



Westfield CSA Newsletter

Farm News

Volume 2, Issue 19

October 23, 2008

Hi Folks, While winter is still officially more than 2 months away, the cold weather is coming on fast! Last night we dropped down into the mid 20's out here in the cold northwestern corner of the state. This constitutes a hard freeze rather than simply a frost, but most of what remains in the field is quite hardy and can endure these temperatures, at least briefly. Several of my workers came to work on Sunday afternoon, to harvest a few crops that I thought might sustain some damage. We harvested the last few tomatoes that had begun to ripen in the greenhouse and tied the leaves over the cauliflower than had begun to form heads. We are busy harvesting the potatoes that remain in the

ground and removing trellising and plastic mulch in preparation for planting cover crops. I will also be preparing ground for planting the garlic crop for next year, which we will begin in about 2 weeks. We have begun harvesting broccoli in substantial quantities, but there may not be quite enough for all groups this week. Some groups will receive cauliflower instead, and can expect broccoli in next week's share. For those who receive broccoli there will also be broccoli leaves, which are quite tasty and nutritious and can be used like kale or as a base for cream of broccoli soup. We are also shipping one of my favorite root vegetables this week- Hakurei baby salad turnips.

They are sweet and mild flavored and can be used in salad, as you would use radishes or can be cooked, as you prefer. **The share for this week will be: Potatoes, onions, buttercup (kabocha) squash, broccoli or cauliflower, salad turnips, choice of a green (arugula, mustard greens, tatsoi) choice of lettuce or escarole, ornamental gourds, and choice of an herb.**

Enjoy! Farmer John

Extended Shares Available
3 more weeks of amazing organic vegetables for only \$100.
See page 2

CSA Update

Shift assignments for next week:

First Shift 2:30pm-5:00pm

Lina Isolda

Sandra Miller

Carole Snyder

Second Shift 5:00pm-7:30pm

Claude Chapel

Kim Ellner

Carlos Alvarez

Fall at the Farm

Sunday was a perfect day for visiting John's farm to see how the crops are doing.

Members from 3 of the 5 CSAs that rely on Farmer John were there for the farm tour. We started with a tour of the barn. Onions and boxes of winter squash and potatoes are already stored in anticipation of upcoming deliveries.

Those who attended the spring tour may remember John talking about building a cooler in the barn to store even more crops. I am happy to report that the cooler is

built, and the shelves are filled with even more boxes of vegetables.

Touring the fields, we saw broccoli plants, cauliflower, salad turnips, swiss chard, baby salad greens, and the last of the tomato plants in the greenhouses, among others.

Workers were busy preparing for the expected frost on Sunday night, harvesting what would not survive the cold weather, and prepping cauliflower. To keep cauliflower from getting frostbitten, Farmer John closes the leaves over the cauliflower heads

and holds them in place with rubber bands! That's a lot of

manual labor for a vegetable!



Pumpkin Pie

Danielle recommends this recipe from *Complete Vegetarian Kitchen* by Lorna Sass

Ingredients:

1 ½ cups mashed pumpkin or winter squash

¾ lb (1 ½ cups mashed) firm tofu

½ cup maple syrup

1 tsp cinnamon

¼ tsp each ground ginger and nutmeg

1/8 tsp each ground allspice and cloves

½ tsp sea salt

2 Tbsp water (optional)

1 unbaked 9 inch pie crust

Procedure

1. combine all ingredients except crust in blender or food processor, adding

water only if mixture seems very thick.

2. pour into prepared crust and smooth it out with a spatula.

3. Bake in a preheated 375 degree oven for 30 minutes.

4. Let cool and firm up for 2 hours before serving (if you are in a hurry set cooled pie in the freezer for 30 minutes)

Another Lettuce Soup Recipe

Here's another recipe submitted by CSA member Gloria.

(from Recipezaar.com)

Ingredients

1 onion, chopped

1 tablespoon butter

2 heads lettuce, finely chopped

¾ cup milk

3 tablespoons flour

2 cups broth (vegetable or chicken)

1 teaspoon paprika

1 dash nutmeg

salt and pepper

Directions

1. Cook onion in butter till soft.

2. Add lettuce, then flour, then broth.

3. Boil 1 minute, stirring.

4. Pour in blender and add milk, nutmeg, paprika and salt and pepper to taste.

5. Blend for a minute, then return to pot and reheat.

Its not as gross as it sounds, its very similar tasting to a cream of broccoli soup though not as creamy. Went very well with some crusty bread and cheese :)

Extended Shares Available

Once again, Farmer John is offering extended shares for \$100. Checks will be collected at the pick-up, and should be made out to "John Krueger".

Shares will be for 3 additional weeks, beginning November 20th, and ending December 4th. The first 2 weeks of the extended share will be regular deliveries. The third and final week will be a "stock up" share. Last year's share included 6 lbs of potatoes, 3 lbs fingerling potatoes,

and **16 lbs** of winter squash, in addition to bags of beets, carrots, and many other vegetables.

Stored properly, the potatoes and winter squash can last for several months. Just long enough for you to start thinking about next summer, and joining the CSA again.

Don't forget to bring a check when you pick up your vegetables!

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

www.westfieldareacsa.com
