



# Westfield CSA Newsletter

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## Farm News

Hey Folks!

Well, we finally received the much needed rain that we've been waiting on. A little over 2" fell overnight this past Saturday. I had pretty much known that our best chance for a good soaking would be from a hurricane, but I dreaded the potential damage of high winds and severe downpours that can accompany this type of storm. Fortunately we had very little high wind and the rain although heavy at times was mostly a good steady shower. I rode the tractor planting as many seeds as I could on Friday ahead of the storm.

Now with the ground well drenched the seeds should start to germinate rapidly and the thousands of recently set out plants should begin to grow vigorously. Best of all we get a break from moving sprinklers around 3 times a day.

## Potatoes

You may have noticed that the potatoes we get have had different hues of flesh. Potatoes actually come in a rainbow of colors, from yellow "Yukon gold" to "Purple Peruvian".

Potatoes technically are not roots. They are the swollen stems of rhizomes that we call tubers. The "eyes" of the potato are actually growth points.

We are still heavy on Rattlesnake beans, although I think the quality has gone down a bit, mostly due to the dry conditions. The plants had also stopped flowering, but now with adequate soil moisture should begin producing again.

We also have a crop of yellow wax beans coming on; they were flowering heavily and should be ready to pick for next week. We also have Edamame soybeans and lima beans that should be ready in 2 or 3 weeks.

We are still harvesting melons; now more honey dews (some of these are orange) and canary melons, but still a few cantaloupes and Galias. There is also an ivory fleshed variety known as Ananas melons which are extremely sweet and delicious. And we still have lots of tomatoes!

The share for this week will be: Red potatoes, peppers,

tomatoes, eggplant, red onions, lettuce, Rattlesnake beans, carrots, choice of red or green cabbage, melons, choice of cherry tomatoes or ground cherries, and choice of an herb.

Enjoy! Farmer John



One of Farmer John's tractors.

**Don't forget!**

**Our CSA potluck is just a week away!**

**September 20**

**Sign up today!**

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### CSA Update

Shift assignments for next week:

**First Shift 2:30pm-5:00pm**

*Iryna Kotsko,*

*Nancy Seiffert,*

*Jennifer Lyden*

**Second Shift 5:00pm-7:30pm**

*Ellie Avitan,*

*Martine Torriero,*

*Joan Dickason*

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### Next Week's Question of the Week

What's your favorite way to prepare a salad? How do you dress up your lettuce?

Email **Andrea** (alpolonsky@aol.com) or Katie (katieb430@verizon.net)

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### Quick Tips

Now is a great time to think about soups. Many of the vegetables that we are getting go well in a variety of soups. And soups freeze well. Store them in airtight containers, or even plastic freezer bags, and you'll be enjoying the fresh tastes of today months from now when the CSA is a happy memory.

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## Beet and Cabbage Soup

This recipe was recommended by CSA member Sonja. It is from epicurious.com

### Ingredients

1/4 cup (1/2 stick) unsalted butter  
3 cups coarsely chopped peeled raw beets (from 1 1/2 pounds)  
2 cups chopped red onions  
3 celery stalks, coarsely chopped  
1 cup chopped red cabbage  
3 tablespoons finely chopped seeded jalapeño chiles  
5 cups (or more) low-salt chicken broth

2 tablespoons fresh lime juice

Tortilla chips  
Sour cream

### Method

Melt butter in heavy large saucepan over medium-high heat. Add beets, onions, celery, cabbage, and chiles; sauté until celery is soft, about 10 minutes. Add 5 cups broth and lime juice; bring to boil.

Reduce heat to medium-low. Cover and simmer until vegetables are very tender, about 1 hour 15 minutes.

Working in small batches, puree soup in blender until smooth. Return soup to pot; season to taste with salt and pepper. Thin with more broth by 1/4 cupfuls, if desired. Ladle soup into bowls and top with tortilla chips and sour cream

## Green Beans Au Gratin

This recipe comes from CSA member Sarah.

Danielle's kids thought it was green mashed potatoes!

### Ingredients

1 1/4 lbs green beans  
1 lb potatoes  
5 TBS butter  
1/tsp nutmeg  
3 TBS parmesan cheese

### Method

Pre-heat oven to 450°

Wash and cut green beans into 1/3s. Peel the potatoes if big and cut into chunks. Put potatoes into a large pot of cold water and bring to a boil add the green beans when water is boiling and cook for 10-15 min. (do not overcook.

Green beans should be just tender).

Drain the water and place potatoes and beans into a food processor. blend in the nutmeg, 3 TBS of the butter and salt and pepper to taste. Spread the mixture evenly in a baking dish (we often use a pyrex pie pan) dot with the remaining butter and sprinkle with the cheese. Bake for 20min.

## Question of the Week: Favorite Restaurants

Here are some of the results from last week's question **What's your favorite secret place for last minute delicious meals?**

1. The Tavern in Scotch Plains has outdoor seating during the summer and a reasonable dinner menu. If you are leaving the kids at home, it is a great place for an evening cocktail. If you are bringing the kids, you wouldn't be the only ones!

2. Fugiama Mama in Westfield. It has half price sushi during the week. If you are bringing the kids, the habachi tables offer a kids menu and are so loud that they drown out any loud noises (a real

plus!).

3. Bel Paese in Cranford. It is a deli by day but by night, they draw a curtain over the deli counter, and it is great Sicilian-Italian restaurant. Very casual BYO where the owner knows many of the patrons by name. Feel free to bring the kids, especially during the week. If you happen to have a night free on the weekend, consider going alone and getting one of the cozy tables for two.

4. Chen's 22 Restaurant on Route 22 in Springfield. (In the Outback Steakhouse strip mall with Big Lots.) Very authentic chinese food in a surprising loca-

tion. Service is lightening quick, perfect for the quick meal mid-week or with the family (when you can't sit and linger!). They don't deliver but offer everything on the menu for take-out.

**Next Week's Question:** *What's your favorite way to prepare a salad? How do you dress up your lettuce?* Email Katie (katieb430@verizon.net) or Andrea (alpolonsky@aol.com)

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www.westfieldareacsa.com

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