



Westfield CSA Newsletter

Farm News

Hi Folks,

We received some much needed rain this past weekend that has helped to germinate my final (almost) round of seed planting and enables the fall lettuces and brassicas to continue growing beautifully. Now I'm hoping for a nice warm Indian summer to allow a late planting of beans and zucchini to begin producing; at least for a week or two. We are transitioning back to the cool weather crops, such as broccoli (in 2 weeks) and the fall treats like winter squash and parsnips, but for now we will continue to enjoy the last of the summer veggies. I just returned from the Garlic Festival in Saugerties,

NY where thousands of garlic lovers gather each fall to share their passion for this unusual and almost magical vegetable. There are a multitude of garlic growers in this part of New York and many attend to sell their harvest. I bought about 200 lbs. of seed stock for planting later this month; and ate enough garlic adulterated food to give me bad breath for the rest of the week! My challenge for this week will be fixing the potato digger that broke down last week. My mechanic made a temporary repair on it, but as he predicted it didn't hold very long (30 row feet). However, with the help a

dealer in Western PA was able to come up with the right parts to make the repair. In the meantime we may have to dig some the old fashioned way-with pitch forks! The share for this week will be: Butternut squash, garlic, potatoes, red onions, choice of lettuce or endive (frisée), peppers, eggplant, and choice of radishes or Chioggia beets, tomatoes, choice of edamame soybeans or string beans, and choice of kale or Swiss chard.

Enjoy!

Farmer John

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Second Shift 5:00pm-7:30pm

Quick Tip

Many vegetables we have been receiving in abundance freeze well. Wash, chop and dry well your carrots, peppers and squash. Store in a freezer safe plastic bag.

Genetically Modified Food

I was interested in learning a little more about genetically modified food (GMF) and found this interesting information on the internet.

GMF is not a new concept. We have been "genetically modifying" everything from food to dogs for many centuries; but in the past, the only tool has been selective breeding. For example, if you wanted to create a breed of corn with resistance to a certain fungus, you would plant a plot of corn and see how indi-

vidual plants did with the fungus. Then you would take seeds from the plants that did well, plant them, look at their performance against the fungus... and so on over the years until you had created a strain of corn plant that had very high resistance to the fungus in question. In this way also, we created the domesticated dog (after thousands of years) from the wolf.

The difference today is that genetic engineering techniques now allow scientists to

insert specific genes into a plant or animal without having to go through the trial-and-error process of selective breeding. Genetic engineering is therefore extremely rapid compared to selective breeding. With genetic engineering, you can also cross species very easily (for example, you can create a plant that produces human insulin).

There are a variety of techniques used to modify plants and animals through genetic engineering. For example,

there is a widely used herbicide called Roundup, made by Monsanto. Roundup kills any plant that it touches. Monsanto has genetically modified soybeans and other crop plants to create "Roundup Ready" strains that are not affected by Roundup. By planting Roundup Ready seeds, a farmer can control weeds by spraying Roundup right over the crop. The crop completely ignores the herbicide, but the weeds are eliminated. Roundup Ready seeds reduce production costs and

Gingered Spaghetti Squash

We will be receiving lots of winter squash in the upcoming weeks. We had this recipe for Thanksgiving last year, and then again at Christmas! If you store your squash in a dark, dry, cool place, they will keep for months. What a treat to have John's vegetables weeks after the season had ended!

Ingredients:

1 spaghetti squash, cut in half, deseeded
2 TB butter
1 TB honey
1/2 TB minced ginger
Salt and pepper to taste

Method:

Pre-heat oven to 375 degrees. Place squash, skin side down, on baking dish and add the butter, honey, ginger and seasonings.

Bake for 45 to 60 minutes until squash is al dente. Do not overcook the squash. It is best if the squash has a little crunch, it makes it easier to shred.

Pour out the butter sauce into a small bowl. Using a fork, score the pulp and remove the strings. Place in a large bowl. The squash will "shred" into strings that look like spaghetti (hence the name).

Pour the butter sauce into the bowl with squash according to taste. You may not need all the sauce (I usually omit some of the ginger for the final dish and just return the liquid.)

Add salt and pepper to taste.

Roast Your Seeds!

Most people know to roast pumpkin seeds but you can also roast the seeds of all other winter squash as well. Clean the seeds of all pulp, toss with salt and lay flat on a baking sheet. Bake at 375 until brown. Watch that they don't burn!

Grilled Eggplant

My brother-in-law made this for us on vacation this summer. What an easy and delicious way to prepare eggplant.

Ingredients

Eggplant (expect one eggplant per couple)
Garlic—sliced into very thin rounds
Feta Cheese—slice into thin pieces
Oregano
Olive Oil
Salt & Pepper

Method

Cut an eggplant in half lengthways.

Cut several small slits in the pulp.

Slip very thinly sliced garlic rounds into the slits.

Brush pulp side liberally with olive oil. Sprinkle with oregano, salt and pepper.

Cook on grill, skin side down, until bubbling and pulp is very tender.

Remove from grill and immediately slip very thinly sliced pieces of feta cheese

into slits with garlic. If necessary, cut additional slits for cheese. Let cheese melt slightly.

Serve eggplant in the skin. Simply eat the pulp right out of the skin with a spoon.

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

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GMO—Continued from first page

increase yield, so food becomes less expensive. Other scientists have inserted genes that produce a natural insecticide into corn plants to eliminate damage from corn borers, and a variety of anti-fungal genes can be inserted as well. The list goes on and on -- there really is no limit to what can be done.

There are potential advantages to the

modified products, which is why they have been developed. However, genetic modifications may have significant unforeseen consequences, both in the food product and its environment. Issues of concern include: 1) the capability of the GMO to escape and potentially introduce the engineered genes into wild populations; 2) the persistence of the gene after the GMO has been harvested;

3) the susceptibility of non-target organisms (e.g. insects which are not pests) to the gene product; 4) the stability of the gene; 5) the loss of biodiversity; and 6) increased use of chemicals in agriculture.