



Westfield CSA Newsletter

Farm News

Hi Everyone,

This past week we finished harvesting the onion crop, which is a great relief. With these wet and humid conditions everyday that they remained in the field they were in danger of rotting. Now we can turn our attention to other pressing matters such as getting the weeds under control in the winter squash and elsewhere, and beginning to transplant the fall broccoli, cabbage and cauliflower.

The beets have finally sized up so we will be shipping them this week. There will be some regular purple types and some Chioggia beets, an Italian heirloom, also known as Candy cane which is white with red rings inside.

The eggplant and tomatoes have begun to produce so they will be in the share for this week as well. The tomatoes are rather small and there aren't that many ripe just yet, but it's a start. The truth is that my tomato crop looks terrible and I don't expect a very good season for tomatoes this year.

You have probably heard about the problem of late blight on tomatoes in NJ. This disease, also known as phytophthora is what caused the Irish potato famine, and is quite devastating. I heard that one local farm lost their entire crop of tomatoes and potatoes. Fortunately we have not seen any sign of it yet here at the farm. But there is a plethora of other diseases affecting

the tomatoes; even the tomatoes in the greenhouse have been affected.

We still have an abundance of the sweet onion, so we will be sending these again this week, as they aren't great keepers.

While I normally only send one member of the Allium family each week, I know that many of you are waiting for more garlic, so we will be sending it as well.

The share for this week will be:

Red Boston lettuce, beets, garlic, sweet onions, All Blue potatoes, eggplant, peppers, tomatoes, fennel, string beans, and choice of an herb.

Enjoy!

Farmer John

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CSA Shift Assignments

Shift assignments for **this** week—August 13:

First Shift 2:30pm-5:00pm

*Karen Grossman
Jen Gearhart
Tricia Mullaney
Kirti Malik*

Second Shift 5:00pm-7:30pm

*Carol Lutz
Anita Antes
Michelle Ehrich*

Shift assignments for **next** week—August 20:

First Shift 2:30pm-5:00pm

*Ingrid Eng
Fran Michetti
Gayle Hunt*

Second Shift 5:00pm-7:30pm

*Kieran Brown
Michelle Ehrich*

All Blue Potatoes

If you are new to the CSA, you are probably wondering if the farm news contained a misprint. Blue potatoes? YES! Personally, I think they were a bit more purple than blue, but they are definitely not the white or yellow fleshed varieties you are used to finding at the super-

market.

According to "Organic Gardening" magazine, the *All Blue* potato is "a striking deep blue medium-size potato that stores well and tastes great. Texture is good for all types of cooking. To keep color, do not overcook.

While potatoes often get a bad reputation as being the "starchy vegetable", they do have nutritional value. A single medium size potato contains 3.6 grams of protein, 3.6 grams of dietary fiber, 36 grams of carbohydrates and

between one third to one half of the USRDA of vitamin C.

More colorful potatoes, such as the All Blue, may have even more health benefits. It is thought that the pigments that produce the colors may also function as anti-oxidants.

To store the potatoes, when you bring them home, let them air dry on your counter or table overnight. Then, brush off any remaining excess dirt, and place them in a brown paper bag in a cool, dry place with lots of air circulation.



Fruit Shares!

Fruit share this week will be **Nectarines** and **Kagman Apples**.

“Too Blue for You” Mashed Potatoes

This recipe came from *Organic Gardening* magazine, and is an absolute hit in our house. The kids think that eating blue food is really cool.

Ingredients

6 to 8 “All Blue” potatoes, peeled and cut into small pieces
2 Tbsp butter
1/3 C whole milk
1/3 C chopped green onion

6 ounces crumbled blue cheese
Dash of sea salt and white pepper

Procedure

Cook the potatoes in a saucepan of boiling salted water until tender, or about 15 to 20 minutes. But don't overcook, or they will lose their blue color! Poke them with a fork to see if they are done. If the

potato piece slides right off, you're ready to mash.

Drain the potatoes and mash them with an electric mixer (or a wooden spoon if you need the work out).

Melt butter in a small saucepan with the milk. Add milk mixture to potatoes and fold in onion and cheese.

Season with salt and pepper, as desired.

Eggplant Rollatini

A classic recipe from *epicurious.com*:

Ingredients

Nonstick olive oil spray
All purpose flour
4 large eggs, beaten to blend
3 1/2 cups fresh breadcrumbs made from crustless French bread
2 2/3 cups grated Parmesan cheese (about 8 ounces)
18 1/4- to 1/3-inch-thick lengthwise eggplant slices (from 2 medium)
3 cups (packed) coarsely grated whole-milk mozzarella cheese (about 12 ounces)
1 1/4 cups ricotta cheese (preferably whole-milk)
3/4 cup chopped fresh basil leaves

3 cups purchased marinara sauce

Procedure

Preheat oven to 350°F. Spray 3 baking sheets and one 13x9x2-inch glass baking dish with nonstick spray. Place flour in 1 wide shallow bowl, eggs in second bowl, and breadcrumbs mixed with 1 cup Parmesan cheese in another. Sprinkle each eggplant slice with salt and pepper. Coat each slice with flour, then beaten egg, and finally breadcrumb mixture. Arrange eggplant slices in single layer on prepared sheets. Bake eggplant in batches until coating is golden, turning after 15 minutes, about 30 minutes total. Cool on sheets.

Mix mozzarella cheese, ricotta cheese,

basil, and 1 cup Parmesan cheese in medium bowl. Season filling with salt and pepper. Divide filling among eggplant slices (about 3 tablespoons per slice); spread evenly. Starting at 1 short end, roll up eggplant slices, enclosing filling. Arrange rolls, seam side down, in prepared baking dish. (Can be made 1 day ahead. Cover and chill.)

Preheat oven to 350°F. Spoon marinara sauce over rolls; sprinkle with remaining 2/3 cup Parmesan cheese. Bake uncovered until rollatini are heated through and mozzarella cheese melts, about 30 minutes.

Serves 6 as a main dish.

Question of the Week

Question: : *How do you like to store your extra vegetables? Do you have any neat tips or tricks that you could share?*

Answer: When we have extra **chard** in the summer, we blanch it for 2 minutes in a pot of boiling water, let it cool on a cutting board, chop it up and put it in a freezer bag. Pull it out in the winter and steam it, and you're ready for whatever recipe you like.

Shredded or grated **zucchini/yellow squash** can be frozen in the amount you use for zucchini bread. Just defrost and add to your recipe.

Wash and dry well any **peppers**. Then chop into pieces the size you use them. Then can be frozen in plastic bags and used (straight from the freezer) in soups, stews, casseroles, stirfrys

or anywhere else you would use cooked peppers. They still taste fresh!

Wash and dry well **tomatoes**. Then dice them and mix with some herbs. Freeze in freezer container. Defrost and sauté with or without other veggies for serving over pasta.

Thinly slice **eggplant**. Do one of the following:

1. dip in egg then bread crumbs
2. dip in Italian dressing
3. dip in Italian dressing then bread crumbs
4. brush with a little olive oil

Then spread on a baking sheet and bake until just soft. When cool you can freeze them between sheets of wax or parchment paper and have it all ready for eggplant parmesan. Any time of the year.

Winter squash can be roasted and mashed or pureed, then frozen in any quantity for breads, pies, casseroles, etc

For next week: *Got a favorite outdoor spot to share?*

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
