



Westfield CSA Newsletter

Farm News

Hi Folks,

These are times that try men's souls! This is the time of the season that is perhaps the most difficult for me and my workers. We have begun harvesting substantial amounts of produce and yet still a great deal of planting to be done. We are battling the first batch of summer weeds, which grow so quickly that they rapidly overtake many slower growing crops. There are irrigation lines to be run, sprinklers to move around, and trellis to be put up for the peas, cukes, and tomatoes. I have hundreds of melon plants ready to be transplanted as well as herbs and flowers. It is time to plant the pumpkins and winter squash and the edamame soy beans, and in the greenhouse we must begin planting all of the fall crops, such as broccoli, cauliflower and radicchio. If

I can just make it through these next few weeks it will all be downhill from there! Not really, but that's what I like to pretend. The first planting of summer squash is growing nicely and beginning to flower, so we should have zucchini in another 2 weeks. My first planting of string beans has germinated well, and I expect to begin harvesting them in about a month. One bit of bad news is that I did not receive the sweet potato plants that I ordered. The company I ordered them from advised me that due to an extended drought last year and a very cool spring this season, their production was substantially reduced and they could not fill my order. I am very disappointed because I enjoy growing them almost as much as eating them, and I had planned to double my plantings from last year and

try several new varieties. I will try to source some locally grown sweet potatoes to purchase and include in the shares this fall. The share for this week will be: Red Boston lettuce, radishes, peas, kale, bok choy, and choice of escarole or endive (frissee). Those who did not receive broccoli last week will get broccoli instead of kale.

Enjoy!

Farmer John

Fun Farm Facts

Did you know that it takes three years to transition a conventionally farmed field back into a qualified organic property?

For more information, visit us on the web:
www.westfieldareacsa.com

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Shelly Brown
Donna Pizzi
Brenda Arnold

Second Shift 5:00pm-7:30pm

Regina Ellis
Audrey Dill
Brenda Arnold

Lovely Lettuce

It is true, eating all that salad is good for you! While the nutritional value of lettuce varies with the variety, the following excerpt from the University of Illinois website sets the record straight:

"Lettuce in general provides small amounts of dietary fiber, some carbohydrates, a little protein and a trace of fat. Its most important nutrients are vitamin A and potassium.

The vitamin A comes from beta carotene, whose yellow-orange is hidden by green chlorophyll pigments. Beta carotene, of course, is converted to vitamin A in the human body. The darker green, the more beta carotene. According to the American Cancer Institute and the American Cancer Society, foods rich in vitamin A and C (antioxidants) offer protection

against some forms of cancer. Lettuce, except iceberg, is also a moderately good source of vitamin C, calcium, iron and copper. The spine and ribs provide dietary fiber, while vitamins and minerals are concentrated in the delicate leaf portion."

Fun note: Egyptians included lettuce in their diet over 4500 years ago!



Bok Choy

Quick Tips

Eat your peas first!!!! From the moment they are picked, the sugar in fresh peas immediately starts turning into starch. To preserve that wonderful fresh sweet taste, eat fresh peas as soon as possible!

No need to cook your peas! Give them a good rinse and eat them fresh, right out of the pod. It makes veggies fun for everyone!

Site News

- **Fruit Shares:** Fruit shares will begin mid-July (probably July 17). They will run for 12 weeks and cost \$180 total (\$15/week). Each week you get 2 varieties of fruit, totaling 7-8 pounds. The fruit is from local orchards in NY State. It is not organic, but eco-grown; they only treat the problems they experience, as they occur. Checks can be made to “John Krueger” and dropped off at the site. (Danielle will also be sending out a follow up email about this).
- **Extras:** From week to week John may have extra quantities of certain items, or

not enough to make a full share for everyone. He will leave these items as “Extras”. They are in addition to the regular weekly share. Feel free to take some Extras if they interest you.

- **Traffic:** Please remember that the Westfield CSA is located on a very quiet street with lots of kids who play outside and in the street. Please be very careful and aware when driving and parking. Please drive the speed limit. If you have friends in the CSA, consider carpooling or picking up shares for one another. Let’s work together to keep Danielle’s

neighbors happy!

- **Pick-Up:** Was the CSA site crowded when you came to pick up? You might want to come at a different time during the afternoon. The largest number of members arrived between 3:00 to 4:00pm, right when the site opened. There was a second surge around 5:30 to 6:00pm. If you plan your arrival between 4:00 and 5:30pm, or after 6:00 it would help to even out the traffic of people coming to the CSA. Remember also that the site is open until 7:00pm.

Chicken & Bok Choy Stir Fry

Ingredients

¾ lb boneless chicken breast, sliced thin
 ½ C Teryaki or soy sauce
 1 bunch bok choy, rinsed well & shredded
 ¼ lb mushrooms, sliced
 ½ onion, cut in half, then sliced into strips
 ¾ C peas
 1-2 garlic cloves, minced (garlic scapes!)
 ¼ C sherry ½ tsp salt
 1 Tb soy sauce ½ tsp sugar
 3 Tb oil 1 C chicken stock
 2 tsp cornstarch

Method:

Marinate chicken in Teryaki or soy sauce in large bowl for at least ½ hour.

Combine sherry, soy sauce, salt and sugar in bowl. Set aside.

Heat 1 ½ Tbsp oil in wok or large frying pan with high sides. Add garlic, and stir for 1 minute. Add chicken and stir-fry until it loses its pinkness (about 2 -3 minutes).

Add sherry mixture, stir 1 minute more to blend. Remove chicken and sauce from pan.

Heat remaining 1 1/2 Tbsp oil in pan.

Add mushrooms and onion, stir-fry to coat with oil, cook 2-3 minutes until they soften. Add peas and bok choy, cooking 1 minute more. Stir in stock and heat quickly. Then return chicken to pan and cook, covered, over medium heat, until done (2-3 minutes)

In a cup blend cornstarch and 2 Tbsp cold water to a paste, then stir into sauce to thicken. Repeat if necessary to get desired thickness. Serve over rice.

Note: Any vegetable can be used in this recipe. Use your imagination!

Vegetarian option – leave out chicken, and use vegetable stock.

Question of the Week: All those Turnips!!!

Did you know you can cook radishes like you do turnips? We should receive radishes this week, but the turnips are coming! Try these tips out for fun!

Tip #1: Add sliced turnips (or radishes) to the stir fry recipe above.

Tip #2: Just like radishes, young turnips can be eaten raw. Slice them, add them to a salad or eat them with a dip.

Tip #3: Braise turnips (or radishes). So easy and surprisingly good! Cut turnips

into quarters / eights. Par boil until tender when poked with knife (under 6 mins). Drain. In skillet, boil 1 cup stock and 3 TB butter. Add and simmer turnips, covered, until tender throughout (10-20 min). Add more stock (or white wine) if pan gets dry. Season with chopped fresh thyme or parsley, S&P. Remove to dish and pour any remaining cooking liquid on top. Sprinkle with parmesan cheese and / or breadcrumbs and serve.

Tip #4: Mash turnips (yes—and radishes)

just like you would a potato. Boil quartered turnips in water until very tender. Mash and add the same ingredients you would to your favorite mashed potatoes: milk, butter, salt, pepper, etc.

Next Week’s Question: **Glorious Greens**—Share recipes and tips for all those Glorious dark Greens!

Let us know what you think! Email Andrea (alpolonsky@aol.com) or Katie (katieb430@verizon.net). We’ll post the responses in next week’s newsletter.