is inspired by borscht, adding commonly associated flavors of horseradish and dill. If you don't like horseradish, it is also delicious without it. Same goes for dill, but they both add zing. Follow your heart! This recipe is flexible.

INGREDIENTS

2 cups or 1 can cooked chickpeas (dry: aisle 2, canned: aisle 6)

½ cup tahini (aisle 6)

Juice of half a lemon (aisle 1)

3 garlic cloves (aisle 1)

¼ cup olive oil (aisle 2)

1 tsp salt (aisle 2)

1 cooked beet (aisle 1)

1 tbsp horseradish, chopped (jarred: next to eggs, fresh: in aisle 1, if available)

¼ cup dill, chopped (aisle 1)

Za'atar, to taste (optional, spices section by aisle 1)

Combine all ingredients in a blender and blend! Garnish with za'atar, olive oil, and a squeeze of lemon juice if you'd like. Enjoy!



PHOTO BY THEODORA BOCANEGRA LANG

Theodora Bocanegra Lang logs what she cooks with her Coop groceries on her food instagram, @the_fermentress.

Editors' Note: Our Coop membership is passionate about food. Do you have a short, original recipe that you'd like to share? Please send it to GazetteSubmissions@food-coop.com, along with a photo that is at least 1200×675 pixels.

GARLIC-MARINATED ZUCCHINI (CONCIA)

November 18, 2025

By Leah Koenig



Photograph by Valerie Trucchia

This dish hails from Rome's ancient Jewish community, which dates back 2,000 years. The recipe makes delicious use of summer's zucchini abundance and highlights a hallmark technique of Roman Jewish cooking: frying vegetables in oil. Although the zucchini is fried before it is marinated in a mix of chopped basil, parsley, garlic, and a glug of red wine vinegar, the final dish is complex and bright, rather than stodgy or heavy. I first tried *concia* at a restaurant in Rome's historic Jewish ghetto neighborhood over

a decade ago, and haven't ever forgotten the experience.



RECIPE FOR FRENCH TOAST AS SERVED AT LE SUCCULENT

November 18, 2025



Mélanie Delcourt's famous French toast has become a weekend staple at Succulent, her 5th Avenue bistro. Photo Peter Grant

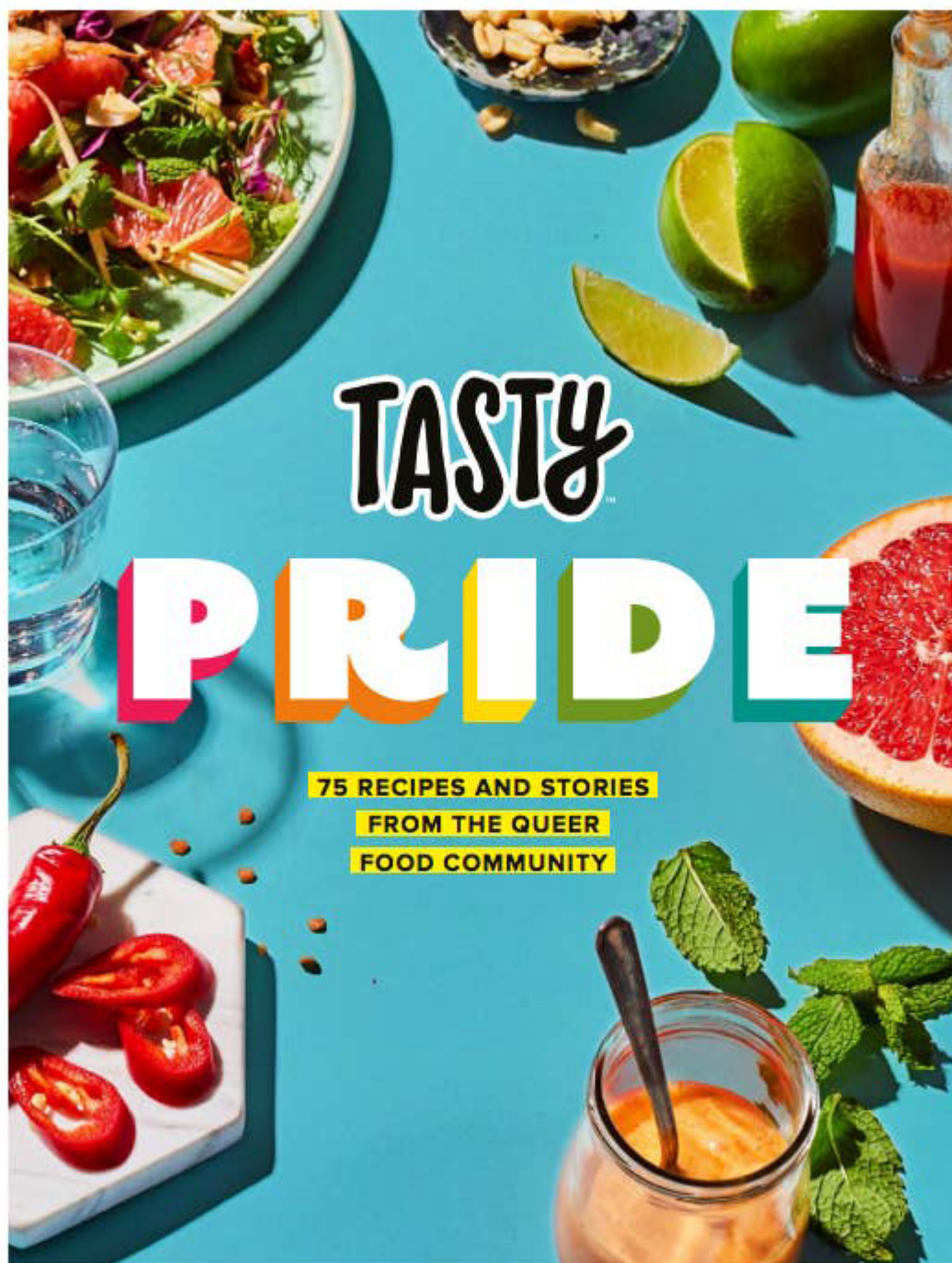
When 2020 began, Mélanie and Xavier Delcourt had good reason to believe that they

had finally achieved their dream of running a successful Park Slope restaurant.



SEASONAL BEET BORSCHT

November 18, 2025



By Liz Alpern

Soup is my ultimate comfort food. As a kid, I was eager to bring a thermos of hot soup to school for my lunch—a little reminder of home. As an adult, I cook gallons of soup frequently, to feed the crowds at my fundraising party, Queer Soup Night; and we regularly serve soup at events hosted by my company, The Gefilteria.

ZUCCHINI QUESADILLAS

November 18, 2025



Ingredients for Zucchini Quesadillas can all be found at the Coop. Photos by Rod Morrison

Contributed by Lucy Rumack who joined the Park Slope Coop in 1983



SWEET TREATS

November 18, 2025

By Jennifer Perkin



Home cooking is having a moment. Although many *Gazette* readers and PSFC members are of course already prolific home chefs, going by posts on the internet, a lot of people are taking this time to really spread their culinary wings. We are all baking those sourdough loaves, fermenting that kimchi, and making pasta from scratch. (Well, maybe not all.) People are also being creative with items that have been sitting in their pantry unused.



BAKED POLENTA WITH GOAT CHEESE

November 18, 2025



Rosewater Restaurant | Photo from John Tucker's collection

By John Tucker

Obviously, as sad as it was for me to close RW after 19+ years in business, the timing has turned out to be fortuitous, to put it mildly. I miss my staff, and the warm buzz of our little kitchen, and especially the produce. RW was ever and always fixated on seasonality, and with spring coming I'm feeling very wistful about not seeing the ramp guy we worked with for many years, who would show up in early spring for about a month or a little more with ramps and fiddlehead ferns he'd hand harvested near the Delaware river where NY meets PA. The corn meal in the polenta dish was grown by a Hudson Valley farmer I worked with for 25 years, first at Savoy in SoHo, then at RW, and I miss that relationship, too. Now I'll have to celebrate the seasons with shopping trips to the coop and the greenmarket, which is fine, but it feels a little lonesome not to celebrate the seasons with my customers. I look forward to getting together with friends again, and celebrating what the earth gives us on the plate and in the wine glass. That day can't come too soon.



COLD NOODLES WITH PEANUT SAUCE

November 18, 2025



Judy Antell's cold noodle recipe is loaded with protein from peanut butter, to tofu, to edamame. Ideal for getting more veg into your kid's diet.

By Judy Antell

Pasta is often a default main course for vegetarians, but when my kids were little, I was always searching for ways to get more vegetables into their diet. It is a still loved staple in our diet. When I made it the other night, one of my daughters, who is in law school, actually cheered.

