



# Westfield CSA Newsletter

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Volume 2, Issue 10

August 21, 2008

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## Farm News

Hi Folks,

The mild summer weather continues, leaving me with little to complain about on that front! We could use some rain though, as the scattered thunderstorms we experienced this past week came and went quickly and served only to interrupt our field work. Much of the crew's time this week was again spent on bean picking. The rattlesnake pole beans have begun producing and the early bush beans are still providing a third and final harvest. Expect to receive a double dose in the share for this week. Beans freeze well, but need to be blanched in boiling water or steamed for a minute or two, to destroy

enzymes which breakdown the vitamins. After blanching plunge them into cold water and then place them in zip lock bags to freeze. We have hit a gap in our lettuce production at present with the next planting still a couple of weeks from harvest. I have tried to obtain some from other local farms, but everyone seems to be in the same boat, there just isn't any local lettuce available. Other greens too are in short supply. My Swiss chard beds have been over cut and need to rest and regenerate a bit and the kale has been decimated by both a pesky insect called the flea beetle and a pesky mammal known as a ground hog. I have been addressing both issues and with

cooler weather ahead the plants should begin to again produce good quality leaf. I am also busy planting spinach, arugula, and other mustard greens which we will start to harvest in about 5 weeks. This past week we planted thousands of broccoli, cabbage and cauliflower seedlings which will be ready in mid October and into November. The share for this week will be: Potatoes, onions, carrots, peppers, tomatoes, string beans, garlic, either summer squash or eggplant, and choice of basil or parsley.

Enjoy!

Farmer John

## CSA Update

Shift assignments for next week:

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

*Tricia Mullaney*

*Valerie Roger*

*Kristen Bartok*

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

*Sara August*

*Audrey Dill*

*Sonja Sekely*

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## Quick Tips

If your tomatoes are not quite ripe at the time of pick up, let them sit for a few days on a counter or windowsill.

The CSA corn delivery is not organic but it is not GMO. To ensure that it is not GMO, the farmer tests regularly.

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## Know Your CSA!

Farmer John has many people who work with him to make the CSA run smoothly. One very important individual is

Richard, who delivers the vegetables each week. As the deliveries get larger, his job gets harder! If you get to the

site early enough to meet him, be sure and say hello!



Richard unloading vegetables at Temple Emanu-El, Week Six

## Next Week's "Question of the Week":

A great autumn day trip is to one of the many pick-your-own farms in the area. Share with us your favorite location for pick your own pumpkins, apples and other produce.

Email Katie @ [katieb430@verizon.net](mailto:katieb430@verizon.net) or Andrea at [alpolonsky@aol.com](mailto:alpolonsky@aol.com).

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## Gazpacho

At some point this summer, you will look in your crisper and realize you have all the ingredients for the perfect summer meal: Gazpacho. This recipe from the Joy of Cooking is easy to make and can be adapted depending on what vegetables you have available. Serve for lunch or add a side of thick crusty bread to make a light dinner.

### Recipe:

Finely chop, but do not puree, in a food processor or blender:

- 1 medium cucumber, peeled, seeded, and coarsely chopped

- 1 medium green bell pepper, coarsely chopped

Remove to a large bowl. Finely chop in the processor:

- 1 small onion, coarsely chopped\*\*
- 1/3 cup packed fresh parsley leaves

Remove to the bowl. Add to the processor and finely chop:

- 2 1/2 pounds ripe tomatoes, peeled, seeded, and coarsely chopped

Removed to the bowl. Add:

- 1 cup tomato juice
- 1/4 cup red wine vinegar
- 3 TB olive oil
- 2 cloves garlic, minced\*\*
- 1 fresh jalapeno pepper, seeded, minced, or a dash of hot pepper sauce (optional)

Stir well. Refrigerate for at least 2 hours. Serve in chilled bowls.

\*\* When these ingredients are fresh and raw they can add quite a punch! You can add more or less to taste.

## Babaganoush

### Ingredients

- 2 lbs eggplant
- 1/4 C lemon juice
- 1/4 C tahini
- 1 clove garlic, minced
- 1/4 C finely minced onion
- Pepper & salt if desired

- 1 Tbsp olive oil
- 2 Tbsp minced parsley

### Procedure

Prick eggplant with fork and place on baking sheet. Broil for approximately 20 minutes. Turn occasionally so skin chars on all sides. Let cool.

When cool, scoop out inside and place in bowl. Mash with tahini, lemon juice, garlic, salt & pepper. Cover and refrigerate.

Before serving, sprinkle with oil and minced parsley. Serve with pita slices, or fresh veggies for dipping.

## Question of the Week: Favorite Outdoor Family Place

Here are responses from last week's "Question of the Week": *Favorite Outdoor Family Places.*

#1. Several people mentioned the Watchung Reservation for easy family hikes, and the newly renovated Trailside Museum has been given great reviews. If you haven't been in a few years, it is worth a look.

#2 Longstreet Farm at Holmdel State Park. Longstreet Farm is a working 1890's period farm, where you can help milk the cows, watch the horses pull the plows in the fields, or tour the farm house. Picnic in the park before or after.

The next three listings are all in northern New Jersey and have great hikes and

more.

#3. High Point State Park

<http://www.state.nj.us/dep/parksandforests/parks/highpoint.html>

#4. Norvin Green State Forest [http://www.stateparks.com/norvin\\_green.html](http://www.stateparks.com/norvin_green.html)

#5. Wawayanda State Park <http://www.stateparks.com/wawayanda.html> has hiking, camping, swimming and boating

Thanks for all the responses everyone!

**Next Week's Question:** Share with us your favorite pick your own locations!

Email Katie ([katieb430@verizon.net](mailto:katieb430@verizon.net)) or Andrea ([alpolonsky@aol.com](mailto:alpolonsky@aol.com)).

### Site News

- If you would like to bring an extra bag, we can weigh green beans or other produce directly into your own bags – thus saving plastic.
- If someone is picking up for you, please remind them to bring their own bags
- If you get a fruit share, but share your veggie share, please remember to pick up your fruit anyway! Or, have your partner do it for you.
- **CSA Potluck is September 20th.**