



Westfield CSA Newsletter

Farm News

Hello Everyone!

As I predicted the bountiful rain of last weekend has worked miracles on my fields. The fall brassicas and lettuces are growing spectacularly and the many thousands of seeds I planted before the storm have germinated nicely. I am taking advantage of the moist soil to continue planting more radishes, turnips, spinach, arugula and other mustard greens. Very soon I will have finished planting the last seeds of the season (with the exception of cover crop seed!) and I will be able to turn my attention to harvesting the acres of potatoes and winter squash which will soon be ready. We are still transplanting lettuces, escarole, endive, and radicchio but the last of those will be in the ground within the next 2 weeks. We have harvested the last of the melons and there will be enough for distribution once

Edamame

Farmer John mentioned in his newsletter that the edamame is coming soon, so we thought this would be a good time to discuss this delicious and simple to prepare vegetable.

The Japanese name edamame literally means "twig bean", and is a reference to the short stem attached to the pod. This term originally referred to young soybeans in general. Over time, however, the

prevalence of the salt-boiled preparation meant that the term *edamame* now often refers specifically to this dish. Typically, the pods are boiled in water together with condiments such as salt, and served whole. To eat, you simply squeeze the beans out of the pods with your fingers, or your teeth!

A quick recipe is to boil the beans, whole, for 7-10 min-

more this week. There are mostly cantaloupes, honeydews and canary melons and they are a little smaller than and perhaps not as sweet as the earlier ones. We are shipping celery again this week and, as you may have noticed from the previous delivery, they are a little different than what you are accustomed to buying at the supermarket. The outer stalks have a very strong flavor and are not especially tender; these are great for cooking in soups or stews. The inner heart should be acceptable for eating raw in salads. We have begun harvesting wax beans although not in huge quantities just yet, so there will be a smaller quantity in the share for this week. Lima beans and edamame soybeans in 2 weeks! The share for this week will be: Red lettuce, tomatoes, peppers, eggplant, white onions, garlic, wax

beans, choice of celery or fennel (mostly celery), beets, melons, sweet corn (non-organic) and choice of an herb.

Enjoy!

Farmer John

Remember!!!

New Pick up Location This Week!!!

Starting this week, we will be picking up at the First Congregational Church at 125 Elmer St in Westfield. This is the same church we picked up at a few weeks ago. We will be in a different room, but if you park in the lot behind the church, there will be signs. We will stay at the First Congregational Church until the end of the season.

Many thanks to Temple Emanu El for their generosity and excellent hospitality.

utes, until tender. Drain and rinse under cold water to stop the cooking process. Toss with 1 tsp kosher or sea salt and serve!

You can also roast edamame in the oven. Toss the beans with oil and salt. Heat the oven to 375 and roast 12-15 minutes until tender. Keep any leftovers as a quick, healthy snack in the fridge.

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Dana Richter

Lilly Flint

Debbie Naha

Second Shift 5:00pm-7:30pm

Elizabeth Miller

Andrea Gelber

Joan Dickason

Quick Tip

Have you got some unwanted flying visitors in your kitchen? Fruit flies can be a real pest once they settle in. Remember to clean well and store ripe fruit in the refrigerator. If that doesn't work, try this homemade trap to remove them once and for all!

Make a fruit fly bowl trap:

Put a piece of old skinless fruit and some wine, or some balsamic in a bowl (think like the flies: what do you want for dinner?).

Cover the bowl tightly (no wrinkles) with plastic wrap.

Poke many small holes in the plastic with a fork. The fruit flies go in and can't get out (if the holes are too big they will fly back out).

Black Bean & Tomato Quinoa

Quinoa is a whole grain that can be found at Trader Joe's and most supermarkets.

This recipe is adapted from Gourmet magazine.

Ingredients

2 tsp grated lime zest
2 Tbsp fresh lime juice
2 Tbsp olive oil
1 Tbsp canola oil
1 tsp sugar

1 C quinoa
1 (15 oz) can of black beans, rinsed and drained.
2 medium tomatoes, diced
4 scallions, chopped
1/4 C fresh cilantro

Method:

Whisk together lime zest and juice with oils, sugar, 1/2 tsp salt and 1/4 tsp pepper in large bowl.

Prepare quinoa according to package directions.

Add quinoa to dressing in bowl, and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Don't Forget !!!

Pot Luck Dinner this Saturday September 20th.

Herbed Summer Squash and Potato Torte

This recipe was originally from Bon Appetit magazine. It is easy to assemble (although my directions sound complicated!) The recipe makes two pans so eat one tonight and freeze the other for another day.

Ingredients:

1 bunch green onions, thinly sliced
1 cup grated Parm cheese
2 TB all purpose flour
1 TB chopped fresh thyme
1 1/2 tsp salt
3/4 tsp pepper
2 lbs potatoes, peeled, cut into 1/8 inch

thick rounds
12 oz yellow crookneck squash, cut into 1/8 inch rounds
6 tsp olive oil
Preheat oven to 375. Grease two 8" cake pans.
Set aside 1/4 cup green onion. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.
Layer 1/6 of potato in concentric circles in bottom of prepared pan, overlapping slightly. Layer 1/4 squash in concentric circles atop potatoes. Drizzle with 1 tsp oil. Sprinkle with 1/6 of cheese mixture.

Repeat with 1/6 of potatoes, then 1/4 of squash and 1 tsp of oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 tsp oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten.

Repeat with other pan.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil, bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer.

Cut each torte into wedges, sprinkle with 1/4 cup green onion. Serve.

Question of the Week: Salad Tips

Here are some of the results from last week's question **What's your favorite way to prepare a salad? How do you dress up your lettuce?**

We've got a few delicious ideas for making ho-hum salad into something yummy!

1. Serve salad into bowls. Top with dried cranberries, chopped walnuts, and some goat cheese. Top with raspberry

vinaigrette.

2. Serve salad into bowls. Top with crumbled gorgonzola cheese, thin slices of apple and balsamic vinaigrette.

3. Here's a twist on a classic "Israeli" salad taken from "The Gourmet Jewish Cook" by Judy Zeidler.

Dice the following: 4 tomatoes, 2 cucumbers, 1 green bell pepper, 1 red bell pepper, 1 small red onion, 10 green or

black olives. Toss these in a bowl. Sprinkle with 1/2 cup olive oil and 2 tbsps lemon juice. Toss all ingredients together. Season with salt and pepper.

Have questions or comments? E-mail Katie (katieb430@verizon.net) or Andrea (alpolonsky@aol.com)

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