



Westfield CSA Newsletter

Farm News

Hello Everyone,

We had our first frost of the season this past Saturday night. I must confess that it caught me by surprise. I had last checked the weather websites on Friday and they were calling for a low of 37 degrees, giving a safe margin of error.

I was expecting a frost this Tuesday and was planning to cover a few crops and do some final harvesting on others. It was a bit of a shock to see the fields blanketed in white when I awoke at dawn on Sunday to head off to market. It was a very light frost but it burned the beans and the peppers slightly and finished off the winter squash vines that were still growing.

It was repeated again on Sunday night and I expect we will have frost again on Tuesday, and apparently there is a possibility of snow flurries this Thursday evening. I had been hoping for a mild fall with no frost until late October, but we just don't seem to be catching any breaks this season. It really isn't a major catastrophe except for the fact that I've been promising beans for the past 3 weeks and now there won't be much of a crop.

We are attempting to harvest the few beans on each plant that have achieved reasonable size, but it is a painfully slow process. Hopefully we can pick enough for a small share for everyone and I can guarantee they will be the thinnest beans you have ever seen.

The sweet potatoes on the other hand are mostly quite large, with one monster weighing in at 5.25 lbs.

As previously mentioned broccoli is beginning to head up, but unfortunately not in sufficient quantities for distribution this week.

The share for this week will be:

Sweet potatoes, Choice of green leaf lettuce or endive, radishes, yellow onions, mustard greens, carnival squash (similar to acorn), red potatoes, choice of string beans or edamame, peppers, and choice of an herb.

Enjoy!
Farmer John

Mustard Greens

Mustard greens, a member of the cruciferous family of vegetables, are a popular food in the South.

Now, before you start thinking the word "cruciferous" sounds like a Harry Potter curse, I will explain that cruciferous vegetables include broccoli, cabbage and kale. The word actually comes from the Latin term for the plants in this group — Cruciferae.

Mustard greens, like the other members of this family are

high in nutritional value. They have large amounts of beta-carotene and Vitamin C, as well as a significant amount of calcium and iron. If you're not a milk lover, this is the vegetable for you.

Mustard greens can be eaten raw or cooked. The smaller leaves are more suited for being eaten raw, as they have a milder taste. The larger leaves are probably best suited for cooking.

If you want to save your greens for the future, you will

need to prepare them. After trimming stems, and cutting larger leaves, boil them in about 4-5 qts of water for no more than 3 minutes. Immediately remove the greens with a slotted spoon and place in an ice water bath for about 5 minutes or until cool. Remove and drain. You can then place them in Ziploc bags. Remove as much air as possible. Remember to label and date the bags. Mustard greens will store for about a year in the freezer.

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CSA Shift Assignments

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

First Shift 2:30pm-5:00pm

*Marty McDevitt
Joe Verga
Julie Platnar*

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

*Claude Chapel
Jessica Orr*

Shift assignments for **next** week—October 22:

First Shift 2:30pm-5:00pm

*Sandra Paez-Kaminski
Lina Isolda
Tony Kaseta*

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

*Stacy Chapel
Marcee Rogers
Roberta Zito*

Fruit Shares

The fruit share this week will be a **Fuji Apples and Bartlett Pears.**

Garlicky Mustard Greens

This recipe is from urbanext.illinois.edu.

Ingredients

3 pounds mustard greens
 1 tablespoon olive oil
 1 cup chopped onions
 3 cloves garlic
 1 large red bell pepper, chopped (about one cup)
 1/2 cup chicken broth, canned or home-made
 1 tablespoon cider vinegar
 2 teaspoons sugar

Procedure

Pick through the greens removing yellow, wilted greens and large tough stems and veins.

Run the sink full of cool water and wash the greens in three changes of water. Fresh greens hold soil and dirt. Swishing the greens through the cold water removes grit the clinging grit. Drain.

Stack several leaves; roll up jelly-roll style. Cut crosswise into 1/2 inch slices. Repeat with remaining greens.

Heat oil in Dutch oven or large saucepan over medium heat.

Add onion and garlic, cook and stir for about 3 minutes.

Stir in greens, red bell pepper and chicken broth. Bring to boil then reduce heat to low.

Cook, covered for 20 to 25 minutes or until greens are tender. Young greens cook quickly, large older greens can take as long as 45 minutes to become tender. Add more water if needed.

In a small bowl, combine vinegar and sugar. Stir until dissolved. Sprinkle over cooked greens, remove from heat.

Serve immediately.

Barley-Sweet Potato Hash

Another fantastic recipe from "Simply Organic".

Ingredients

1/2 C pearl barley
 2 Tbsp vegetable or light olive oil
 1 small onion, coarsely chopped
 1 sweet potato, peeled and cut into 1/4 inch pieces
 2 C vegetable broth
 Salt
 Freshly ground black pepper

Procedure

Put the barley in a medium saucepan over medium heat. Cook, shaking the pan often, for 5 minutes, or until toasted. Remove the barley to a bowl.

In the same saucepan, heat the oil over medium heat. Add the onion and sweet potato and cook, stirring occasionally for 5 minutes, or until lightly browned. Add the barley and the broth.

Bring to a boil over high heat. Reduce

the heat to medium-low, cover and simmer, stirring occasionally for 30 minutes or until the barley is tender but still firm and the liquid is absorbed.

Season generously with salt and pepper.

Variations

Stir in ham, smoked tofu, or cooked chicken or shrimp into a bowl of the hash for a hearty meal.

Or top the hash with poached eggs.

Members Forum

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

Member Kathy says "I have to say that **Dreyer's Farms** in Cranford and **Wightman's Farms** in Morristown are great local community supporters and deserve a visit. They generously donated 250 apples and 250 peaches to the Mountainside Wellness Committee for an event. I have been apple picking and peach picking at Wightman's. They also have a (pre-cut) pumpkin patch for kids, hay rides, a corn play pen, mazes, picnic tables, etc. My family has made many fun trips there."

Other fun Pick Your Own places are: **Alstede Farms** in Chester. They have many farm animals for the kids to pet.

Bring bags of carrots to feed them.

Battleview Orchards in Freehold has a wide variety of apples for picking right now, and a pick your own pumpkin patch.

Race Farms in Sussex County was recommended by Farmer John last year. They have plenty of apples, and a variety of organic pick your own vegetables.

A perennial favorite is **Eastmont Orchards** in Colts Neck. Pick your fill of apples and pumpkins, and then drive down the road to the Delicious Orchards store for fresh pies and vegetables.

Remember to check with any of these places first before heading out to make sure they have the fruits and vegetables you want.

Next week's question: *Where do you go to enjoy the fall foliage?*

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