

Westfield CSA Newsletter

Farm News

Hello Everyone,

We received a good steady rain last Friday and Saturday that was, for a change, needed and appreciated. The fall brassicas crops are growing nicely and the many rows of seed I sowed during the dry spell have germinated well.

In several weeks we will begin to have radishes and the white salad turnips as well as arugula and other greens.

The ground cherries continue to fall abundantly and they will be in the share again this week.

The eggplant production has begun to slow down and while the plants continue to flower they have dropped much of their leaf. This is a consequence of the cooler weather we have had as well as fungal diseases that have

began to take their toll. We will take a week off from delivering eggplant and meanwhile I will spray them with Neem oil, a natural fungicide, to try to sustain their production for a few more weeks.

As previously mentioned the Rattlesnake bean production has dwindled but the final planting of bush beans have begun to flower and should be ready to harvest by next week.

We also have edamame soybeans on the way; probably in 2 weeks. We finally have an abundance of colored peppers, so most of the peppers in this weeks share should be red, orange, or my favorite, chocolate.

We are in the process of putting up a temporary fence around the winter squash

planting, as the deer have discovered them and are beginning to destroy what is already a somewhat meager crop. Wet conditions caused much of the young fruit to rot immediately after the blossom dropped. There probably won't be any pumpkins this year and the other winter squash varieties will likely be a bit small.

The share for this week will be:

Romaine lettuce, red-skinned potatoes, red onions, beans, celery, summer squash, beets, ground cherries, peppers, and choice of an herb.

Enjoy!

Farmer John

Ps. Please note that some of the pears were damaged by hail storms early in the summer.

Patty Pan Squash

As you've probably noticed by now, summer squash are not all oblong in shape. Along with the common zuc-

chini and yellow squash are other, more distinctive varieties. Patty pan squash can be yellow, white or green and look as if the squash had been, well—squashed.

Patty pan squash are best when they are small. They can be steamed whole (wash them well, put them in a vegetable steamer, and steam for about 5 minutes or until soft.

According to Wikipedia, patty pan squash are a good source of magnesium, niacin,

and vitamins A and C. One cup contains approximately 20 to 30 calories and no fat .

They store for about 1 week in the fridge.



<http://seriouslygood.kowwaka.com>

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September 17, 2009

CSA Shift Assignments

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

First Shift 2:30pm-5:00pm

Jodie van Wert

Sue Conover

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

Shannon Higgins-Gruber

Matthew Gruber

Ann Fitzsimmons Chen

Shift assignments for **next** week—September 24:

First Shift 2:30pm-5:00pm

Carolyn Dittmar

Darlene Fiscus

Kathy Vergel

Jen Gearheart

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

Karen Platt

Amanda Tatro

Heather Hays

Fruit Shares

The fruit share this week will be Gala Apples and Bartlett Pears.

****Reminder****
CSA pick up is at the **First Congregational Church at 125 Elmer Street.** Please make note of the change in location

Zesty Zucchini Quesadillas

Another yummy recipe from the “Simply Organic” cookbook.

Ingredients

2 Tbsp pine nuts
2 Tbsp olive oil
1 zucchini, shredded
1/2 red or yellow bell pepper, finely chopped
1 small red onion, thinly sliced
2 garlic cloves, minced
1 tsp ground cumin
1/4 cup chopped fresh cilantro
1/4 tsp salt
1/4 tsp freshly ground black pepper
1 large tomato, seeded and chopped
Juice of 1 lime

1 tsp chili powder
1/4 tsp hot-pepper sauce (optional)
4 whole wheat or white flour tortillas (8 inches in diameter)
2 C shredded Monterey Jack cheese (about 8 ounces)

Procedure

Toast the pine nuts in a heavy-bottomed sauté pan over medium-high heat, stirring often, until they turn a golden brown.

Cool.

Heat the oil in a medium skillet over medium heat. Add the zucchini, bell pepper, onion, garlic, and cumin. Cook for 5 minutes, or until all the vegetables are

soft. Stir in the cilantro, salt, and black pepper. Set aside.

In a small bowl, combine the tomato, lime juice, chili powder, and hot-pepper sauce, if using.

Spread about one-fourth of the zucchini mixture evenly over half of each tortilla. Sprinkle each with 1 1/2 teaspoons pine nuts and one-fourth of the cheese. Fold the tortillas in half.

In a large skillet over medium-low heat, cook the quesadillas for about 5 minutes, turning once, until the cheese is melted.

Cut the quesadillas into wedges and top with a generous amount of the tomato mixture.

Roasting Red Peppers

With all the peppers we’ve been getting, one great way to use them is to roast them. It’s very easy, and absolutely delicious.

Preheat your oven’s broiler.

Wash the peppers well, pat them dry and then coat them with vegetable oil. Make sure to coat them well, getting oil in each crevice. Don’t use olive oil for this because it burns too quickly. You’ll need about 2 tsp. of oil for each pepper.

Place the peppers on a baking sheet and put the baking sheet on the highest rack in

your oven, just under the broiler.

Watch the peppers carefully and as soon as they begin to blacken on top, remove the baking sheet from the oven.

Use tongs to turn each pepper over, and return the baking sheet to the oven. When the peppers begin to blacken again, remove the baking sheet, and place the peppers in a large bowl. Cover the bowl quickly with plastic wrap to steam the peppers.

After about 20 minutes, when the peppers have cooled enough to handle, cut around

the stem and pull the stem out. Then cut open each pepper and gently scrape any remaining seeds off. Turn the pepper over, and gently peel the skin off the peppers (the steam should have loosened the skin sufficiently).

You can then use them in any of your favorite recipes, or add them to sandwiches.

Or you can freeze the roasted peppers. Wrap them in plastic wrap and then store in Ziploc bags.

A Few Words About Our CSA

It seems that every year around this time, our smoothly operating machine seems to get some kinks in the system. I’m not sure if it’s because schedules change as kids head back to school, or that halfway through the vegetable deliveries, people begin to lose that early eagerness to be a part of something fantastic. Either way, it is time for a bit of a pep talk.

You joined a CSA. That is COMMUNITY supported agriculture. While Farmer John works hard to get our vegetables planted and delivered to us, our

delivery site is dependent upon the assistance of everyone involved.

If you are available to help out more than you’ve already signed up for, please let us know. We are short handed on a few shifts (this Thursday included), due to last minute cancellations.

We are all volunteers here, and we need every one to help keep the pick ups running as smoothly as they have been. If you need to cancel a shift, please give as much notice as possible, and whenever you can, try to find someone to cover the

shift for you. We ALL need to help in this community.

Thank you,
Andrea

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

westfieldcsa@gmail.com

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

www.westfieldareacsa.com