



Westfield CSA Newsletter

Farm News

Hi Folks,

Hot enough for you? It was a rough week for my workers and me, trying to work in this heat. And most of the plants, even the heat loving ones, don't really thrive above 90 degrees. It's been dry as well, with several promised thunderstorms failing to materialize; we haven't had a good rain in several weeks. At this writing it is just beginning to rain a bit, so hopefully my thirsty plants will get a good drenching. I just finished planting some string beans so a good soaking rain is just the ticket to germinate them quickly. I have finished framing the new cooler and hope to have it up and running by the end of the week. I imagine it will quickly be filled, as there are several thousand heads of lettuce and cabbage that will need to be harvested ASAP. We will be including beets in the share this week, some will be the regular red

type, but there will also be white beets and an Italian heirloom called Chioggia. These are also known as Candy cane beets and are white with red rings inside. We will also be sending radicchio, mostly of the trevisio type, which has the form of a romaine lettuce. We will be shipping sweet onions again this week as we have quite an abundance of them, and as previously mentioned they don't store well. We have come to the end of the pea



Danielle Levitt, at Temple Emanu El, supervising the vegetable delivery for the Westfield CSA

Summer Squash

The summer squash is here! So what exactly is summer squash? How is it different from its cousin, winter squash? Simply put, summer squash are those types harvested during the growing season, when the fruit is immature and the skin tender. They are consumed immediately and require little or no cooking. Zucchini, patty pan and yellow crook or straight

neck are the most common. We will be receiving plenty of these this summer.

Winter squash differs in that it is allowed to mature before harvesting and must sit on the ground for weeks, even months, before it ripens. Their skin is hardened and they can be stored in a cool place for months before consuming. They generally require a longer cooking time.

season, with only the snow peas continuing to flower and produce. The green beans are full of flowers and tiny beans and I expect to begin picking by next week. The cucumbers are beginning to come in as well, although not in sufficient quantities for all groups, so we will begin a rotation with the summer squash over the next few weeks. The share for this week will be: Romaine lettuce (green or red), radicchio, summer squash or cucumbers, Swiss chard, sweet onions, cabbage, garlic, beets, and choice of 2 herbs (cilantro, parsley or basil.).

Enjoy!

Farmer John

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Karen Grossman

Nicole Brighthouse

Carmen Chicola

Second Shift 5:00pm-7:30pm

Karen Grossman

Jody Krause

Katharina Koholka

Quick Tips

- What is the best way to store all that lettuce and those greens? Dry and cold!
 - You can wash lettuce / greens before storing but make sure to spin or drip dry thoroughly.
 - Wrap them in a paper towel and seal in a plastic bag. Place in the crisper or coldest part of your fridge.
 - Replace paper towel when it gets too damp.
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Question of the Week:

Beets. They are here! And they will keep coming! Let us know how you prepare them. We'd love to have your favorite recipes! Email Andrea at:

apolonsky@aol.com

Veggie Sauté

One of the things I like to do with the mid to late summer vegetables is to sauté them all together in a bit of olive oil.

Ingredients:

- 1 green zucchini, sliced
- 1 yellow squash, sliced
- 1 onion, chopped
- 3-4 garlic cloves, peeled and diced
- 1 red pepper, seeds removed, chopped
- 1-2 Tbsp. olive oil

Method:

Heat oil in large skillet or frying pan until hot, but not smoking, over medium heat. Add onion and garlic, stirring frequently, until onion is translucent. Lower the heat and add remaining ingredients, stirring frequently for approximately 10 minutes or until all ingredients have wilted. (I sometimes cover the pot for a few minutes to help everything stay moist.) Continue to stir until squash starts to brown slightly. Remove from heat.

You can add just about any ingredient to the above list. Some ideas are: sliced turnips, mushrooms, eggplant or tomatoes – especially if you are going to serve this as a sauce over pasta. If you want some greens, you can add bok choy, spinach, turnip greens, or any other leafy vegetable. I find the flavors so rich, that I don't generally add salt or pepper, although other people like the added taste.

Make extra for all the ideas below!

Quick Sauté Meals

1. **Gourmet Lunch:** Melt mozzarella cheese on your favorite bread, add sautéed veggies and a touch of balsamic vinegar, and you've got a terrific lunch.

2. **Quick Dinner:** Sautéed veggies can be used on top of pasta with a bit of parmesan cheese. Add some fresh parsley, oregano or basil, and you've got a fantastic meal.

3. **Veggie Quesadillas:** Take two taco sized tortillas, spread herbed goat cheese on each. Heat a small (tiny) amount of olive oil on a flat griddle. Place one tortilla, cheese side up, on the griddle, spoon sautéed veggies on top, spreading out into a thin layer. Place the second tortilla, cheese side down, on top of the veggies. Keep the heat medium-low so you don't burn the tortilla, and wait for the cheese to

melt. Use a spatula to press down on the top tortilla to help the process. Once the lower tortilla is browned (keep peeking!) **carefully** flip the tortilla using the spatula. Brown the second side, and then slide the whole tortilla onto a plate. Slice and serve. You can substitute any kind of cheese that you like.

Question of the Week: Dried Herbs

Here are some ideas from last week's "Question of the Week": What methods have worked for you for drying or storing herbs?

Tip #1 comes from CSA Member Ana C: When I first get fresh herbs, I'll put them in a bottle with water, cover it with a plastic bag, secure it with a rubber band and put it in the fridge. They last 2-3 times longer that way. This also works great for storing greens, although my fridge starts looking like a forest!

For drying herbs, I've only dried oregano, thyme and mint. I'll rinse the herb, leaving it on the stem and air dry it (to remove the water). Next, put the herbs in a paper bag for a few weeks until it is all dried

out. Then I can put it in a glass jar. I usually just run my fingers down the stem to gently pull the dried leaves off.

Tip #2 is from CSA Member Gloria S: She says "I got dill last season, and used some. The rest I hung upside down from my kitchen window (inside). Months after, I put it in a glass jar and later used it to season soups and other dishes. It tastes spectacular! Huge difference with the one I bought centuries ago. Don't know if this is the best way to do it, but it worked!

Thanks for the tips Ana and Gloria! We love hearing from you, so please continue to give us your feedback!

Next Week's Question: **The beets are coming!** Please share with us any recipes, information or storage tips you may have. We'd love to hear from you! Email Andrea at: alpolonsky@aol.com

The Westfield CSA was featured in the Star Ledger! Go to our website www.westfieldareacsa.com and you can click on the link. In addition, all of John's farm updates and all the past newsletters are posted on line. You can look up a past recipe or print off a copy of our quick tips!
