



Westfield CSA Newsletter

Farm News

Hello Everyone,

Well I have finally finished planting the winter squash and the edamame soybeans. Better late than never is an expression that doesn't quite work in farming, but with a little rain and plenty of sun for these next 2 months there should still be a decent harvest. The varieties which were seeded first have germinated well and I have already cultivated them twice, since the grass in this former hayfield is also germinating quite prolifically. With this major task behind me I expect to have time to begin constructing the new cooler. At present I have green, red and Savoy cabbage ready in the field and all of them will have to be harvested very soon or they will begin to split. So unless I include 3 heads of cabbage in next week's share, we will need to store them for the next couple of weeks. The Chinese cabbage which I expected to be

ready weeks ago has mostly bolted and is not useable. I am planting more for the fall harvest when the cool weather will insure a successful harvest. We are continuing to harvest cauliflower and have quite a bit of a yellow variety called Cheddar and a purple variety as well as the traditional white type. I hope to have enough for everyone this week, but if not will send cabbage instead. Peppers, tomatoes, and eggplant are all flowering profusely, so it should be just another couple of weeks before we begin harvesting these summer favorites. This week we will be shipping a variety of sweet onion called Walla Walla. They are rather large and very mild but they do not store well so use them up quickly. We will begin delivering garlic next week. The peas are coming to an end but there should be sufficient quantities for delivery this week. The green beans are growing beautifully and should be beginning to pro-

duce in 2 weeks. We still have radishes and both salad turnips and red skinned turnips in abundance, and so there will be a choice of these again this week. Beets will begin next week with carrots to follow. The share for this week will be: Summer squash, sweet onions, peas, lettuce, choice of turnips or radishes, choice of Swiss chard or kale, cauliflower or cabbage, and choice of an herb- dill, cilantro, or basil.

Enjoy!

Farmer John

We're in the news!!! Check out this link http://www.nj.com/news/index.ssf/2008/07/_csa13_1.html



Summer squash plants just starting out on the farm.

Turnips

According to the website www.sallys-place.com, turnips contain potassium, iron and are a good source of vitamin C.

Called "bashed neeps" by the Scottish, turnips are a member of the cabbage family and have been in this country since the 1600's after being introduced by early settlers.

Most New Englanders did not like these vegetables, and ate them only to prevent scurvy (a disease caused by lack of vitamin C). However, turnips nowadays have many varieties, and are very tasty.

The early turnips are good for adding to salads. Larger, summer turnips are stronger in flavor, and do well cooked.

A common use is to boil them and mash them along with potatoes.

Turnips should be stored in a perforated plastic bag, unwashed, in the refrigerator, and used within a week. Because of their high water content, they tend to dry out quickly.

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July 17, 2008

CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Brad Gerstle

Carmen Chicola

Karen Grossman

Second Shift 5:00pm-7:30pm

Jody Krause

Amanda Tatro

Leah Doberne-Schor

Fun Farm Facts

The vegetables don't read the newsletter. Oftentimes, what Farmer John expects to harvest when he writes his Farm News on Monday becomes a guideline to what we receive on Thursday. And we base our articles on what he writes. Sometimes it doesn't quite match up! Keep reading week to week and eventually we will receive (and write about) everything!

Next Week's "Question of the Week":

Have you ever dried herbs? Let us know what methods have worked—and what hasn't! Email Andrea at apolonsky@aol.com for next week.

Sauteed Turnips with Spinach and Raisins

serves 6

Ingredients:

2 tablespoons olive oil
 1 clove minced garlic
 3 medium turnips, peeled and cut into matchsticks
 1/2 cup raisins
 3 tablespoons fresh lemon juice
 10 ounces fresh spinach, coarsely chopped
 Freshly ground nutmeg
 Salt and pepper

Procedure:

In a saute pan, heat the oil with the garlic. Add the turnip and raisins and cook for about 1 minute. Add the lemon juice; cover and cook for 3 more minutes. Stir in the spinach and cook just until wilted. Sprinkle with nutmeg and salt and pepper to taste.

http://www.sallys-place.com/food/columns/ferray_fischer/turnips.htm



Turnip Gratin

Serves 6

Ingredients:

2 Tbsp unsalted butter
 2 1/2 lb medium turnips, trimmed and left unpeeled.
 1 Tbsp chopped thyme
 1/2 Tbsp chopped savory
 1 1/2 tsp kosher salt
 1/8 tsp (rounded) cayenne
 1 C heavy cream
 1 C grated Parmigiano-Reggiano

Procedure:

Preheat oven to 450° F with rack in middle. Melt butter in ovenproof 12 inch heavy skillet, then cool. Slice turnips paper thin with slicer, then arrange 1/3 of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels. Sprinkle with about a third of thyme, savory, kosher salt, and cayenne. Make 2 more layers.

Cook, covered, over medium heat until underside is browned, about 10 minutes. Add cream and cook, covered, until center is tender, 20—25 minutes. Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10 to 15 minutes. Let stand 5 minutes before serving.

Gourmet Magazine, October 2007

Question of the Week: Favorite Zucchini Bread

Here is the recipe from last week's "Question of the Week": *Favorite Zucchini Bread Recipes*

Ingredients

1 cup whole wheat flour
 2 1/4 cup all-purpose flour
 1 tsp ground nutmeg
 2 tsp baking soda
 1 tsp ground cinnamon
 1 cup brown sugar
 1 cup sugar
 1/2 cup vegetable oil
 1/2 cup apple sauce
 4 eggs, beaten
 2/3 cup water

2 cup grated zucchini

1 tsp lemon juice

Method

Preheat oven to 350 degrees. Mix dry ingredients in a large bowl. In a separate bowl, mix wet ingredients; fold into dry. Bake in two loaf pans for 1 hour, or until done.

Next Week's Question: Have you ever dried herbs? Let us know what methods have worked—and what hasn't!

Email Andrea (alpolonsky@aol.com) for next week. Share any recipes or storage tips you may have. We'll post the responses in next week's newsletter.

We're in the news! Check out this article!

http://www.nj.com/news/index.ssf/2008/07/_csa13_1.html

Parking Notice!!!!

Please note a very important parking lot issue. Please park your cars in between the lines. A few people parked their cars straight ahead next to the dumpster or right next to the building around the corner. These are very dangerous places to park and are therefore not legal. If CSA members continue to park there we will not be invited to use the Temple's kitchen for pick ups any more. Thank you for your attention to this matter.