



# Westfield CSA Newsletter

## Farm News

Hi Everyone,  
The continued dry spell enabled us to get somewhat caught up on the work we fell behind with during the monsoon. Unfortunately we are now falling behind on the planting and some of the other tasks normal to mid-July, such as tying up the tomatoes and harvesting the onions.

We have finished harvesting the garlic and it is hung up to cure. The harvest looks good with good size bulbs and not much problem with rot. It will be in the share again in two or three weeks.

We have begun harvesting the onions and as I feared the wet

conditions have caused problems with rot. We have tried to save as many as we could by spreading them out in the greenhouse to dry, but many were too far gone. We will begin shipping some white onions this week and a sweet variety called Ailsa Craig next week. For the time being I recommend using your onions quickly as the sweet onions don't keep well.

A word about the updates: I try my best to make predictions about what will be ready during the coming week on Sunday, because some groups receive their delivery on Tuesday. Please bear in mind that this is a prediction and not a guarantee. Things change and sometimes there is not enough of an item for groups that receive later in the week. I keep careful track of who has gotten what and to keep things equitable. Generally if an item is on the list and you don't get it that week you will get it the next. This is the case for a number of items this week

such as cauliflower, and squash/cucumbers as well as peas and favas which are ending vs. beans which are just beginning.

During the past week we were forced to harvest thousands of heads of lettuce we were about to lose to bolting. These are now in cold storage to be saved for distribution over the next several weeks. Lettuce keeps very well this way for two or three weeks, but we just have too much and no more space in the coolers. And since many of the heads are a bit small, we will be sending two different varieties this week, probably a Red Romaine and a Boston (no guarantees!).

### The share for this week will be:

**Yukon Gold Potatoes, White Onions, Lettuces, Carrots, Cauliflower, choice of Swiss Chard or Kale, Basil, Bok Choy, Peas or Beans, and Squash or Cucumbers.**

Enjoy! Farmer John

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July 23, 2009

### CSA Shift Assignments

Shift assignments for **this** 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*

Shift assignments for **next** week—July 30:

#### First Shift 2:30pm-5:00pm

*Carlyle Owens  
Leah Doberne-Schor  
Jennifer Wikoff*

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

*Carlyle Owens  
Mary Kern  
Sandy Iannetta*

### 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.

### Fruit Shares!

Starting this week.

Fruit share this week will be blueberries and peaches.

## Tips for Storing and Reviving Lettuce

**For Storing:**  
(salad spinner required)

1. Fill a sink with *cold* water. Separate all the leaves of the lettuce, place them in the water and swirl them around.
2. Drain, then briefly rinse each piece of lettuce as you place in the basket of your salad spinner. If the leaves are large, you may tear them in half.
3. When full but not tightly packed, spin until dry.

4. Wrap the dry leaves in paper towels and slide into a gallon-size zippered plastic bag. Squeeze the air out and close the bag.
5. Lettuce can now be stored in the fridge and should stay fresh for at least a couple of weeks.

### For Reviving:

If lettuce, or other greens, are a bit past their prime, soak them in cold water for thirty minutes to freshen them up.

Or, revive a wilted head of lettuce by rinsing it upside-down under a cold tap for a few seconds. Shake off excess water and put the lettuce into a large plastic bag. Tie up the bag tightly, trapping as much air as possible inside, then refrigerate for 1-2 hours, or overnight.

**Tip:** Use a plastic knife when cutting leaves to prevent brown discoloration at cut marks.

## Italian Turkey Soup

A perfect recipe for all those fresh vegetables we are getting. Found on [www.epicurious.com](http://www.epicurious.com).

### Ingredients:

1 tablespoon olive oil  
 1 green bell pepper, diced  
 1 small onion, chopped  
 3 large garlic cloves, chopped  
 1 tablespoon dried basil  
 2 teaspoons fennel seeds  
 1/4 teaspoon dried crushed red pepper  
 6 cups canned low-salt chicken broth  
 2 medium zucchini, diced

1 carrot, diced  
 1 9-ounce package fresh cheese ravioli (*I like the mini dried ravioli bags at Trader Joe's for this recipe*)

1 1/2 cups diced cooked turkey

Grated Parmesan cheese

### Procedure:

Heat oil in heavy large saucepan over medium heat. Add bell pepper, onion, garlic, basil, fennel seeds and crushed red pepper and sauté until vegetables are just tender, about 10 minutes. Add broth. Cover pot and simmer 10 minutes. Add

zucchini and carrot. Cover and simmer until carrot is almost tender, about 5 minutes. Increase heat to high and bring soup to boil. Add ravioli and boil until tender, about 5 minutes. Add turkey and cook just until heated through, about 1 minute. Season soup to taste with salt and pepper.

Ladle soup into bowls. Serve, passing cheese separately.

## Peach Cobbler

### Ingredients:

*For filling:*

1/3 to 2/3 cups sugar  
 1 tablespoon cornstarch  
 5 cups peach slices

*For cobbler:*

1 cup all-purpose flour  
 1/4 cup sugar  
 1 teaspoon baking powder  
 1/2 teaspoon ground cinnamon  
 3 tablespoon butter  
 1 egg, beaten  
 3 tablespoons milk

### Procedure:

In a saucepan, combine sugar and cornstarch. Add 1/4 cup of water. Stir in peach slices. Cook over medium heat, stirring until thick and bubbly. Remove from heat and cover to keep warm.

Preheat oven to 400°.

In a bowl, mix flour, sugar, baking powder and cinnamon. Using your fingers, cut in butter until mixture resembles course crumbs. Combine egg and milk in a small bowl. Add to flour mixture, stirring until just moist.

Transfer fruit filling into an 8x8x2 inch baking dish. Drop topping into mounds on top of hot filling.

Bake 20 to 25 minutes until toothpick inserted into topping comes out clean. Serve warm.

Goes very well with ice cream on top. Serves 6.

## Question of the Week

### Question:

*Do you have a favorite recipe website?*

### Answer:

A favorite of both Andrea and Sonja, it's always a surprise when folks are unfamiliar with [epicurious.com](http://www.epicurious.com). Epicurious is an enormous database of *Gourmet* and *Bon Appetit* (et al) recipes that are searchable by ingredient. Next time you are unsure of how to prepare kohlrabi or fava beans, try searching epicurious. The breadth of

tempting, user-rated returns is exceptional. Visit [www.epicurious.com](http://www.epicurious.com)

**SmittenKitchen** is another favorite for Andrea. Self-described as fearless cooking from a 24 square-foot kitchen in Manhattan, the recipes are gourmet while remaining unpretentious and beautifully photographed by the site's chef/photographer/writer. Photo-tutorials accompany the recipes for those a bit more fearful in the kitchen. Visit [www.smittenkitchen.com](http://www.smittenkitchen.com)

Also, **The Cook's Thesaurus** is a *can't-live-without*. An encyclopedia that covers thousands of ingredient substitutions. Almost never will you find yourself unable to prepare a recipe for lack of an ingredient. Visit [www.foodsubs.com](http://www.foodsubs.com)

### For next week:

*What's your favorite vegetarian sandwich?* Share your favorites with the other CSA members — Email Andrea or Sonja at [westfieldcsa@gmail.com](mailto:westfieldcsa@gmail.com). We'll post the responses in next week's newsletter.