



Westfield CSA Newsletter

Farm News

Hello Everyone, I hope you have all been enjoying the beautiful weather this past week. The mild temperatures for early August are quite a pleasant surprise and have made the hard work my crew and I do a bit more bearable. It seemed as though most of the crew's time this week was spent picking beans which are producing quite prolifically. There are hundreds of pounds stored in the new cooler and many of them are French filet beans, haricot verts. We have also been busy trying to catch up with the trellising and tying of tomatoes which had been neglected due to our preoccupation with the garlic and onion harvest. And we also needed to turn our attentions to part of the winter squash patch which was in danger of being overtaken by the grass in the former hayfield. Another important task during this past week has been moving tables and other

infrastructure, putting up shelves, and generally organizing, as we make the transition to working out of the barn where the new cooler has been completed. August marks the beginning of a new round of intensive planting in the field, as we begin to sow all of the cool weather crops such as spinach, radishes, turnips, arugula and other mustard greens, for the fall harvest. We are also still busy planting lettuces, brassicas, and chicories in the greenhouse. This week we will be trying to transplant broccoli, cabbage, and cauliflower plants that we started in late June. Tomatoes are starting to come in a bit heavier now and I believe there will be enough for at least one or two per share in the distribution this week. Very soon I expect the flood gates to open and we will have large quantities of tomatoes to ship. The share for this week will be:

White onions, peppers, eggplant, carrots, haricot verts, tomatoes, sweet corn (conventional), choice of fennel or celery, and choice of an herb. Enjoy! Farmer John



These are the greenhouses where the tomatoes were started.

CSA Pot Luck
Save the date!
Saturday, September 20th
Details to follow.

Fennel

Fennel is an herb that grows wild in much of temperate Europe, but is thought to have originated along the Mediterranean shores. It is a relative of parsley. You may be familiar with fennel seeds, but we will be getting the bulb.

Fennel has been used for medicinal purposes for thousands of years. It's history includes use as an eye wash, and is used today as a tea, to relieve

gas pains and stomach cramping. It had a place in Chinese and Hindu culture as a snake bite remedy.

Raw fennel is a good source of dietary fiber and Vitamin C. It also contains some calcium, iron and Vitamin A.

The top of the fennel looks a bit like dill, while the bottom resembles celery stalks. The base is not a true bulb, but

tightly packed fennel leaves.

You can use the tops to add flavor to fish, pork, or lamb dishes, while the stalks can be used like celery.



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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Gina Donath

Lisa Thornton,

Judy Chin

Second Shift 5:00pm-7:30pm

Karen Platt

Marcee Rogers

Jennifer Perkins.

Quick Tips

- To freeze extra peppers, simply wash, then dry well. Chop to whatever size you want for future recipes, and then place them in a freezer bag for the future. That's it!
 - A fresh fennel bulb will last in the refrigerator for only a few days. Keep it whole, with the stalks on until ready to use.
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Question of the Week

Where is your favorite outdoor family place in New Jersey?

Email **A n d r e a** (alpolonsky@aol.com or Katie (katieb430@verizon.net)

Eggplant Parmesan

This recipe freezes well for future eating!

Ingredients:

2 medium – large eggplants
olive oil
flour
salt & pepper
2 cups (minimum) of tomato sauce
½ lb grated mozzarella cheese
Parmesan cheese

Basil leaves (optional)

Method:

Preheat oven to 350°

Peel eggplants if skin is thick, and cut into ½ inch slices. Dredge in flour, shaking off excess.

In large skillet, heat 3 Tbsp. oil. Cook eggplant slices in hot oil in batches. Cook 3-4 minutes per side until browned. Season with salt & pepper while cooking. Drain slices on paper towels when done, while cooking the next batch. Add more oil to the pan as needed.

In baking dish, coat the bottom with tomato sauce. Then arrange one layer of eggplant slices, more sauce, then cheese. Repeat layers. Add basil if desired.

Bake 20-30 minutes or until cheese has fully melted, and sauce is bubbly.

NOTE: You can do a low fat version by simply coating the slices in breadcrumbs or flour, layering with the sauce and parm. Cheese, and then baking it for about an hour before adding mozzarella cheese to the top, and then baking until all the cheese has melted.

Tomato Salsa

Simple and spicy.

Ingredients

1 large or 2 small tomatoes, chopped
1/2—1 jalapeno pepper, diced
2 slices of sweet onion, chopped
2 Tbsp fresh chopped cilantro

1tsp lime juice (optional)

1/4 sweet green pepper (optional)

Method

Mix all ingredients together into small bowl and let sit for several hours or overnight. (I told you it was simple!)

Serve with chips, or use in your favorite taco or quesadilla recipe.



Question of the Week: Getting Kids to Eat Veggies

Here are some of the results from last week's question **How do you cook veggies so your kids will eat them?**

Tip #1. Sue suggests mashing some cauliflower in with the potatoes when making mashed potatoes.

Tip #2. Sue also says that in her house, vegetables get eaten in salsa in the summer (see recipe above), and in soups in the winter.

Tip #3. Fresh raw veggies can be cut up and might be enticing when paired with dip.

Tip #4. Sara suggests: Grate some veggies into cupcakes or muffins. Most kids love zucchini bread or carrot cake without realizing they are eating vegetables.

Tip #5. Sara also found a great website to

check out: www.thesneakychef.com for great ideas on sneaking nutrition into foods. The following is only one of many free recipes to be found.

Use 2—4 Tbsp of this “white puree” from the website added into the cheese sauce of mac and cheese.

2 Cups cauliflower, cut into florets
2 small to medium zucchini, peeled and rough chopped.
1 tsp fresh lemon juice
1-2 Tbsp water, if necessary

Steam cauliflower in a vegetable steamer over about 2 inches of water using a tightly-covered pot, for about 10-12 minutes until very tender.

While waiting for the cauliflower to fin-

ish steaming, start to pulse the raw peeled zucchini with the lemon juice only (no water at this point). Drain the cooked cauliflower. Working in batches if necessary, add it to the pulsed zucchini in the bowl of the food processor with one Tbsp. of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom.

Leftover puree can be frozen into 1/4 cup batches in freezer bags.

Next Week's Question: Where is your favorite outdoor family place in New Jersey?

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

www.westfieldareacsa.com