



Westfield CSA Newsletter

Farm News

Hello Folks,

This past week we transplanted the last of the lettuces and planted the last seeds for crops to be harvested this year. We have almost finished harvesting the winter squash, with only some spaghetti squash left to gather. The only major harvest left is the potato crop which we will be digging over the next week or two. We began digging some of the potatoes planted in my new field and they are large and beautiful, so the hours of work invested in battling the grasses there has proved worthwhile. I am preparing ground to plant cover crops and for garlic, which we will be planting in early No-

vember. We still have some peppers and eggplant left, but this will be the last week for these crops. Broccoli is beginning to form heads so I expect we will have sufficient quantities for distribution next week. We will be shipping pumpkins this week. There will be a choice of one large or two small pumpkins; some of the large ones will be ornamentals and some with grey or flesh colored skins which are good eating. All of the small pumpkins are good to eat or can be used for decoration. The share for this week will be: Potatoes, eggplant, peppers, garlic, Chinese (Napa) cabbage, Romaine lettuce, radishes, white acorn

squash, choice of pumpkins, choice of two greens (arugula, tatsoi, mustard greens, escarole, endive,) choice of an herb (dill, cilantro, parsley).

Enjoy!

Farmer John

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CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Shelly Brown

Erin Romano

Toby Feldman

Second Shift 5:00pm-7:30pm

Heather Hays

Kim Ellner

Ellen Haggerty

Fruit Share

Please note that this week will be the last week for the fruit share and it will be a half-share. It will consist of kiwi berries and Devoe pears, a unique variety developed by the grandfather of the grower. It is recommended as being delicious with cheddar cheese

Parnips

I had never had a parsnip until I joined the CSA last year and now they are one of my favorite winter vegetables. The Joy of Cooking has the following information about this less familiar vegetable:

Parsnips are a root vegetable that look like large cream-colored carrots and are as sweet as carrots, but they have a delightful spicy nip beneath the sweetness. Their cooked texture is like potatoes. Select small to medium

roots (large parsnips can have woody cores) that are crisp, plump and unblemished. Store them in perforated plastic bags in the refrigerator crisper. I wouldn't guarantee this but mine lasted for weeks. To prepare, peel before using. The dense core will soften when cooked unless it is very tough, in which case the thickest part of the core should be cut out and discarded.



Farm Tour—10/19/08

One of John's other CSA groups has requested another opportunity to tour the farm. This is very last minute, but John has offered to guide a tour this Sunday 10/19 at 2:00pm. He realizes that some members were unable to make the spring event and would like to give them a chance to visit if they are available. Next year he would like to make this a more substantial event. In addition to touring his farm, John suggests other farms in the area that you could visit on the same day. Race Farm off Route 521 in Blairstown does apple picking. Lentini Farm on Route 94 near Newton has a corn maze (maize!).

Parsnips & Celery Root

This was a great versatile recipe that I used last year. If you don't have both parsnips and celery root in the fridge, try substituting turnips or another root vegetable.

Ingredients:

- 4 TB butter
- 1 cup chopped onion
- 2 lbs parsnips, peeled, cut into 1/2" cubes
- 1 1/4 lbs celery root (celeriac), trimmed, peeled, cut into 1/2" cubes (about 2 cups)
- 1 1/2 cup broth

- 1/2 milk, cream or 1/2 and 1/2
- 1/2 tsp nutmeg
- 1/2 cup minced fresh celery leaves

Method:

Melt butter in heavy large skillet over medium-high heat. Add onion and sauté until almost tender, about 4 mins (do not brown).

Add parsnips and celery root and toss to coat. Add broth, cream, nutmeg and bring to a boil.

Reduce heat to medium. Cover tightly and simmer until parsnips and celery

root are tender and liquid is almost absorbed (about 10 mins). Stir occasionally and add water by TB's if mixture gets dry.

Season to taste with salt and pepper.

Can be made one day ahead. Cover and chill. Rewarm vegetables over low heat, stirring often, until heater through before continuing.

Stir in celery leaves. Transfer to bowl and serve!

False Mahshi: Layered Swiss Chard, Beets, Rice and Beef

When working my shift last week I heard two CSA members discussing this recipe out of the Sunday NY Times. Both had tried it and loved it. Hope you find the same success! Please note—one member found it necessary to cook the rice longer than the directions stated. Don't be surprised if this happens to you. You could also try a vegetarian version by omitting the beef.

Ingredients

- 1 1/2 cups long-grain jasmine rice
- 2 lbs rib-eye steak, cut in 1-inch cubes
- Salt and coarsely ground black pepper
- 6 TB vegetable oil
- 2 large onions, peeled and diced
- 2 large beets (about 1 lb), peeled, 1 cut into 1/2" dice and one grated
- 1 pound Swiss chard, leaves left whole and stems cut into 2-inch pieces
- 8 teaspoons sugar, or as needed
- 4 tablespoons fresh spearmint leaves
- 1 teaspoon dried mint

4 cloves garlic, peeled and finely diced

Juice of 3 lemons (about 1/2 cup), or as needed.

Method

1. Place rice in a mixing bowl and cover with water. Stir, drain off cloudy water, and repeat until water runs clear. Cover rice with fresh water and let soak for about 1 hour.

2. Season beef with salt and pepper to taste. Place Dutch oven over medium heat and add 1 tablespoon of oil. When oil is shimmering, add beef and sauté until well-browned on all sides, about 5 minutes. Remove beef and set aside. Return pan to low heat and add 2 more tablespoons of oil. Add onions and sauté until transparent, about 5 minutes. Add diced beets and sauté for another 5 minutes. Add two-thirds of the Swiss chard stems and continue cooking until onions are golden, about 5 more minutes. Stir in beef, cover, and remove from heat.

3. Drain rice and return to a bowl. Sprinkle with salt to taste, 5 teaspoons of sugar, 1/2 teaspoon black pepper, 1 ta-

blespoon fresh mint and dried mint. Stir to blend, and add garlic, grated beet, remaining oil and juice of 1 lemon. Spread one-third of Swiss chard leaves in Dutch oven, on top of beef mixture. Spoon half of rice mixture on top, and cover with another third of chard leaves. Spread with remaining rice, and top with remaining Swiss chard leaves and stems.

4. In a small bowl, mix 1 1/2 cups water with remaining 3 teaspoons sugar and juice of another lemon. Taste and, if necessary, add more sugar or lemon juice so mixture is both sweet and sour. Pour over Swiss chard and bring to a boil. Cook partially covered until chard begins to wilt, 3 to 5 minutes. Add 1/2 cup water if pan is very wide and there is little liquid on bottom. Poke handle of a wooden spoon into mixture in three places, making holes to let steam rise through chard. Cover, reduce heat to very low, and cook until rice is tender, about 30 minutes. Remove from heat and let rest for 15 minutes. Just before serving, sprinkle with remaining lemon juice and remaining fresh mint.

Yield: 6 to 8 servings.