



Westfield CSA Newsletter

Farm News

Hello Everyone,

It was an unusually cool September, although the weather is so strange anymore it's hard to say what is normal.

I know I have been promising string beans for the past couple of weeks, but they have been growing slower than I've ever experienced in the past.

The week ahead is predicted to be relatively warm with abundant sunshine so we should be able to begin harvesting beans next week. We do have edamame soybeans for this week.

I have a large planting of broccoli that I noticed was beginning to head last week and I had hoped it would be ready for this week. But after a walk though last evening it appears we will have to wait another week on this crop as well.

All of the brassicas are growing beautifully and I expect to have lots of broccoli, as well as cauliflower and cabbage in the final weeks of the regular season.

The sweet potato crop looks good and we should begin to dig these tasty treats for delivery in the next 2 weeks.

The share for this week will be:

Leeks, white potatoes, peppers, spaghetti squash, arugula, kale, multi-colored carrots, choice of lettuce, edamame soybeans, choice of shallots or cippolini onions, and choice of an herb.

Enjoy!

Farmer John

Volume 3, Issue 18

October 8, 2009

CSA Shift Assignments

Shift assignments for **this** 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*

Edamame

Edamame, for those who haven't snacked on these little beans before, are simply green vegetable soybeans. But, as simple as they may be, they are a nutritional powerhouse.

Edamame are a traditional asian member of the legume family. The term "edamame"

means "twig bean" in Japanese, according to Wikipedia and refers to the short stem attached to the pod.

Fresh soybeans come in slightly fuzzy dark green pods. The most common way to eat them is to boil in heavily salted water, and then just pop the beans out of the pods into your mouth. They are a common appetizer in many oriental restaurants.

According to the website medicinenet.com, one half cup serving of shelled edamame beans provides 120 Calories, 9 grams of fiber, 11 grams of protein, and 10% of the recommended daily allowances for Vitamin C and

Pear Shares

If you were one of the people who didn't get their share of Pears two weeks ago, please be sure to pick up your share of Pears this week.

iron, 8% of Vitamin A and 4% of Calcium.

With that kind of nutritional punch, it is no wonder that edamame have become a popular and delicious treat.

Shift assignments for **next** week—October 15:

First Shift 2:30pm-5:00pm

*Marty McDevitt
Joe Verga
Julie Platnar*

Second Shift 5:00pm-7:30pm

*Claude Chapel
Stacey Klag
Jessica Orr*



Fruit Shares

The fruit share this week will be a **half share** of Concord Grapes.

Arugula Pesto

Ingredients

2 cups of packed arugula leaves
 1/2 cup of walnuts
 1/2 cup fresh Parmesan cheese
 1/2 cup extra virgin olive oil
 6 garlic cloves, unpeeled
 1/2 garlic clove peeled and minced

Procedure

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins.

Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.

Food processor method (the fast way):

Combine the arugula, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Use this pesto over pasta, or on chicken or fish.

Leek and Potato Soup

A very filling soup for cool fall evenings from epicurious.com

Ingredients

3 Tbsp butter
 3 large leeks, (white and pale green parts only), halved lengthwise, thinly sliced (about 4 1/2 cups)
 2 large russet potatoes (about 18 ounces total) peeled and diced
 4 1/2 cups (or more) chicken stock or canned low-salt broth

Procedure

Melt butter in heavy large saucepan over medium heat. Add leeks, stir to coat with butter.

Cover saucepan, cook until leeks are tender, stirring often, about 10 minutes. I usually add some broth to the leeks while cooking to keep them from burning.

Add potatoes. Cover and cook until potatoes begin to soften but do *not* brown, stirring often, about 10 minutes.

Add 4 1/2 cups stock. Bring to a boil.

Reduce heat, cover and simmer 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.

This soup can be prepared 1 day ahead. Cover and refrigerate. Bring soup to a simmer. Ladle into bowls. Garnish with chives, if desired, and serve.

Members Forum

This 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*

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"

For you vegans out there, try the website www.veganyummy.com. On this website, many common recipes have been "veganized". My daughter recently made

the cinnamon rolls, and they were fantastic! - and definitely not healthy. ;)

Another fun food blog is www.smittenkitchen.com.

For those transplanted New Yorkers out there, blogger Deb's commentary about cooking in her tiny galley kitchen will make you nod in understanding. However, she makes some amazing dishes, and photographs most of them in lovely detail. If she can do it in her tiny kitchen, surely we can manage in our suburban kitchens that are bigger than some apartments?

And if smittenkitchen doesn't do it for you, click on her link "good reads" for a LONG list of other food blog websites.

Next week's question: *Have you got a favorite pick your own place to go in the fall for apples pumpkins, etc?*

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
