



Westfield CSA Newsletter

Farm News

Hi Folks,

We will be sending out the last few peppers as an extra this week, and this marks the end of the summer crops. The cool weather crops are thriving and look beautiful, although not always growing and maturing as fast as I would like. A case in point is the broccoli, which is big and beautiful, but still heading up slowly and sporadically. We have planted nearly 7,000 broccoli plants; more than half of which were planted in early August and so should be maturing. We had enough last week to send broccoli to a few groups and will have enough for several more groups this week. Anyone

who has not received broccoli after this week will definitely get it next week and I expect to have enough for everyone in the final regular season share. Spinach is another crop which endures cold weather but yet grows very slowly. I expect that the spinach will be large enough to bunch for next week's share. Also on the horizon is escarole and broccoli raab. We have finished harvesting the sweet potatoes, and since I don't have great storage conditions for them, we will be shipping them out immediately.

In the field, besides harvesting, we are busy with clean up- removing posts, trellising, plastic mulch and drip tape

and preparing ground for cover crops. We are also preparing beds for planting next season's garlic and shallot crop. And I am as always, working on fixing broken equipment. This week's project is the disc harrow which I need for planting the cover crops.

The share for this week will be:

sweet potatoes, yellow onions, parsnips, acorn squash, radishes, choice of a mustard green- arugula or tatsoi, red leaf lettuce, choice of endive or dandelion greens, and choice of an herb.

Enjoy,
Farmer John

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October 29, 2009

CSA Shift Assignments

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

First Shift 2:30pm-5:00pm

*Sean Crane
Sandra Holbrook
Jeff Brown*

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

*Stacey Klag
Kim Studlack
Jeff Brown*

Extended Share Information

Every year, the CSA offers an "extended share" for those interested in continuing to receive organic vegetables in addition to receiving a large quantity of "storage" crops. It is necessary to have the space to store these vegetables if you are planning on signing up for the extended share.

The dates for the extended share will be November 19, November 25 (Wednesday pickup), and December 3. The following is the information directly from Farmer John.

The November season extension will be similar to last year. There will be 3 additional deliveries with the final

delivery including a winter "stock-up" The cost will be \$80.

The first 2 deliveries will be fairly typical to the regular season shares, with lettuce, greens, broccoli, cabbage, cauliflower, Brussels sprouts, root veggies such as parsnips, carrots, turnips, radishes, and celery root.; potatoes; onions; and winter squash. In the pre-Thanksgiving share we will include larger quantities of potatoes and onions.

The "stock up" will include onions (~ 5#'s), several types of potatoes (15-20#'s), winter squash (5-10 #'s), an assortment of root vegetables (~ 5 #'s) and cabbage. The total weight of the "stock-up" will

be at least 35 #'s.

There will be less winter squash than last year, in part because it did not keep well for some members last year and also because there was not a great crop this season.

I hope to still have some greens such as kale or spinach; and broccoli in the final share, but I can't promise that due to the uncertainty of the weather. I am growing lots of interesting Asian greens, such as baby bok choy, tatsoi, hon tsai tai, as well as arugula, broccoli raab, spinach and escarole that will be ready for the extension. I am confident that the extension will be enjoyable and an excellent value.

Farmer John

Shift assignments for **next** week—November 5:

First Shift 2:30pm-5:00pm

*Elizabeth Miller
M. Dubberley
Darlene Fiscus
Maria Beardsley*

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

*Josh Jancourtz
Sean Crane
John Niemczyk*

Needed:

Plastic bags.

Please bring your extras to the CSA.

Chocolate Chip Squash Bread (Amended Recipe)

The missing sentence is in italics. Oops.

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 pow-

der, cinnamon, salt, baking soda, nutmeg, and ginger or cloves. *Add squash, milk, eggs, and oil.*

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.

Stir Fry Veggies

A few people have asked me what to do with those funny Asian greens we've been getting. Here's a simple recipe using many of the vegetables we have gotten recently. All measurements are approximate.

Ingredients

1 red or yellow onion, cut in half, then sliced to form strips
2 small or 1 large green or red pepper
1-2 salad turnips, sliced thin

1 bunch Asian greens (tatsoi, bok choy, komatsuna), washed well, (stems and ribs removed for komatsuna)

2 Tbsp oil
2 Tbsp soy sauce
1/2 tsp sugar
1/4 C red cooking wine
3/4 C vegetable broth
1 Tbsp corn starch

Procedure

Heat oil in medium frying pan and sauté onion slices until soft. Add pepper, tur-

nips, greens and cover for 5 minutes, mixing well.

In a separate bowl, combine soy sauce and sugar.

Add cooking wine and vegetable broth to vegetables, and stir until all vegetables soften, and greens have wilted, about 10 minutes. Add soy sauce mixture and stir.

Let mixture boil down by about half.

Mix corn starch with 1 Tbsp cold water and add to sauce, stirring quickly to thicken. Serve over rice or as a side dish.

Members Forum

This 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?

If you still have some green tomatoes on your plants, they are not a lost cause. If they are light green, pick them and place them stem side down in a cardboard box in one layer. Cover with newspaper, and check every few days. Green tomatoes will take 2-4 weeks to ripen this way.

Note that this only works for tomatoes that have started to ripen. Dark green tomatoes will not ripen.

Any peppers that are left can be picked, chopped, and put in the freezer in baggies.

Herbs should be pulled up by the roots, and placed upside down in a paper bag for drying.

If you've got some beans that have dried out on the vines, pick them, dry the beans completely on the counter, and then you can try to plant them in the spring for your own sustained crop. If they are a crossbred plant, you may get some surprises in the spring!

Be sure to pull out your plants once they are done producing. If there are any signs of rot or blight, bag them and put them in the trash. Otherwise, they can all be composted.

Member Carolyn suggests the website <http://www.veggietrader.com/index.php>

You can register and trade extra vegetable crops with your neighbors.

Share your ideas with the other CSA members. Email Andrea and Sonja at westfieldcsa@gmail.com

We'll post comments in next week's newsletter.

www.westfieldareacsa.com
