



# Westfield CSA Newsletter

## Farm News

Volume 2, Issue 21

November 6, 2008

Hi Folks, In last weeks update I said that I was hoping the weatherman was wrong about the rain predicted. Well he was correct about the precipitation, only most of it fell as heavy wet snow out here, causing havoc on the highways and preventing us from making our Tuesday deliveries! My apologies to all those who were inconvenienced by this, but both Rt. 206 and I-80 were closed all afternoon. We simply couldn't get there from here!

Although farmers are busy constantly we also spend a lot of time waiting. Waiting for seeds to come up; wondering if they will; waiting for crops to grow and reach maturity and worrying about what calamities may befall them be-

fore they do. These last few weeks have been extremely frustrating as extreme and unseasonably cold temperatures have damaged and slowed the growth of crops that are very hardy and normally thrive in cooler weather. I have been waiting for the broccoli raab to form its small florets and for cabbages and cauliflowers to form heads; for spinach to be large enough to bunch. There are still thousands of broccoli, cauliflower, cabbage and lettuce plants in the field that should soon mature. With adequate soil moisture and milder temperatures predicted for the next week or so, these crops should reach the finish line. The first of the spinach should be ready next week

and I expect to have some broccoli raab to offer as a choice with other greens. For this week the share will be: Lettuce, white potatoes, white salad turnips, red onions, choice of 2 greens (tatsoi, arugula, mustard green, kale), spaghetti squash, choice of garlic or shallots, baby bok choy, and choice of an herb. Enjoy! Farmer John

### CSA Update

Shift assignments for next week:

**First Shift 2:30pm-5:00pm**

*Christie Wu*

*Toby Ganz*

*Jennifer Richter*

**Second Shift 5:00pm-7:30pm**

*Carlos Alvarez*

*Lucia Triolo*

*Kathy Motyka*

**Please note the end of season survey and letter that was also attached in your e-mail. Your responses to the survey help us to make the CSA better in the future. Please respond!**



## CSA Reflections

Back in September, we had our CSA picnic. For those who attended, it was a glorious day out in the park. Delicious food, and pleasant company were abundant.

The kids all played well together, and it was wonderful to get to know more of our members.

I hope that next year, we will see even more of you at the farm picnics, and other CSA activities.

As we enjoy our 21st week of fresh organic produce, we can



look back and think about how our gastronomic horizons have expanded.

Before joining the CSA, I had never heard of garlic scapes, ground cherries, kiwi berries, or carnival squash.

I had never cooked or eaten escarole, swiss chard, celeriac, salad turnips, tatsoi, or kohlrabi.

I didn't know there were so many kinds of potatoes!

Joining the CSA has made me a more interesting cook, and a more knowledgeable person about the food on my plate.

For the first time this year, I made escarole, and liked it so much, I shared the recipe

here. I made pumpkin bread from pumpkins! Perhaps it's just all in my head, but I'd swear it tasted better than any pumpkin bread I've ever had.

We would love to hear your thoughts about your CSA season. Please share them in the survey, and feel free to send us e-mails for posting in the last newsletter of the season.

It has been a pleasure to help write the newsletter this year, and I hope to have the opportunity to write again in the future.

- Andrea

## Potato Leek Soup

With the abundance of potatoes coming in, here's a great soup that's easy and tasty too!

### Ingredients

3 Tbsp olive oil

3 large leeks (white and pale parts only) thinly sliced, (about 4 1/2 cups)

2 large russet potatoes, or about 18 oz of yellow potatoes, peeled and diced

5 Cups chicken stock or broth

### Method

Heat oil in large saucepan over medium heat. Add leeks, stir to coat. Cover saucepan, and cook until leeks are tender, stirring often. (about 10 minutes) Add about 1/2 C of broth during cooking to keep leeks from drying out.

Add potatoes and cover, cooking until potatoes begin to soften. Keep flame low to keep potatoes from browning. Stir often, adding another 1/2 C of broth if needed to keep from sticking.

Add remaining broth or stock. Bring to a boil. Reduce heat to a simmer, and cover until vegetables are very tender, about 30 minutes.

Puree soup in batches in processor until smooth. Return to saucepan. Thin with additional stock if soup is too thick. Season with salt and pepper, and serve.

Note: Soup can be made ahead and reheated. Just add more stock (or even just water) if soup is too thick.

## Blue Mashed Potatoes

This recipe comes from *Organic Gardening* magazine, and seemed very appropriate, given our delivery of blue potatoes last week.

### Ingredients:

6-8 blue potatoes, peeled and cut into small pieces

2 Tbsp butter

1/3 C milk

1/3 C chopped green onion

6 oz. crumbled blue cheese

Salt and pepper

### Method:

Cook the potatoes in saucepan of boiling salted water until tender, about 15 to 20

minutes. But don't overcook or they will lose their blue color!

Poke them with a fork to see if they are done. If the potato piece slides right off, you're ready to mash away.

Drain the potatoes and mash them with an electric mixer (or a wooden spoon if you need the workout).

Melt butter in a small saucepan with milk. Add milk mixture to potatoes and fold in onion and cheese. Season with salt and pepper, if desired.



## Member's Forum

Last week we posted a question from a member, asking about local vegetarian restaurants.

CSA member Susan offered this advice: I'm going to send your request to my vegetarian friend. I think she generally goes to restaurants that offer a vegetarian plate. She and I like to go for Indian for this reason. Delicious Heights in Berkeley Heights offers the best vegetarian Napoleon I have tasted anywhere and

they serve it with pita point and hummus. It is so tremendous you can split with someone. We find increasingly that the best restaurants all serve at least one vegetarian plate. Sometimes it is not vegan however. You have to ask.

**So, it seems that there is a niche that needs to be filled. Anyone want to open a local vegetarian restaurant?**

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

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[www.westfieldareacsa.com](http://www.westfieldareacsa.com)

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