



Westfield CSA Newsletter

Farm News

Volume 2, Issue 17

October 9, 2008

Hello Everyone, An unexpected frost this past Friday dashed my hopes for a late season harvest of string beans and zucchini. It was a very light frost but it was enough to burn the leaves of the peppers and eggplant as well. Today, Monday we harvested all of the remaining fruit from these two crops, in anticipation of another (predicted this time!) frost tonight. Depending on how they hold up, we may have enough for distribution for two more weeks. The parts for the potato digger did not arrive until this afternoon but I was able to complete the repair just as darkness fell. I was forced to make a last minute substitution of sweet corn for potatoes last week, for the Wednesday and Thurs-

day groups, as we ran out of potatoes. Tomorrow we can resume the potato harvesting and I expect to have an abundant supply for the rest of the season. While it is sad to see the summer crops go, the cool weather crops are thriving and broccoli, cabbage, and cauliflower will soon be in the shares.

The share for this week will be: Lettuce, white onions, parsnips, choice of arugula or turnip greens, Sweet corn (Tuesday groups) or potatoes (Wednesday and Thursday groups), peppers, eggplant, celery, delicata squash and choice of an herb.

Enjoy!
Farmer John

PS. For those getting the fruit share, you will be getting Cortland apples and Hardy Siberian Kiwi.

Farmer John has this to say about these unusual fruit: "The kiwi is eaten like a grape-without peeling. It can be eaten immediately but is at it's sweetest when it is very soft and the skin begins to get dark and wrinkly. It will hold up for a couple of weeks under refrigeration and will ripen rapidly at room temperature.

It is amazingly nutritious; with more vitamin C than oranges, more potassium than bananas and more vitamin E than avocados.

CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Kim Studlack

Dana Richter

Jennifer Richter

Second Shift 5:00pm-7:30pm

Stacy Chapel

Tej Phatak

Jessica Orr

Reminder

This week's fruit share is a full share. Next week is the final week for fruit, and will be a half share of fruit.

Herbs

While we are all familiar with the more common herbs, such as basil, oregano, and parsley, we've been getting some more unusual herbs in our shares lately. This article will hopefully help you out when you come across a strange bunch of greens in the herbs box.



Savory, seen below, is used in beans, as well as for seasoning chicken dishes, stuffing, and even sausages! There are two distinct types of savory—summer and winter. Summer is milder, and works well with lighter fare. Winter savory

works well in heartier stews or with recipes using dried beans. Mince fresh summer savory and mix with garlic, bay and lemon for a fish marinade.

That herb with the small green leaves and tiny white flowers is sweet marjoram. Sweet marjoram may be similar to oregano botanically, but it



has a slightly minty, lemony taste. Marjoram can be used to enhance salad dressings, sauces, soups and poultry. Try adding a bit of fresh marjoram at the end when making your favorite cheese, egg, tomato or bean dishes. If you decide to dry your marjoram for use later, be aware that it is one of the few herbs whose flavor actually intensifies when dried.

Vegetable Curry

CSA member Debbie gave us this recipe, and says it's a great way to use up all those eggplant in the fridge. Feel free to experiment with variations on the vegetables for your own take on this recipe.

Ingredients:

2 cups eggplant cubes (don't need to peel)
1 sweet potato or white potato, cubed
1-2 bell peppers, chopped
1 onion, chopped
Olive oil
4-5 cloves garlic, minced

1 teaspoon ground turmeric
1 tablespoon curry powder
1 teaspoon ground cinnamon
1 1/2 teaspoons salt
1/2 to 3/4 teaspoon cayenne pepper
1/4 cup blanched almonds
1 zucchini, sliced
1/4 cup raisins
1 cup orange juice

Method:

1. In a large pot place eggplant, potato, peppers, onion, and 1/4 cup olive oil.

Stir and sauté over medium heat for 10 minutes.

2. In a small pot place 1/4 cup olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper. Sauté gently for 3 minutes.

Pour spice mixture into the large pot of vegetables. Add the almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.

Sleepy Lettuce Soup

Here's another member donated recipe, in case you have had enough salad for the season. This recipe is from the book "You Are What You Eat" by Dr. Gillian McKeith

Ingredients:

1tbsp. olive oil
1 large onion, chopped
1 garlic clove, crushed
450g (1lb) potatoes, peeled and cut into 1" cubes
2 tsp vegetable bouillon powder
8 tsp millet
1 large romaine lettuce, roughly shredded
4 tbsp chopped fresh chervil or parsley

Method:

Heat the oil with a little water in a large saucepan. Add the onion and garlic and cook for 3-4 minutes, stirring occasionally.

Add the potatoes and cook for 2 more minutes

Add 1 liter water (4 cups), together with bouillon powder and millet. Bring to boil, then lower the heat and simmer for 15 minutes, or until the vegetables are tender when pierced with a knife.

Add the lettuce and cook for 2-3 minutes or until just wilted.

Allow to cool before blending in a food processor or with a hand-held blender until smooth along with 2 tbsp. of the fresh chervil or parsley.

Return to the pan to reheat, adding a little water if necessary.

Divide between warmed soup bowls and serve garnished with remaining fresh chervil or parsley.

Serves 4 generously.



Member's Forum

CSA member Lisa has a great idea for all those eggplants:

Slice the eggplant as you would for making parmesan. Dunk each slice in Italian dressing, then dredge in breadcrumbs.

Liberally oil a baking sheet or jelly roll pan. Place the eggplant slices in one layer on the baking pan, and bake at 375 for about 30 minutes. Check the slices, and flip over to ensure even browning. If

necessary, use spray oil to spray the tops of the slices to be sure they brown nicely. Cook for another 30 minutes or until they are browned on both sides. Let cool in the pan to room temperature, then place in the freezer. Once frozen, place slices in a plastic bag, and save for the future. Reheat for a quick side dish, or use the slices later for making eggplant parmesan.

Using Italian dressing instead of the

usual egg wash gives the slices an added zip.

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

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