

# Westfield CSA Newsletter

## Farm News

Hi Folks,

The dry weather this past week has finally allowed me to plant many of the fall root and greens crops that I have been trying to sow for weeks. Now of course a little rain would be appreciated to get them sprouted and growing.

We have also been busy transplanting lettuces and brassicas for late season harvest. As previously mentioned a planting of summer squash is beginning to produce, unfortunately they are already showing signs of disease. At present I am unable to predict whether there will be sufficient quantities to deliver in the shares this week. I expect to be able to ship zucchini to some groups this week and to others next week.

The tomato harvest seems to be just about over for this season, whatever fruit we are

able to harvest breaks down very quickly.

The rattlesnake beans have also slowed way down in their production, due primarily to a bad infestation of Mexican bean beetles. This is a consequence of not being able to spray to control this pest on the early planting of bush beans. Left uncontrolled the populations grow rapidly and spread to successive plantings. Some of you may have encountered a few of the yellow larva in your beans and I apologize for that. We try to remove them as we harvest, but inevitably some escape detection.

I have one last planting of beans that should begin in another 2 or 3 weeks and I will be spraying them this week to try to control this plague.

I will be sending various

items as extras this week, such as **turnips, kohlrabi, tomatillos, and hot peppers.**

These are products that we don't have in large quantities and which are not universally popular. This serves the dual purpose of supplementing a slightly light delivery this week and allowing me to make space in my cooler.

I hope everyone can find something they can use among this assortment. I will also be sending sweet corn this week. It will be freshly picked, locally grown corn but not organic.

**The share for this week will be:**

**Red lettuce, Carrots, peppers, eggplant, fingerling potatoes, yellow onions, ground cherries, conventional sweet corn, and choice of an herb.**

Volume 3, Issue 14

September 10, 2009

### CSA Shift Assignments

Shift assignments for **this** week—September 10:

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

*Beverly Klepper  
Tobi Feldman  
Gayle Jones  
Lisa Thornton*

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

*Ilana Saporta  
Jeanette Nachtman  
Heather Hayes*

Shift assignments for **next** week—September 17:

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

*Jodie Van Wert  
Tobi Feldman  
Kathy Vergel  
Sue Conover*

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

*Shannon Higgins-Gruber  
Matthew Gruber  
Ann Fitzsimmons Chen  
Gayle Jones*

### Fruit Shares!

The fruit share this week will be  
Peaches and Ginger  
Gold Apples.

### **\*\*Reminder\*\***

CSA pick up will move from Temple Emanu-El to the First Congregational Church at 125 Elmer Street starting on **September 17, 2009**. Please make note of the change in location

## Tomatillos

Tomatillos are a member of the tomato family. They look a bit like giant ground cherries (which are also in the tomato family). Originally domesticated by the Aztecs, tomatillos are found in a paper skin and are best used when green. Their flavor is very tart.

Tomatillos are used in many Hispanic foods, most particularly in salsa verde.

They are easy to store. They

will keep in the fridge for up to 3 weeks, and can be peeled and frozen for future use.



## Summer Succotash

Here's another delicious recipe from "Simply Organic" by Jesse Ziff Cool. It is the perfect recipe for using many of the vegetables we are getting this week.

### Ingredients

4 oz green beans, cut into 1/2 inch pieces  
 2 ears corn, kernels removed  
 1/2 ripe red bell pepper, seeded and coarsely chopped  
 2 green onions, thinly sliced  
 1 jalapeno chile pepper, finely chopped  
 1/2 cup finely chopped fresh basil  
 1/2 tsp ground cumin

1 tsp sugar  
 Juice of 1 large lime  
 Salt  
 Freshly ground black pepper  
 About 2 Tbsp chopped fresh Italian parsley

### Procedure

Fill a medium saucepan two-thirds full with water. Place over high heat and bring to a boil. Add the beans and corn kernels. Cook for 3 minutes or until ten-

der-crisp. Drain and transfer to a large bowl.

Add the bell pepper, green onions, tomato, chile pepper, basil, cumin, sugar and lime juice. Season with salt and black pepper to taste. Sprinkle with parsley and toss to coat well.

The cookbook recommends serving with chilled seafood or grilled lamb or pork chops.

## Help! It's Wednesday and I've still got veggies!

Overheard on a street in Westfield on a Wednesday afternoon...

"I can't go out to dinner tonight! I've got to get home and cook all the vegetables, because I'm getting more tomorrow and I don't know what to do with them all!"

If you've been in this position, you are not alone. It happens to the best of us in a CSA. And I'm here to help you minimize the chances of it happening again. First, read this newsletter to get an idea of what vegetables you will get. Pick one or two that are best eaten right away and plan on cooking them on Thursday.

On Thursday, when you go to pick up your vegetables, make use of the swap table. If there is something you want extra of for a recipe, here is the spot to check for it. If there is a vegetable in your share that you really don't want, you can always leave it. Extra food is donated, and your left behind vegetables will be much appreciated by someone else.

Next, set aside some time on Thursday after you get your share for some organizing. Separate out your root vegetables from the rest of the share. Spread out potatoes on your counter to dry. Keep beans in the mesh bag and put them in the

vegetable drawer of the fridge. Cut the tops off of all root vegetables and put those vegetables in the vegetable drawer. Put all greens in a plastic supermarket bag into the fridge. Herbs should be placed either in a plastic supermarket bag (if using quickly) or in a cup of water in the fridge. To store herbs for drying, turn upside down in a paper bag, tying the stems together with the opening of the bag. I use a rubber band. Check them in a week or two. When they are fully dried, I like to store them in Ziploc bags in my freezer.

Cook one or two of the vegetables chosen. Enjoy your Thursday dinner.

On Friday, check through your potatoes. Throw away any that have soft spots or are still wet. Put dry potatoes in a paper bag. Make a salad. Cut up spare peppers and put them in a baggie in the freezer for later use. Make sure to label them with a date!

Saturday and Sunday are the days to do some "plan ahead" prepping. These are the days to cook and puree some winter squash for storing in your freezer for future recipes. Make soup for the week or to freeze. Peruse the recipe websites. Try

a recipe from this very newsletter! Re-view your menus for the upcoming week.

Monday through Wednesday, cook your remaining vegetables, or enjoy a pre-cooked dish from the weekend. Read the next CSA newsletter, and start all over again!

**For next week:** Share your ideas with the other CSA members. Email Andrea and Sonja at

[westfieldcsa@gmail.com](mailto:westfieldcsa@gmail.com)

We'll post the responses in next week's newsletter.

**Needed: Plastic bags.**  
**If you have extras,**  
**please bring to the pick**  
**up.**  
**And remember to**  
**bring your own bags,**  
**so we can reduce the**  
**use of plastic.**