



Westfield CSA Newsletter

Farm News

Hi Everyone,

We've enjoyed spectacularly beautiful weather these past 2 weeks but now we are in need of rain once again. There is a chance for some showers at the end of this week, meanwhile it's back to moving the sprinklers around! Most of the seed I have been planting these past 2 weeks has germinated well, and I continue to plant, at least for a few more days. The fall transplants are growing well, except for some ground hog damage in one part of the field. We will begin to have more greens very soon- arugula and other mustard greens in 2 weeks and spinach soon after. We reached the peak of the to-

mato harvest last week and now production has dropped off sharply. There is almost no fruit left in the fields, but I hope to continue harvesting from the greenhouse planting for a few more weeks, albeit in lower quantities. We pulled the last of the melons out of the field this past Saturday and it looks like there will be enough for one more round! We are at a lull in bean production- the edamame soybeans and limas are not quite ready, and the string beans have petered out. Since fall has officially arrived we will start delivering winter squash this week beginning with spaghetti squash. The share for this week will be: Carrots,

spaghetti squash, Yellow Finn potatoes (similar to Yukon Golds), lettuce, tomatoes, peppers, eggplant, choice of kale or Swiss chard, melons, choice of an herb, and ground cherries.

Enjoy!

Farmer John

Reminder
Don't forget to return your empty ground cherry and cherry tomato containers.

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Lisa Ellis

Debbie Naha

Kirti Malik

Second Shift 5:00pm-7:30pm

Kim Ellner

Sarah Schaefer

Christina Oztan

Quick Tip

Store your potatoes in a brown paper bag. Make sure they are completely dry before storing. If necessary, lay them out on paper towels to dry completely before storing.

Winter Squash

Winter squash is really a misnomer, as these delicious treats are grown in the summer. They are edible well into the winter, however, thanks to their ability to last for months in storage.

Of all the winter squash varieties, Butternut Squash will last the longest, sometimes even into the next spring when stored properly!

To store winter squash, place them in a cool, dark place. I stored mine in my attached garage in cardboard boxes. They lasted for months—long after our last CSA delivery!

Be very careful, however, that none of the squash you store has any blemishes or soft spots. One bad squash can spoil the whole batch.

Spaghetti squash, part of our delivery this week, is so named because of the texture of the fruit. When boiled or baked, this yellow skinned



Spaghetti Squash

squash has a golden, stringy flesh that makes it a favorite as a spaghetti replacement for people trying to eat fewer carbs.

We can also expect to get some other winter squash that you might not be familiar with.. Delicata squash are



very tasty, with a pulp that has a taste similar to sweet potatoes.

Sweet dumpling squash look a bit like squashed cream colored pumpkins. They are mildly sweet and great for individual servings.

Look for these and other varieties in the weeks to come.



Sweet dumpling squash

Bermuda Salad

Danielle made this recipe for the CSA potluck, and it was a big hit. It comes from the Moosewood Cookbook by Mollie Katzen

Ingredients:

6 TBS olive oil
3-4 TBS red wine vinegar
1 ¼ tsp salt
2 medium cloves garlic, minced
Fresh black pepper
1 ½ cups thinly sliced red onions
3 cups boiling water

1 ½ lbs green beans, trimmed
1-2 cups packed grated cheddar cheese

Method:

1. Combine oil, vinegar, salt, garlic and pepper in a medium bowl.
2. Place sliced onions in a colander in sink and slowly douse with boiling water. Drain well and transfer to marinade, mixing well.
3. Steam green beans until just tender,

transfer to colander and refresh under running cold water. Drain well and add to marinade, along with cheese. Mix gently.

4. Marinate several hours refrigerated or at room temperature.

Don't Forget !!!

We moved. Pick up is at the First Congregational Church on Elmer St.

Vegetable Lentil Soup

This recipe is from Gourmet magazine. It requires lots of chopping, but is relatively easy. I generally double the recipe when I make it, because it goes very quickly!

Ingredients:

2 Tbsp olive oil
1 medium yellow squash, cut into 1/2 inch cubes.
1 medium onion, chopped
1 garlic clove, chopped
1/4 tsp. curry powder
1/2 Cup lentils, picked over and rinsed
3 cups of water

1 1/2 cups chicken broth
1 cup packed escarole or spinach leaves, washed well, spun dry and chopped
2 plum tomatoes, peeled and chopped
1/4 cup chopped fresh parsley leaves
1 tsp red-wine vinegar
Freshly ground black pepper.

Method

In a large saucepan heat 1 Tbsp oil over moderately high heat until hot but not smoking and sauté squash, stirring occasionally until golden. Transfer squash to a bowl. Add remaining tablespoon oil to

pan and cook onion, stirring occasionally until just tender. Reduce heat to moderate. Stir in garlic and curry powder and cook, stirring, 1 minute.

Add lentils, water, and broth, and simmer 20 minutes, or until lentils are tender. Add squash and remaining ingredients except pepper and simmer 3 minutes. Season soup with salt and freshly ground black pepper.

Serves 2 generously.

Member's Forum

Debbie writes: Has anyone had a problem with mold on veggies lately? Both the cantelope and cherry tomatoes developed a white mold after only 2 days sitting on the countertop.

Farmer John responds: "I've never seen white mold on cherry tomatoes and rarely on the melons. Both of these items have to be picked when they are ripe in the field and can't be "fresh picked" for delivery. In the case of the melons we have

been refrigerating them to keep them from rotting before we can ship them. This causes them to sweat when they are in transit and this is probably what is allowing the mold to get started. If the melon is ripe when it is received it should be refrigerated. I apologize and please let me know if this is a widespread problem or an isolated incident."

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

www.westfieldareacsa.com
