

Westfield CSA Newsletter

Farm News

Hello Folks,

We've been busy this past week trying to catch up with the planting and with the weeding that we were unable to get done this past month due to the rain.

I have almost finished planting the pumpkins and the winter squash.

On Monday I will finish up with planting the acorn squash and will also try to plant the edamame soybeans.

We have also begun to harvest the garlic and hang it in the barn to cure. We should finish that project as well early this week.

We have also been busy in the greenhouse planting broccoli, cabbage, cauliflower and other things for the fall crop.

The tops on some of the onions have begun to die back so we will be starting the onion harvest next week.

The share for this week will be: **Romaine lettuce, Chinese cabbage, carrots, fresh garlic, peas, basil and choice of mustard or dandelion greens.**

Enjoy,

Farmer John



Fruit Shares!

Starting in 1 week. Shares are \$180 for 12 weeks of various tree fruits. Expect about 7 lbs each week.

Sign up at pick up. Checks made out to John Krueger

Dandelion Greens

While often thought of as the unsightly weeds in the lawn, dandelions are actually quite nutritious. All parts of the plant are edible, and the leaves or "greens" are commonly used in salads just as other greens with a "bite" such as chicory or escarole.

Dandelion greens can be sautéed like spinach.

Dandelion greens are a wonderful source of Vitamins A, K, calcium and iron. They even beat broccoli in nutrition!

Dandelions are known for their medicinal value as well. They reportedly aid in digestion, reduce swelling and inflammation, and treat viruses, jaundice, edema, gout, eczema and acne.

If you are not used to so called "bitter" greens, here's a tip. Boil the greens in one or more changes of water. This will decrease the bitterness. Or, cook them up with sweet vegetables such as carrots.

You'll never look quite the same at your lawn again!

Extra Mesh Bags!

If anyone is interested in purchasing more mesh bags, there are a limited number of bags left. Please e-mail Danielle and you can purchase them for only \$2.50.



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July 16, 2009

CSA Shift Assignments

Shift assignments for **this** week—July 16:

First Shift 2:30pm-5:00pm

*Birgit Dorer
Kathryn Capperella
Mindy Szeto*

Second Shift 5:00pm-7:30pm

*Mary Kern
Christie Wu
Mindy Szeto*

Shift assignments for **next** week—July 23:

First Shift 2:30pm-5:00pm

*Leah Doberne-Schor
Sandra Holbrook
Jennifer Wikoff*

Second Shift 5:00pm-7:30pm

*Brad Gerstle
Louise DuBois
Lisa Hubbard-Seela*

** Reminder **

Please do NOT park in reserved spots in the Temple parking lot. Any spot with a sign is a no-no. Any spot with no sign is okay.

Blackened Carrots

I got this recipe from my cousin, who cooked them for us one night. They were amazingly delicious.

Ingredients

2 lbs carrots
1/4 C Olive Oil
1 Tbsp fresh chopped thyme
4 Tbsp brown sugar

4 Tbsp balsamic vinegar
2 oz no-fat feta cheese

Methods

Steam carrots until slightly soft, but NOT mushy. Refrigerate overnight.

Next day, fry carrots in olive oil with

chopped thyme on high heat, stirring often, until carrots turn modestly black—about 15 to 20 minutes.

Add brown sugar and vinegar and heat 3 more minutes on medium flame.

Add feta cheese, stir two more minutes and serve.

White Beans, Mustard Greens and Roasted Garlic Bruschetta

Another wonderful recipe from the "Simply Organic" cookbook.

Ingredients

2 Tbsp olive oil
2 garlic cloves, minced
4 C thickly sliced mustard greens
1 Tbsp balsamic vinegar
Salt
Freshly ground black pepper
1/2 red onion, minced
1 C cooked white beans
2 tsp. chopped fresh oregano
1/2 C vegetable or chicken broth
6 slices (1/2 in. thick) Italian bread, toasted.

Method

Heat 1 Tbsp of the oil in a medium skillet over medium-low heat. Add the garlic and greens and cook for 5 minutes, or until the greens are very tender. Stir in the vinegar. Remove to a bowl and set aside to cool slightly. Season generously with salt and pepper to taste.

Heat the remaining 1 Tbsp oil in the same skillet over medium heat. Add the onion and cook for 5 minutes, or

until soft. Add the beans, oregano, and broth. Cook for 5 minutes or until heated through and well blended. Using a fork, mash the beans coarsely. Season with salt and pepper to taste.

Divide the greens evenly among the bread slices. Top each with an equal portion of the bean mixture. Serve immediately.

Makes 6 servings.

Question of the Week

Question: Do you know of a cookbook that follows the seasons or is great for organic eating?

Answer: Sara says "My two bibles for preparing our CSA vegetables are, Deborah Madison's "Vegetarian Cooking for Everyone" and Mark Bittman's "How to Cook Everything Vegetarian". Both have a section with an alphabetic listing of vegetables and several ways to prepare each in addition to multiple other recipes. Her book is a little more elegant with perfect seasoning for every recipe. Bittman's is fantastic for cooks that like

to improvise as he will frequently give a basic main recipe and then give ideas for different ways to prepare things."

Valeri also recommends Mark Bittman's "How to Cook Everything Vegetarian" and "Farmer John's Cookbook: The Real Dirt on Vegetables" by John Peterson and Angelic Organics Farm

Several other CSA members recommended Mark Bittman's book as well as the Farmer John Cookbook. Also recommended are "The New Laurel's Kitchen" by Laurel Robertson and "Simply Organic: A Cookbook for Sustainable, Sea-

sonal, and Local Ingredients" by Jesse Ziff Cool.

For next week: Do you have a favorite recipe website?

Share your favorites 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
