



Westfield CSA Newsletter

Farm News

Hello everyone, The good news for this week is that we received some much needed rain. The bad news is that now we're getting a little too much rain at a time when we are trying to harvest the garlic and onion crop. It certainly seemed that Murphy's Law was in full effect this week. My lead worker who drives the trucks and moves both the workers and the harvest to where they need to be, contracted Lyme's Disease this past week and was out for most of the week. The under cutter blade which I use to pass under the garlic to loosen it for harvest, broke when I was half through the task. The pickup truck broke down in the middle of a field, where it had to be pulled out with a tractor. But as always, we forge ahead, dealing with each new challenge as it arises. The onion crop looks good although some varieties are a bit smaller than I would have liked, owing to not hav-

ing had electricity to run the irrigation pump in one particular field for the past 5 weeks. The beans have begun to produce and peppers, eggplant, and tomatoes will be starting soon. There are potatoes ready to be dug, but with picking beans and finishing the onion harvest there just isn't time to harvest them for this week's delivery. The share for this week will be: Oak leaf lettuce, kohlrabi, carrots, sweet onions (one more time!), string beans, cucumbers or summer squash, and choice of an herb. Enjoy! Farmer John

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

Fun Farm Fact

Did you know that Farmer John has to buy organic seeds whenever they are available? These seeds are more expensive than regular seeds, but they ensure the organic quality of all those yummy vegetables!



Here is where it all began! Several varieties of baby lettuce growing in the sun.

Green Beans

Did you know that you can eat green beans raw? You can also eat them roasted, steamed, boiled, sautéed or cooked in soup. They are one of our most versatile vegetables. And one of the best for you! Just one cup of beans will give you 25% of your daily requirement of vitamin K, a key component in maintaining strong bones. It also

includes 20% of vitamin C, 18% of manganese and 16% of vitamin A. Not to mention, potassium (11%), folate (10%), iron (9%), B2 (7%), B1 (6%) and calcium (6%). And the list goes on. Wow! Mom was right, you need to eat your green vegetables.

Interestingly, green beans were originally cultivated in Peru and were then spread

throughout Central and South America by wandering Indian tribes. Spanish explorers brought them back from the "New World" to Europe in the 16th century, and from there they spread around the world.

Don't forget, this vegetable's name is misleading. We will be receiving a lot of green beans that are not green.

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

*Emily Matthews
Sherry Varian
Sheila Rippe*

Second Shift 5:00pm-7:30pm

*Katharina Kolholka
Amanda Tatro
John Velling*

Quick Tips

Store unwashed green beans in a plastic bag in the crisper. They will keep for at least seven days.

Green Beans freeze well. Par-boil beans for one minute to kill their natural enzyme. Plunge into cold water to stop the cooking process. Drain and dry well. Place in plastic freezer bag, push out all the air and put in freezer. They will keep for months!

Next Week's "Question of the Week": How would you put more "C" in our CSA?

Email Andrea
(alpolonsky@aol.com)

Cold Green Bean Soup (Hungarian)

This surprisingly easy and tasty recipe is from my father's favorite cookbook, [The Complete Book of Soups and Stews](#) by Bernard Clayton, Jr. I made several batches of this soup last summer. It was great served hot or cold and froze well. I made it with all the different varieties of green beans we received, all with great results.

Ingredients:

1 pound green beans, cut into 1/2" lengths
5 cups water
3 TB white vinegar
2 TB chopped onion
2 TB sugar
1 tsp salt (optional)

1 garlic clove, chopped
1 cup sour cream (optional)
2 TB flour
1 TB tarragon vinegar (you can sub another vinegar if you don't have tarragon)
Paprika and toasted croutons, to garnish (optional)

Method:

Place beans in medium saucepan with water, white vinegar, onion, sugar, salt and garlic. Bring to a boil, reduce heat, cover and simmer for 30 minutes or until the beans are tender, but not mushy. Cooking may require more time if the beans are tough and fibrous.

In a small bowl combine the sour cream and flour. When the beans have cooked,

ladle out 1/2 cup of the bean liquid and stir it into the sour cream mixture. Return the blended sour cream to the soup and simmer, stirring for 5 minutes. (Note: If you don't prefer sour cream, this recipe was great without it.) Add tarragon vinegar. Remove saucepan from heat.

Taste the soup. Bite into a bean to check the texture and tenderness. If desired, put the soup (all or some) in the food processor and cut the beans into smaller bits.

Allow the soup to cool at room temperature before chilling in the refrigerator 3 hours or longer. (Note: While cold soup is great on a hot summer day, I also served this soup hot and it was fantastic.)

Serve the soup in chilled bowls. Sprinkle with paprika. Pass the croutons.

Zucchini Soup

I've had several requests for a soup recipe for zucchini. I've taken Julia Child's recipe for Cream of Cucumber Soup, and made it into this healthier zucchini version.

Ingredients

1-1/2 lbs zucchini (about 3 eight inch long) cut into 1/2 inch chunks, between 4 and 5 cups.

1/2 cup minced onions
3 Tbsp canola oil

4 cups vegetable or chicken stock
2 cups water
1-1/2 tsp wine vinegar
3/4 tsp dried dill (or 2 tsp fresh)
4 Tbsp cream of wheat farina
Salt and white pepper

Procedure

Cook the onions slowly in oil several minutes until tender, but not browned in a heavy saucepan. Add zucchini chunks, liquids, vinegar

and dill. Bring to a boil, then stir in farina. Simmer, partially covered, for 20—25 minutes. Puree in blender and return to pot. Thin out with more liquid if necessary. Season carefully with salt and pepper.

If you want to be fancy, you can sprinkle a bit of fresh dill on top of each serving after you ladle it into bowls.

It can be served hot or cold.

Question of the Week: Beets!

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

What to do with beets?

Tip #1: Danielle suggests: Cut into matchsticks and stir fry, add a little honey to the stir fry sauce to bring out the sweetness. Cook alone, with other veggies (carrots or cauliflower are my favorites) or with chicken, meat or tofu. It turns everything pink!

Tip #2: scrub the beets, then boil in saucepan, making sure to keep covered with water. When you can pierce them with a fork, drain, and run under cold water, and peel. Serve them warm, or slice them up cold into a salad.

Next Week's Question: **How would you put more "C" in our CSA?** We are looking for ways to make our CSA into more of a community.

Let us know your ideas! Email Andrea (alpolonsky@aol.com) We'll post the responses in next week's newsletter

www.westfieldareacsa.com
