



Westfield CSA Newsletter

Farm News

Hi Folks, Murphy's Law ruled again this past week, with various problems with tractors, and the refrigeration unit on my box truck. After having spent \$1800 to set up 3 phase electric to run the reefer unit on my truck, when we plugged it in everything ran in reverse. After the electrician finished making some changes it wouldn't run at all, and now the diesel engine won't run either. The electrician swears that everything is correctly installed and says that the problem is with the unit. So now I must somehow find time to drop the truck off in Carlstadt for Thermo King to check it over. But the weather has been good, with reasonable temps and adequate rainfall. The crops are mostly growing nicely and we have started

picking a few tomatoes; which means we should have sufficient quantities to distribute soon, perhaps by next week. The share for this week will be: Potatoes, red lettuce, summer squash, cucumbers, garlic, cabbage (red or savoy), string beans, Swiss chard or kale, peppers, beets or radishes, and choice of an herb. Enjoy!

Farmer John

Public Service Message

While delivering veggies to houses a few weeks ago, one of our members noted that many homes don't have house numbers clearly visible.

In the event of a fire or other emergency, this could cost valuable minutes in finding the house.



Bins of seed potatoes waiting to be cut up and planted.

Beets

Coming from a family of Eastern European heritage, my only exposure to beets while growing up was borscht, a beet soup that smelled up the kitchen when my mother made it — and not in a pleasant way.

Beets, as I have learned, are filled with good things. High in fiber, vitamins A and C, and surprisingly, more iron

than most other vegetables, including spinach! They also contain calcium, potassium, phosphorous, and folic acid. The pigments that give beets their signature coloring are strong antioxidants.

Beets are quite tasty prepared in a variety of ways. If you are a true beet lover, try steaming them and serving with a bit of butter, or slicing up steamed

beets with chopped apples, toasted walnuts, and greens.

If you don't love beets, but want them in your diet, go for the chocolate! Cake, that is. Add freshly cooked pureed beets to your favorite chocolate cake batter. It will make the cake moister and make you feel a bit healthier when you are eating your dessert. —Andrea

Volume 2, Issue 8
August 7, 2008

CSA Update

Shift assignments for next week:

First Shift
2:30pm-5:00pm

Gina Donath
Judy Chin
Elizabeth Miller

Second Shift
5:00pm-7:30pm

John Velling
Christina Oztan
Audrey Fisch

Quick Tips

If you don't have time to use all those squash, you can freeze them. Grate what you need for one batch of zucchini bread (see issue 5), or cut up the chunks you need for one batch of the zucchini soup (issue 7), and freeze it in a plastic baggie. Then, down the road, when you have the time (and no more squash in the fridge) you can use them in the recipes.

Next Week's "Question of the Week":

How do you cook veggies to get your kids to eat them?

E-mail Andrea with ideas: alpolonsky@aol.com

Mu Shoo Turkey

Here's a great recipe for cabbage and leftover poultry! Feel free to use tofu instead of the cooked turkey or chicken for a vegetarian option.

Ingredients

8 low-fat tortillas (6-inch diameter)
3 tablespoons hoisin sauce
¾ teaspoon sesame oil
1 teaspoon olive oil
8 ounces fresh mushrooms, sliced
½ medium red pepper, thinly sliced
2 cups cooked turkey (or chicken), shredded
Nonstick vegetable cooking spray

2 tablespoons soy sauce
3-4 green onions, thinly sliced
1 head cabbage sliced and shredded
1 garlic clove, crushed
2 teaspoons fresh ginger, peeled and grated

Procedure

Warm tortillas as label directs. Meanwhile, in a small bowl, mix hoisin sauce, soy sauce, and sesame oil until smooth. Set aside. Thinly slice green onions, reserve half for garnish.

In a nonstick skillet, heat 1 teaspoon olive oil over medium-high heat. Add mushrooms and cook until all liquid evaporates

and mushrooms are browned, about 8 minutes. Remove the mushrooms to a bowl.

Spray the same skillet with nonstick cooking spray. Then cook the cabbage, red pepper, and sliced onions for 3 minutes, stirring constantly. Add garlic and ginger; cook 1 minute longer, stirring constantly. Stir in shredded turkey, hoisin sauce mixture, and mushrooms. Heat through.

To serve, spoon turkey mixture onto warm tortillas and roll up. Garnish with reserved green onions.

Makes about 4 servings (two tortillas per serving)

Hot Tatsoi Salad Dressing

This recipe is a twist on warm spinach salad. It is quick and easy, saving you a step by not cooking the greens. Instead, you warm the dressing and toss with fresh, young Asian greens, wilting them slightly. Older, larger greens are still best cooked as they tend to be tougher.

Ingredients:

¼ cup cider vinegar or vinegar of your choice (don't worry if the vinegar seems potent, it will mellow with the heat and

sweeten)
2 TB olive or vegetable oil
2 tsp yellow mustard seeds (or subs. ¼ tsp dried mustard or use fresh to taste)
2 tsp minced fresh parsley or a combination of other fresh herbs
1 tsp grated or minced onion
1 tsp sugar

Method:

Place washed and dried greens in a large

bowl. In a medium pot, combine all ingredients well. Heat the dressing until just before it begins to boil and pour over the greens. Toss to allow the heat to wilt the greens slightly.

Try with Tatsoi, or experiment with any of the other tender greens we receive!

Question of the Week: Adding Community to CSA

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

How would you put more "C" in our CSA?

There can be no question that we are a community. Just look at how people helped to make sure that our vegetables got delivered in the last few weeks! Many thanks to those who volunteered to bag and deliver vegetables when we had no base for pick up. Thanks also to those who have reached out to other houses of

worship and community sites looking for a home for our "gypsy" CSA.

However, it seems that we are in desperate need of some Community organization! Too few responses to last week's question.

So, the powers that be have decided that a Westfield CSA pot luck would be just the ticket to enhancing the community feel of our group. Keep your eyes peeled for further information on an informal gathering where you can meet your fellow CSA

members, share favorite recipes (and food) and have a bit of fun.

Next Week's Question: **How do you cook veggies to get your kids to eat them?**

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

www.westfieldareacsa.com