



Westfield CSA Newsletter

Farm News

Hi Folks,

We have gone very quickly from our first frost to our first snowfall, with about a half an inch of heavy wet snow blanketed the farm this past Thursday.

While there was no concern about damage to the remaining crops from the snow by virtue of the temperature, I was a bit worried about damage to some plants, especially the lettuces from the weight of the snow and its potential to break off leaves and branches. Fortunately this did not occur and we were spared a second round of snow that was predicted for Sunday.

With warmer temperatures expected this week I expect that many of the crops that have been growing very slowly will have a chance to size up this week.

The broccoli is still heading up rather sporadically, so although I had promised broccoli in the shares this week, it seems we will have to wait one more week.

We have harvested what was left of the peppers in the field before they could be damaged by the frosts. We will be distributing them over the next 2 weeks provided they are holding up.

We also have hot peppers which we will be sending as an extra.

The share for this week will be:

Boston lettuce, peppers, white potatoes, red onions, choice of arugula or tatsoi, butternut squash, baby white salad turnips, and choice of an herb.

Enjoy!

Farmer John

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CSA Shift Assignments

Shift assignments for **this** 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*

Butternut Squash

Butternut squash, with its yellowish-beige coloring and vase-like shape, is probably one of the more familiar of the winter squash varieties. It is commonly found in supermarkets at this time of year.

This member of the gourd family, while popular today, has probably been around for thousands of years.

While the outside is pale, the flesh of the butternut squash should be a creamy orange color.

Like all other winter squash, butternut squash is high in fiber, and very low in calories. There are approximately 65—80 calories and 2 grams

of protein in one cup of cooked squash. It also contains riboflavin, iron, vitamins A and C.

Butternut squash will store well, lasting one month or more when stored in a cool (45—50° F) dark place. Some websites suggest keep-



ing winter squash on several sheets of newspaper, and checking weekly for any rot.

You can also choose to bake the squash in a 400° oven for about 45 minutes to 1 hour.

Cut the squash open when cooled, scoop out seeds. Puree the flesh and store in 1 cup batches in your freezer for future recipes.

Some recipes call for cutting the squash into cubes and then boiling. Be sure to have a large sharp knife and lots of muscle. Butternut squash are, like most winter squash, rather hard shelled, and require a bit of elbow grease to cut.

Shift assignments for **next** week—October 29:

First Shift 2:30pm-5:00pm

*Sean Crane
Sara August
Jeff Brown*

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

*Maria Beardsley
Kim Studlack
Jeff Brown*

This is the Final

Fruit Share

The fruit share this week will be **Empire Apples and Bosc Pears.**

Chocolate Chip Squash Bread

This is a perennial favorite in our house. If you bake up several squash at a time and store the flesh (pureed) in 1 cup batches, you are always ready to go with this recipe.

Ingredients

2 C all purpose flour
1 C packed brown sugar
1 Tbsp baking powder
1 tsp ground cinnamon
1/4 tsp salt
1/4 tsp baking soda
1/4 tsp nutmeg

1/8 tsp ground ginger or ground cloves
1 C pureed orange fleshed winter squash (see above)
1/2 C milk
2 eggs
1/3 C canola oil
1/2 C chopped walnuts
1/2 C chocolate chips

Procedure

Preheat oven to 350°.
Grease a 9x5x3 inch loaf pan.

In a large mixer bowl, combine 1 cup of the flour, the brown sugar, baking powder, cinnamon, salt, baking soda, nutmeg, and ginger or cloves.

Beat with an electric mixer on low speed until blended, then on high speed for 2 minutes. Add remaining flour and beat well. Stir in nuts and chocolate chips.

Pour batter into greased pan. Bake in oven for 60 to 65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack. Remove from pan, cool thoroughly on wire rack.

Makes 1 loaf.

Sweet Potato “Fries”

If you have left over sweet potatoes—and you probably do, these are so fantastic, even your pickiest eater will probably like them.

Ingredients

Olive oil
Sweet potatoes
Salt
Paprika

Procedure

Preheat oven to 400°.

Peel sweet potatoes, and cut in half the long way. Then cut slices about 1/2 inch thick. Cut the slices in half again so that you have sticks approximately 1/2 inch to a side.

Liberally grease a cookie sheet with olive oil. I use about 3 tablespoons for a sheet. Place potato slices on cookie sheet and

give a good stir so that they are well coated with the oil. Sprinkle well with salt and paprika.

Bake in middle of oven for 15-20 minutes or until browned on the bottom. Turn slices over so browned side is on top and continue to bake for another 5-10 minutes or until crisp all around.

Serve as a side dish with ketchup or all by themselves.

Members Forum

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

Some local favorite of ours are Tamaques Park right here in Westfield. Besides the athletic fields and loop, there are short walking paths through the woods. The **Watchung Reservation** has trails from the Deserted Village that are really lovely this time of year.

Other recommendations from members included:

Hacklebarney State Park in Chester. You can get in some antiquing and apple picking while you are there!

Washington Crossing State Park.

There are trails for hiking, paths for biking, a restored ferry house, and a visitor center giving the history of George Washington's famous crossing.

Stokes State Forest in Sussex County has a small portion of the Appalachian Trail running through it and beautiful views from Sunrise Mountain. Well worth the drive.

For more ideas for our state's fantastic parks system, go to <http://www.state.nj.us/dep/parksandforests/index.html>

Next week's question: *For you home farmers out there, now that the growing season is just about over, what do you do with the crop harvest?*

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
