



Westfield CSA Newsletter

Farm News

Hello Everyone,

I hope you all enjoyed a pleasant Labor Day. There won't be much of a holiday for us here on the farm. With a market and deliveries to prepare for, a day off just isn't possible, although we will try to knock off a little earlier than usual. Dry conditions persist with only a brief tease of a shower on Friday evening. We are all getting tired of moving the sprinklers around, but it's the only way to keep moving forward with the transplanting and seeding. We are almost finished with the transplanting but I will continue to sow seeds though most of September. As it turned out we had enough watermelons to ship to all groups last week, although the watermelon harvest is now essentially over, thanks to the crows. This week we will be sending mostly cantaloupes, galia and Korean melons, and

a few honey dews. Tomatoes continue to ripen abundantly but most of the plants in the field have a serious blight problem, so production will probably start to drop off rapidly in a couple of weeks. I am spraying them with an organic fungicide called Sporan which contains essential oils of rosemary and clove, but it may already be too late, so enjoy them while they last! The share for this week will be: French fingerling potatoes, tomatoes, peppers, eggplant, white onions, garlic, zucchini, melons, lettuce, string beans, choice of cherry tomatoes or ground cherries, and choice of an herb.

Enjoy!

Farmer John



By now most of you should have met Danielle Levitt. If not, you have certainly received some emails from her! Here she is overseeing a recent vegetable delivery at Temple Emanu-El.

Volume 2, Issue 12

September 4, 2008

CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Christie Wu

Carolyn Dittmar

Marty McDevitt

Second Shift 5:00pm-7:30pm

Alison Fraser

Heather Novello

Jamie Tibbals

Question of the Week

Everyone has a "go-to" favorite restaurant for last minute, quick delicious meals. Care to share your secret place? Email **Andrea** (alpolonsky@aol.com) or **Katie** (katieb430@verizon.net)

Heirloom Vegetables

Farmer John loves to experiment with heirloom vegetables and we get to enjoy the benefits of his passion! But what exactly is an heirloom vegetable? How does it differ from a "regular" vegetable? The wikipedia website had the following information:

"An heirloom vegetable is a cultivar that was commonly grown during earlier periods in human history, but which is

not used in modern large-scale agriculture. Many heirloom vegetables have kept their traits through open pollination, while fruit varieties such as apples have been propagated over the centuries through grafts and cuttings.

Before the industrialization of agriculture, a much wider variety of plant foods was grown for human consumption. In modern agriculture in

the industrialized world, most food crops are now grown in large, monocultural plots. In order to maximize consistency, few varieties of each type of crop are grown. These varieties are often selected for their productivity, their ability to withstand mechanical picking and cross-country shipping, and their tolerance to drought, frost, or pesticides. Nutrition, flavor, and variety are frequently secondary and

tertiary concerns, if a concern at all. Heirloom gardening can be seen as a reaction against this trend. In the Global South, heirloom plants are still widely grown, for example in the home gardens of South and Southeast Asia, although their future is uncertain.

Heirloom growers have different motivations. Some people grow heirlooms for historical interest, while others want to increase the available gene pool for a particular plant for future generations. (continued on Page 2)

Easy Fingerling Potatoes

Fingerling potatoes are quick and easy to prepare on the stove-top. They make for a great mid-week side dish.

Method:

Wash potatoes but do not peel. Place in pot and fill with water until covered. Bring to a boil and cook until tender when poked with a fork. If potatoes are small, this may take only 10 minutes. For larger potatoes, it could take up to 30 minute. Drain potatoes and serve warm.

This is the base recipe. Now to add some

flavor, check out the following variations:

Option #1: Add 1 tsp salt, 1 TB butter, 2 springs Thyme to cooking water before boiling. Drain potatoes and remove Thyme.

Option #2: If you don't prefer the taste of Thyme, another option is to omit it and toss the warm potatoes with a few TB's of chopped chive.

Option #3: If you don't prefer cooking with butter, you can substitute a TB of olive oil in the cooking water instead. Or, just leave it as is!

Option #4: Last option (my sister's favorite): Cook the potatoes in salted water. Drain, while still warm, toss with 2 TB olive oil, 1 tsp fresh ground salt, 1/2 tsp fresh ground pepper (or more to taste!). Simple and delicious!

Hope you enjoy!

Heirloom Vegetables—Continued from Page 1

Some select heirloom plants due to an interest in traditional organic gardening. Many simply want to taste the different varieties of vegetables, or see if they can grow a rare variety of plant.

There is no consensus as to how old a plant variety should be before it can be considered an heirloom. Many gardeners consider

1951 to be the latest year a plant can have originated and still be called an heirloom, since that year marked the widespread introduction of the first hybrid varieties. Some heirloom plants are much older, some being apparently pre-historic. Usually, a plant is not called an heirloom if it is grown widely and commercially, regardless of how

old it is. To be an heirloom, a plant must be "open-pollinated", meaning it will grow "true to type" and produce plants like the parents from seed. This excludes nearly every hybrid. Open pollination allows the same cultivar to be grown simply from seed for many generations."

Question of the Week: Green Tips on veggie storage.

Here are some of the results from last week's question **How do you bag and store your vegetables?**

CSA member Carolyn writes in with some great information. She states:

"Every week when I pick up my CSA vegetables, different members ask me about my green vegetable bags. I am a big fan of the Evert-Fresh Green Bags, which come in three sizes, and I have been using them successfully for several years. As a two-year CSA member and a member of the Purple Dragon Coop for three-years, these have proven invaluable to me at keeping my weekly/bi-weekly deliveries of produce fresh until I can manage to prepare and eat them. They can be considered pricey at about \$0.50

per bag, but I think they are well worth the cost for the extended freshness that they add to my produce. Plus, they are reusable up to 40 times. I have washed mine out a number of times, and it doesn't seem to affect them. I would recommend them.

Where to find them: You can buy these at Reusable Bags http://www.reusablebags.com/store/shopping-bags-produce-bags-c-2_10.html?osCsid=38af-daa79426c5fff1ca9e5b893e7d or Amazon.com http://www.amazon.com/Evert-Fresh-Bag-Set-each-size/dp/B0009L8GHY/ref=pd_bbs_1?ie=UTF8&s=home-garden&qid=19222217&sr=8-1. I use

a bag dryer as well that can be found on greenfeet.com http://www.greenfeet.com/itemdesc.asp?ic`05-04087-0000&utm_source=google&utm_medium=sse&utm_term=MISC_KITCH_ACC&utm_campaign`05-04087-0000&utm_campaign=Plastic-Bag-Dryer

Next Week's Question: *Everyone has a "go-to" favorite restaurant for last minute, quick delicious meals. Care to share your secret place?* Email Katie (katieb430@verizon.net) or Andrea (alpolonsky@aol.com)

www.westfieldareacsa.com
