



Westfield CSA Newsletter

Farm News

Hi Everyone,

As we head into the dog days of summer we continue to be plagued with the problem of bolting. We are just finishing the harvest of the first planting of lettuce and the second planting is already showing signs of shooting up their flower stalks. The cooler is already jammed full of tubs of lettuce and there are thousands of heads in the field that must be cut or will be lost.

Because of this we will be shipping 2 heads of lettuce this week. One of the varieties is a beautiful heirloom type of romaine called Forellenschluss. It has gorgeous speckled red leaves and very dense heads filled with a preponderance of very thin tender leaves.

We have begun cutting a lot of cauliflower, but there may not be enough for all groups this week. Those who do not

receive cauliflower will get broccoli, and next week it will be the reverse. The summer squash is coming on strong and there should be zucchini in next week's share.

The share for this week will be: Red leaf lettuce, Forellenschluss romaine, scallions, mustard greens, cauliflower or broccoli. There will be peas for those groups who did not receive them last week.

- Farmer John



Here's what the broccoli looked like last month. I'm sure it's a lot bigger now!

Fresh Herbs

Everyone knows that a sprinkle of fresh herbs turns that ordinary family dinner into something extraordinary. But did you know that fresh herbs have a high antioxidant activity? According to a US Department of Agriculture study, fresh herbs, in particular oregano, beat out fruits, vegetables—and even garlic! All those pizza lovers with be

thrilled to hear that one tablespoon of fresh oregano has the same antioxidant compound level as a medium apple. Other familiar favorites with high rankings were dill, thyme, rosemary and peppermint. So go ahead and add some more flavor to your food! It is good for you!

• Don't hesitate to substitute fresh herbs into a recipe that



"Farmer John's" barn. Here is where he stores seed potatoes and winter squash

Site Announcement

The pickup location has changed! Effective immediately, pickup will be at Temple Emanu-El, 756 East Broad Street in Westfield. Danielle's house is no longer the pickup location. Pickup time will remain the same from 3:00 to 7:00pm.

calls for dried. Use the "3 fresh for every 1 dried" rule of thumb.

- Flies on your food? Place a sprig of basil in the bowl to send them away.
- Did you add one clove too many? Parsley can be used to help balance a dish that is too garlicky. (It is also known as a breath freshener.)

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Larissa Chen

Nancy Bateman

Darlene Fiscus

Second Shift 5:00pm-7:30pm

Sherry Varian

Kathy Motkya

Darlene Fiscus

Quick Tips

Is it Cilantro or is it Coriander? Well, in fact, it's both. In North America, Cilantro is the name given to the leaves (used as a herb) and Coriander is the name given to the seeds (used as a spice) of the same plant. However, be sure to check your recipes carefully. Not every cuisine uses our terminology. In some cultures, only Coriander is used—for both leaves and seeds!

Next Week's "Question of the Week":

Favorite Food Websites: Where do you go for recipes and information about the food we receive? Let us know your internet resources!

Escarole with Cannelloni Beans

When faced with escarole, which I'm not overly fond of, I had to become creative. I threw this together, and surprise! I loved it! You can use any greens in the recipe. For an easy entrée, add a little more stock to the mix when cooking and toss it with pasta when done.

Ingredients

1 Tbsp olive oil
3 garlic scapes, or 1 garlic clove, minced
1 head escarole, washed well, and torn

into pieces
½ tsp salt
1 15oz can cannelloni beans, rinsed and drained
Dash red pepper flakes
1/3 cup broth
Grated Romano cheese

Procedure

Over medium heat, heat oil in medium frying pan to hot but not smoking. Add

garlic scapes, stir to coat, then cook for 1 minute stirring occasionally until they just begin to brown.

Add escarole and salt, cook and stir continuously until dark green and wilted – approximately 2 minutes.

Add cannelloni beans, broth, red pepper flakes. Cook down until liquid is almost all evaporated.

Pour into serving bowl, and sprinkle with freshly grated Romano cheese.

Pasta w/ Sauteed Broccoli, Garlic & Red Pepper

This southern Italian dish works great as a side dish or vegetarian main entrée. You can double or half the recipe if we receive more or less broccoli in any given week. Recipe adapted from Joy of Cooking.

- In large pot, cook 1lb of your favorite pasta. Drain and place in a large bowl.
- Meanwhile, remove florets from 2 lb broccoli. Rough chop florets. Peel and dice the stems. Steam or boil all parts until barely tender, then drain.
- Drain and rough chop 1 jar pitted

Kalamata olives and set aside.

- Heat 3 TB olive oil in large skillet over medium heat. Add 2 cloves garlic, thinly sliced or chopped. Add 2 pinches red pepper flake (cut this by half or more if you are sensitive to spice or cooking for kids). Cook 2-3 minutes until aromas are released.
- Add the broccoli. Add 1 cup stock or white wine to create sauce for the pasta. (If broccoli seems dry, add more stock. You want to have enough liquid to coat the pasta.) Add olives. Cook until broccoli is heated

through and tender, 3-4 minutes.

- Season with salt and pepper to taste. Note: It may not need any S&P since olives are generally salty and red pepper flakes are hot. Taste the dish first!
- Add mixture to bowl with pasta. Toss with fresh grated Parmesan or pecorino cheese to taste. (I love the fresh grated cheese so I use up to 1 cup. Feel free to use more or less.)

Serve immediately!

Question of the Week: Glorious Greens

Here are some of our results from last week's "Question of the Week": **Glorious Greens**

Tip #1: Not enough of one green to feed a family of four? No worries—you can combine any greens together to make a larger serving size. Turnip, radish or mustard greens, kale, spinach or collards will all work. The trick is to add the greens in stages to ensure even cooking. Toughest first, more delicate after 5-10 minutes.

Tip #2: Eat your tops! Most "tops" of vegetables can be cooked and eaten like traditional greens. Remove and prepare the leafy greens of beets, turnips, radishes, kohlrabi and broccoli just like you would kale or mustard greens. Mix them in with traditional greens to create a larger, tastier dish.

Tip #3: Don't like the bitterness of some of those greens? Try boiling them in heavily salted water first, and then adding them to your favorite recipe.

Next Week's Question: Favorite Food Websites. Where do you go for recipes and information about the foods we receive?

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

www.westfieldareacsa.com
