



Westfield CSA Newsletter

Farm News

Hi Folks,

It was another hectic week at the farm, but a lot was accomplished. One of the major projects that has been worrying me for the last several weeks was the laying of a waterline 500 ft. across horse paddocks, to get water to the crops planted in my newly rented field. There are eggplant, peppers, ground cherries, melons, and other crops planted in this field in plastic mulch covered beds. The plants have been growing well for the last few weeks but will grow much faster with water running through the drip tape. On Wednesday we rented a trenching machine and were able to complete 95% of the ditch. Unfortunately we encountered an old concrete slab in our path and will have to rent a jack hammer next week to complete the job. On Thursday we finished laying the PVC pipe as far as we could and for the time being we have

temporarily bridged the gap with 2" hose. So finally we have irrigation capability and I expect that we should start seeing peppers and eggplant in 3-4 weeks. My new delivery driver Richard was able to obtain the correct refrigerant and charge the system on my box truck, so I now have working refrigeration. The next hurdle (in this particular arena at least) is finding a solution to the need for 3 phase electric power to run the compressor rather than a diesel engine. This option would give me extra backup cooler space, something I have badly needed during these past few weeks of bolting lettuces and an overflowing cooler. The next major project that looms ahead is the construction of another walk-in cooler in the barn of the newly rented farm. And there was actually still time to get some planting done! I have almost completed planting the

pumpkins and winter squash and I expect to finish as well as plant the edamame soybeans this week. We have also been busy in the greenhouse-planting all of the same cool weather crops (broccoli, cabbage, etc.) for the fall that we are currently harvesting from the spring planting.

I hope you have been enjoying lots of salads because there will be 2 heads of lettuce in the share again this week. I have to make room in the cooler! The share for this week will be: Romaine lettuce, Boston lettuce, kohlrabi, parsley, peas, broccoli or cauliflower (that which you didn't get last week) choice of salad turnips or radishes, and choice of Swiss chard or spinach. Enjoy!

Farmer John

Needed: Donations of plastic shopping bags to bag up leftover food. Please bring your extras to the site at pick-up!

The greens need to be eaten quickly as they won't stay fresh long. Prepare them as you would mustard greens or collards. The bulbs can last for quite some time (I won't recommend this but mine kept for over a month).

Best of all, Kohlrabi can be eaten raw, roasted or sautéed. The most versatile vegetable you have never heard of!

Kohlrabi

For most of you, you will be meeting Kohlrabi for the first time. But don't be frightened! This unique vegetable is common in European gardens. Some claim it tastes a little like a turnip, others like a cabbage. Not surprising since it was bred from a combination of the German "kohl" (cabbage) and "rabi" (turnip). It is an excel-

lent source of potassium and vitamin C and also includes some calcium and vitamin A.

Kohlrabi is neither a root nor a leafy vegetable but a swollen stem that grows perched on top of the ground. Both the greens and the bulb can be eaten. To store, remove the greens from the bulb and place both in perforated plastic bags in the crisper.

Volume 2, Issue 4

July 10, 2008

CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Brad Gerstle

Katherine Caperella

Diane Leick

Second Shift 5:00pm-7:30pm

Tracy Beveridge

Iryna Kotsko

Diane Leick

Quick Tips

The zucchini is coming! That means it is time for Zucchini Bread! What better way to use up the uneaten squash in your fridge? It freezes well and can be used as a snack, breakfast food or dessert. Do you have a favorite recipe? Can you share? Email Katie @ katieb430@verizon.net. We'll post our favorite in the newsletter next week. All others will be posted on the website: www.westfieldareaca.com

Site News: Fruit Share

Fruit shares will begin in mid-July (probably July 17th). The cost is \$180 for 12 weeks of fruit. If you are interested, please bring a check for \$180 made out to John Krueger. There will be a sign up sheet as well. You can leave the check in the site fee container.

Kohlrabi with Parmesan Cheese

This recipe is adapted from the Joy of Cooking.

- In medium pot, boil water over high heat.
- Add 2 small kohlrabi bulbs, peeled and cut into matchsticks. If you have more or less kohlrabi, simply adjust the following seasonings to taste.
- Cook in boiling water until tender (al dente) when poked with a fork.

- Drain, then toss with 1-2 TB butter.
- Immediately sprinkle with 4 oz grated Parmesan cheese.
- Add ground black pepper to taste.
- Serve at once!

Too hot to cook? Take those raw kohlrabi matchsticks and serve them with your favorite veggie dip, just like carrot sticks!



Kohlrabi bulb and leaves

Kohlrabi Greens

This recipe is adapted from the Joy of Cooking. It is a nice basic recipe that you can use for any of the greens we receive.

- In a large pot, boil salted water over high heat.
- Wash and then cut kohlrabi greens into ribbons.
- Cook uncovered in boiling water until tender but not mushy, stirring occasionally. Cook time is 10-20 minutes depending on age and thickness. If you have smaller kohlrabi bulbs, chances are your greens will

only need to cook 10 minutes. For larger, older bulbs with large, tough greens, cook longer.

- Drain and serve! Note: My cousin dresses her greens with a spoonful of chopped raw onion and tomato, a dash of hot sauce and a dollop of Dukes Mayonnaise.

For a twist:

- In a medium pan, sauté a small chopped onion in 2 TB olive oil until tender (2-5 minutes). You could also use 1 clove chopped garlic or garlic

scapes or a combination of all three.

- Add cooked greens, tossing to coat (1-2 min).
- Add some “kick” depending on your taste. Try one of the following: 1-2 tsp of your favorite mustard. A few dashes of hot sauce or cayenne pepper. A few dashes of grill seasoning or steak rub.
- Sprinkle with salt and pepper to taste. Toss to coat (1-2 min). Remove from heat and serve!

Question of the Week: Favorite Internet Resources

Here are some of our results from last week’s “Question of the Week”:

1. www.splendidtable.publicradio.org

CSA Member Nancy Bateman writes “You can sign up for a weekly newsletter called Weeknight Kitchen. It will have one or two usually very good recipes using produce that’s in season at the moment.. I’ve gotten many great recipes from this newsletter. There may be an archive of recipes on the website. “

2. www.usda.gov

CSA Member Ellen Windorf suggests this government website for nutrition informa-

tion. Click on Food and Nutrition (left hand column) and then “What’s in the Food You Eat—Search Tool” for the nutritional value.

3. www.epicurious.com

This website is the encyclopedia of recipes. They even have a recipe for Kohlrabi and Apple Salad which looks like a perfect summer dish.

4. www.foodnetwork.com

All the recipes that are reviewed on all the Food Network programs are posted here. You can search for recipes by food or by program.

5. www.cooksillustrated.com

Based upon the magazine series, this website has a lot of recipes as well as general cooking tips.

6. www.marthastewart.com

Love her or hate her, she has a great website! Recipes, cooking tips, menus and a section called “healthy living” which includes a lot of vegetable dishes.

Next Week’s Question: Zucchini Bread. Give us your recipe!!! Email Katie (katieb430@verizon.net). We’ll post our favorite in next week’s newsletter. All others will be posted on the website.