



Westfield CSA Newsletter

Farm News

Hello Everyone,

We have arrived at the mid point of the season. While it has been one of the most challenging years ever, I am fairly satisfied with what we have been able to provide thus far. I only hope that you, the shareholders feel the same. I strive to make each year better than the last as I learn from my mistakes and improve my soils and growing systems. In a difficult year this may mean that my production is only equal to the previous year or at least not much worse.

In almost every year there are crops that flourish and others that fail. Last year there were no sweet potatoes because I was unable to buy plants. This year we have planted about 2500 plants and they are doing well.

Last year we had a bumper melon crop, in spite of problems with the crows drilling holes in many of them. This year I am sad to report that the deer have destroyed my entire main planting of melons. I have planting melons in the open, with no fencing for 12 years and have never had a problem until this season. After many years farming I thought I knew what the deer would bother and what was safe, unfortunately they seem to have continually evolving eating habits.

The problem began right after transplanting as they started munching on the young

plants, pulling some right out of the ground in the process. We covered them with an ag-fabric normally used for protection from insects and frost, and they grew beautifully for several weeks this way. However once the plants begin to flower and run they must be uncovered so that bees can pollinate the flowers and the vines can spread. Once they were uncovered the deer resumed eating not only the vines but all of the young fruit as soon as it formed. We planted a second smaller batch of melons later in the season inside the deer fence and those are growing beautifully, but were planted quite late and it is uncertain whether they will have time to mature fruit. For the sake of the melons as well as the winter squash and other main season crops let's hope it's a warm and not too wet fall.

We are beginning to harvest quite a few ground cherries, so depending on availability these may be in your share this week or next. These members of the tomato family are closely related to the tomatillo and share the paper husk that surrounds the fruit. Simply squeeze them out of their husk and eat them out of hand, in salads or make a sauce with them. They make great snacks for kids as they are quite sweet.

Two weeks ago the share included All blue potatoes, an unusual spud that many people really like. The following

week we noticed that nearly half of those we had stored had rotted. This particular crop was planted at another field which has very heavy clay soil and is in a valley, and so the ground was saturated during much of the season.

I apologize if your potatoes went bad, but it takes a few days for this condition to manifest itself and there is no way to detect which are good and which are not. I will now have to decide whether to harvest the rest of this crop and hold them to sort out the infected ones, or abandon them entirely.

The share for this week will be:

Red leaf lettuce, tomatoes, peppers, eggplant, red skinned potatoes, Rattle-snake pole beans, carrots, red onions, and choice of an herb.

Enjoy!

Farmer John

Fruit Shares!

Reminder,
There is no fruit share this week.

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CSA Shift Assignments

Shift assignments for **this** week—August 27:

First Shift 2:30pm-5:00pm

*Jen Gearheart
Carole Snyder
Lisa Thornton*

Second Shift 5:00pm-7:30pm

*Kieran Brown
Sandra Paez Kaminski
Kate Herz*

Shift assignments for **next** week—September 3:

First Shift 2:30pm-5:00pm

*Ingrid Eng
Melanie Dubberley
Carole Snyder*

Second Shift 5:00pm-7:30pm

*Margot Partridge
Molly Kern
Jeanette Nachtman*



Rattlesnake pole beans

Despite the name, Rattlesnake pole beans have nothing to do with the snake. They are reportedly named after them due to their curling tendency which makes them look like a sleeping snake. The green bean is usually greenish-grey with purple streaking. They cook just like a typical green bean, with a slightly nutty flavor. And as with other “purple” beans, cook-

ing them causes them to lose the purple stripes. Your kids will be fascinated—and maybe a bit disappointed—to find that those colorful beans are simply big green beans when cooked.

The dried beans look similar to pinto beans, from which they are derived. Since beans need to be left to dry on the

vine, it is not possible to dry the beans at home once the green beans are picked.

Just like green beans, rattlesnake beans are full of nutrition.

Once you get them home, cook snap beans as soon as possible. To preserve, wrap in a damp paper towel, place in a plastic bag, and refrigerate up to a week.

Salmon “Sandwich” with greens marinade

This is a fantastic summer dish that requires a bit of planning ahead, but not a lot of time in the kitchen.

Ingredients

¼ cup lime juice

1/8 cup soy sauce

5 T olive oil

1 t sesame oil

½ tsp pepper

2 cups greens to include herb leaves (oregano, basil rosemary), and lettuce/augurula and spinach

1.5 to 2 Lbs salmon: it is best to have matched pieces of salmon for “sandwich”

Procedure

Combine all ingredients, except salmon in a deep dish or platter large enough to hold the salmon pieces as well.

Add salmon pieces and ensure they are covered with the marinade. Refrigerate for at least 6 hours.

Heat grill to medium heat.

Remove salmon from marinade and place one piece of salmon skin side

down on a plate. Cover with greens.

Place matched piece of salmon on top, skin side up

Use metal picks to secure salmon sandwich

cook on grill for about 7 minutes until the skin peels off the bottom piece.

Flip carefully(!) and cook 3-4 minutes on reverse side and again peel off skin.

Place on a large platter and serve to oohs and aahs.

Question of the Week

Question: : Have any tips for white potatoes or zucchini?

Answer: Marcia says “I’m really lazy in the kitchen. I just scrub the white potatoes, cut them into chunks and boil them in water until a fork goes through easily. Then I drain and mash them. I’m all for “dirty mashed potatoes” on my menu.”

Nadav highly recommends the Zuccanoes recipe from the original Moosewood Cookbook. Nadav says “You will be richly rewarded for your labor on this recipe:

Slice 3 med-to-large zucchini in half lengthwise. Scoop out insides, leaving 1/4" rim so the canoe stays intact.

Sautee in butter:

Chopped zucchini innards
1/2 lb. chopped mushrooms
a large chopped onion
1-2 cloves garlic
2 Tbs sunflower seeds

season with rosemary, basil, thyme

Separately, beat 3 eggs. Mix with 1 1/2 cups cottage cheese, 1/4 cup wheat germ, 3 Tbs tamari, dash worcestershire, a couple shakes Tabasco, 1 cup grated cheddar, 1 cup cooked soybeans (Trader Joes has them read to go in the veggie case) and/or brown rice. Add the sauteed vegetables.

Stuff the canoes generously. Sprinkle with paprika

Bake 40 min at 350F

Optional: serve topped with extra grated cheese or sour cream.”

For next week: *What’s your favorite place to hike?*

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
