



Westfield CSA Newsletter

Farm News

Hi Folks,

We continue to enjoy dry, but somewhat cool conditions here at the farm. This past Saturday night we came perilously close to having our first frost of the fall. But for now we have been spared and the temperatures are predicted to be more moderate for the next 10 days.

The cool temps do cause plant growth to slow considerably especially for the warm season crops. The next planting of beans which I expected to be ready will have to wait until next week. The eggplant too has slowed down its production, although it is still flowering and has a considerable amount of small fruit.

The cool weather crops, of course are loving these conditions and are growing beautifully.

We finished transplanting the last few broccoli and collard plants this past Saturday night.

This week I will be seeding the last beds of mustard greens, radishes and turnips for the season. The only major planting left for this year will be the garlic and shallots for next years crop, which will go in at the end of October.

Next weekend I will be going up to Saugerties NY for the annual Garlic Festival. I will be shopping for about 500 lbs of seed stock to ensure that

their will be an ample supply for next year's deliveries.

The share for this week will be:

Red leaf lettuce, yellow onions, garlic, kale, white potatoes, carrots, peppers, ground cherries, sweet corn (conventional) and choice of an herb.

Enjoy!

Farmer John

P.S. The Devoe pears in the fruit share are unique to the New York State orchard from which they come. They are somewhat expensive, and so, the quantity will be somewhat less than usual. They are said to be excellent paired with cheddar cheese.

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September 24, 2009

CSA Shift Assignments

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

First Shift 2:30pm-5:00pm

*Carolyn Dittmar
Darlene Fiscus
Anthony Kaseta,
Jen Gearheart*

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

*Karen Platt
Amanda Tatro
Heather Hays*

Shift assignments for **next** week—October 1:

First Shift 2:30pm-5:00pm

*Andrea Richman
Rosie Rossitto
Elizabeth Miller*

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

*Andrea Gelber
Sandra Paez-Kaminski
Ann Fitzgibbons-Chen*

Kale

Kale is a green leafy member of the Brassica family of vegetables. Brassicas also include collard greens, cabbage and brussel sprouts. Kale comes in a few different varieties such as curly kale, ornamental kale and dinosaur

kale.

Kale packs a powerful nutritional punch. For only about 37 calories per cup, it contains over 100% of the RDA of vitamin A and almost 90% of the RDA of vitamin C. It is also a rich source of vitamin B6, manganese and carotenoids. Add to that a decent amount of dietary fiber, calcium, copper and potassium and you've got one very healthy green.

Kale should be stored wrapped in a damp paper towel inside a plastic bag in your vegetable crisper. Do not wash it before storing.

Kale will last several days stored this way, but it is best to cook it up as soon as possible, because it may become more bitter the longer it is stored.



Conventionally grown Kale is one of the top 12 foods on which pesticides have been most frequently found. So enjoy the organic kale!

****Reminder****

CSA pick up is at the **First Congregational Church at 125 Elmer Street.**

Please make note of the change in location

Fruit Shares

The fruit share this week will be Nectarines and Devoe Pears.

Super Energy Kale Soup

This recipe comes from the website www.whfoods.com and uses quite a few of the vegetables we have been getting from the farm lately.

Ingredients

- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 5 cups chicken or vegetable [broth](#)
- 1 medium carrot, diced into 1/4-inch cubes (about 1 cup)
- 1 cup diced celery
- 2 red potatoes, diced into 1/2-inch cubes
- 3 cups kale, rinsed, stems removed and chopped very fine
- 2 tsp dried thyme

2 tsp dried sage
salt and pepper to taste

Procedure

- Chop garlic and onions and let sit for 5 minutes
- Heat 1 TBS broth in a medium soup pot.
- Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently.
- Add garlic and continue to sauté for another minute.
- Add broth, carrots, and celery and bring to a boil on high heat.
- Once it comes to a boil reduce heat to a

simmer and continue to cook for another 5 minutes. Add potatoes and kale and cook until potatoes are tender, about 15 more minutes.

Add rest of ingredients and cook another 5 minutes. If you want to simmer for a longer time for extra flavor and richness, you may need to add a little more broth.

Serves 4



Fresh Corn Bites with Tarragon

A great way to use up left over steamed or grilled corn from my favorite cookbook, "Simply Organic".

Ingredients

- 2 Cups cooked corn kernels (from 2 to 3 medium ears of corn)
- 2 large eggs, beaten
- 3 Tbsp unbleached all-purpose flour
- 2 Tbsp chopped fresh tarragon
- 3/4 tsp sweet paprika
- 1/8 scant tsp nutmeg

- Salt
- Freshly ground black pepper
- 1 Cup heavy cream

Procedure

- Preheat the oven to 375°F. Lightly oil 18 mini muffin cups (1 or 2 pans)
- Put the corn in a medium bowl and, using a fork, mash to bring out the juices and pulp. Alternately, put the corn in a food processor, process and transfer to a bowl.
- Stir in the eggs, flour, tarragon, paprika,

and nutmeg and season generously with salt and pepper. Whisk in the heavy cream and continue whisking until well blended.

Place the muffin pan in a jelly roll pan and place in the oven. Pour about 1 1/2 cups water into the jelly roll pan. Bake the muffins for about 10 minutes or until they are puffed and rounded and a wooden pick inserted in the center comes out clean.

Members Forum

Member Kathy has a great suggestion to share for those who want to cut down on refined sugar. She received this information from a local bee keeper in New York.

SUBSTITUTING HONEY FOR SUGAR WHEN BAKING

- Substitute honey for up to one-half of the sugar. With experimentation, honey can be substituted for all the sugar in some recipes.
- Reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used.
- Add about 1/2 teaspoon baking soda

- for each cup of honey.
- Reduce oven temperatures by 25 degrees F. to prevent over-browning.

Items baked with honey taste even better after 24 hours.

For next week: *How do you do your share to help the environment? Give some tips that others can use.*

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

