



# Westfield CSA Newsletter

## Farm News

Hi Folks,

We've been taking advantage of the dry conditions during this past week to dig as many of the potatoes as possible. The potato digging machine that I own does not work well when the ground is wet and up until now we have been digging most of the potatoes by hand. This is not only a slow and laborious process but leaves some potatoes behind and many that are damaged by being speared by the pitchfork.

On Sunday I attended the Garlic Festival in Saugerties NY and purchased nearly 500 lbs. of seed garlic and 80 lbs of shallots to plant this fall for next years crop. Along with perhaps 100 lbs of our own

crop that I have saved for planting this should be nearly twice the amount planted last year, and should provide ample quantities for next season's shares.

We have ample quantities of lettuce planted to finish out the season and it is growing nicely. At present however it is all too small to cut. We should begin to have lettuce for the shares in another week or two.

The string bean crop is coming along a bit slower than I had anticipated and won't be ready until next week. The edamame soybeans are also filling out slowly and will need another week to size up. The Swiss chard is beginning to grow well again but is also

still to small to cut. I have decided to buy some chard this week from another local organic farm.

I will be sending various extras in the deliveries this week to try to compensate for a slightly light share this week. I hope that everyone can find something that they enjoy amongst the choices.

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

**Red skinned potatoes, Swiss chard, beets, red onions, peppers, ground cherries, delicata squash, and choice of an herb.**

Enjoy!

Farmer John

## Delicata Squash

If you were in the CSA last year, you will remember this lovely winter squash. It's not found often in the supermarkets because like its name, it is not a sturdy squash like most other winter squash.

Delicata squash is actually an heirloom variety of squash that, according to the website [whatscookingamerica.net](http://whatscookingamerica.net), was introduced by the Peter Henderson Company of New York City in 1894. It fell into obscurity after 1920, possibly because of its tender skin and poor ability to stand up to long transportation.

This is a perfect example of how the food on our plates has changed in the last century, due to availability of more hardy species that travel well.

Delicata is a creamy tasty squash that can be baked or steamed. It is generally between 5 and 10 inches long, with a yellow coloring and green striping. The thin skin is also edible, meaning you can make use of this entire vegetable. Eat the skin and pulp, and roast the seeds for eating later!

[www.veganyummy.com](http://www.veganyummy.com) has a recipe for delicata squash

bisque that looks absolutely delicious.

If you don't have any menu options that call for delicata squash in the next week or so, plan on cooking up your squash and then pureeing the flesh. Store it in your freezer in 1 cup measurements, and you'll be ready for whatever recipe you need in the future.



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### CSA Shift Assignments

Shift assignments for **this** 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*

Shift assignments for **next** week—October 8:

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

*Lisa Isolda  
Sara August  
Debjani Chakraborty*

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

*Doug Norrie  
Sabrina Norrie  
Debjani Chakraborty*

### Fruit Shares

The fruit share this week will be Spartan Apples and Seckle Pears.

## Pan Fried Potatoes

Here's a quick recipe from Gourmet magazine's March 2009 issue.

It is simple, yet delicious.

### Ingredients

8 medium red potatoes (about 1 3/4 lb)

Salt

1/2 cup extra-virgin olive oil

1/2 cup grated Parmigiano-Reggiano

### Procedure

Generously cover potatoes with cold water in a 3—4 quart pot and add 1 Tbsp salt. Boil until almost tender, 10 to 15 minutes. Drain potatoes.

Transfer to a baking sheet and lightly crush to about 3/4 inch thick with a potato masher, keeping potatoes intact as much as possible.

Heat oil in a 12 inch heavy skillet over medium-high heat until it shimmers.

Transfer potatoes with a spatula to skillet, then lower heat to medium-low and cook,

turning once, until golden brown, about 20 minutes total.

Serve sprinkled with cheese. Season generously with salt and pepper.

Note: Fried potatoes can be kept warm in a sheet pan in a 200°F oven up to 30 minutes.

## Wilted Swiss Chard with Garlic, Lemon & Parmesan

Another recipe from Gourmet magazine. This is from the July 2009 issue. It's another simple yet delicious recipe. I cooked the garlic with the anchovies, rather than stirring it in at the end.

### Ingredients

4 large garlic cloves

3 lbs Swiss chard (about 3 bunches)

1/4 Cup extra virgin olive oil

6 flat anchovy fillets

1 Tbsp fresh lemon juice

1/2 C grated parmesan

Extra grated parmesan and lemon wedges

for accompaniment.

### Procedure

Thinly slice the garlic lengthwise.

Cut Swiss chard leaves from stems and center ribs, then cut leaves and stems into 2 inch pieces, reserving separately.

Heat oil in a 5 quart heavy pot over medium-high heat until it shimmers, then sauté garlic until golden, about 45 seconds. Transfer garlic with a slotted spoon to a plate.

Add anchovies to oil in skillet (it will spatter) and cook, stirring constantly, until anchovies break down, about 30 seconds. Add chard stems and cook, stirring frequently until stems begin to soften, 4 to 6 minutes.

Add chard leaves by handfuls, turning with tongs and covering pot briefly until greens are wilted before adding more, and cook until leaves and stems are tender, 5 to 8 minutes.

Stir garlic into chard along with lemon juice, cheese and 1/4 tsp each of salt and pepper.

## Members Forum

**This week's question:** *How do you do your share to help the environment? Give some tips that others can use.*

CSA member Andrea writes "I use reusable shopping bags and lots of dish towels (instead of paper towels). Also reusable sandwich and snack containers instead of Ziploc baggies."

Mike says "We've replaced almost every bulb in our house with low wattage fluorescent bulbs, and we are sure to bring the burned out ones to an environmental recycle center for disposal."

Heather says "We've got a big compost pile in the backyard where we dump almost all of our kitchen waste and then we can use it in the garden once it has become compost."

Editor's note: to make your own compost pile, go to [www.organicgardening.com](http://www.organicgardening.com). Search for "Fast Cooking Compost Pile" for step by step instructions.

**Next week's question:** *Member Andrea says "I was wondering if there was a favorite food blog people liked to follow. I recently started to follow [onceuponachef.com](http://onceuponachef.com)*

*And there are some really easy (yet elegant) recipes in there and she (Jennifer) has some great ideas for the veggies we are getting (zucchini noodles). Also there is a cool mom and kid section"*

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.

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

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