

# Westfield CSA Newsletter

## Farm News

Hi Folks,

The weather has continued to present challenges during this past week. The frequent rain does not give the ground ample time to dry out enough for me to prepare ground or plant seeds. In addition high winds which accompanied a storm on August 21 tore the plastic off the high tunnel greenhouse at the Blairstown farm.

I was never able to plant anything in this greenhouse due to the wet conditions, but we were using it to dry much of the onion crop. I didn't become aware of the situation until last Wednesday, and so on Thursday we were diverted from other pressing tasks in order to gather them and bring them to Andover to be stored in the barn, ahead of the weekend rainstorm.

The same high winds knocked over much of the trellising

that supports the Rattlesnake pole beans.

In between harvesting and dealing with these various calamities we have been busy transplanting lettuces and the fall brassicas crops.

The week ahead is predicted to be rain free, so I hope to be able to seed a multitude of fall crops such as turnips, radishes, arugula, spinach, and various other greens. Because I have been delayed in planting these crops for so many weeks, greens will be rather scarce for a while. About the only greens I have in great abundance are dandelions and I doubt there are many of you who are huge fans of this bitter green.

The chard has succumbed to fungal diseases because of the damp conditions, but we are attempting to rejuvenate it by cutting it off at the base so it

can re-grow. We will save all the clean leaf we find to distribute in the shares bagged, because it is mostly too small to bunch.

With cooler condition beginning the kale should begin to grow well again and we can harvest it for distribution in another couple of weeks. A second planting of zucchini and other summer squash is coming on and I hope to have sufficient quantities to deliver by next week.

**The share for this week will be:**

**Romaine lettuce, white potatoes, tomatoes, peppers, eggplant, Rattlesnake beans, beets, leeks, choice of Swiss chard or dandelion greens, garlic, ground cherries, and choice of an herb.**

Enjoy!

Farmer John

**Important Notice**  
CSA pick up will move from Temple Emanu-El to the First Congregational Church starting on **September 17, 2009**. Please make note of the change in location. Details to follow.

## Ground Cherries

By now you've had a week of looking at that container of ground cherries and perhaps you've even eaten them and liked their odd sweet taste. But what exactly are they?

Ground cherries, also sometimes known as a "Husk Tomato", are similar to cape gooseberries, but related to tomatoes and tomatillos.

They get their name because when they ripen, they fall to the ground.

Ground cherries, while enjoyable right out of their papery wrapper, are excellent dipped in chocolate, made into jams, or jellies, or cut up into vegetable salads.



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### CSA Shift Assignments

Shift assignments for **this** 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  
Beverly Klepper*

Shift assignments for **next** week—September 10:

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

*Beverly Klepper  
Tobi Feldman  
Gayle Jones  
Lisa Thornton*

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

*Ilana Saporta  
Jeanette Nachtman  
Heather Hayes*

### Fruit Shares!

The fruit share this week will be nectarines and Italian plums.

## Ratatouille

### Ingredients

2 cups cubed, peeled eggplant  
 1 small zucchini or yellow squash, halved lengthwise and cut into 1/4 inch thick slices.  
 1 cup diced tomatoes  
 1/2 C finely chopped onion  
 2 Tbsp olive or vegetable oil  
 4 Tbsp dry white wine or water

1/2 tsp dried basil, crushed

1 small garlic clove diced

1/8 tsp pepper

### Procedure

In a large skillet heat olive oil to hot but not smoking. Add eggplant, zucchini, tomatoes, onion, garlic, basil and pepper. Saute 3-4 minutes until vegetables are softened, but not browned. Add white

wine, cover and simmer until vegetables are very tender, about 15 minutes. Check frequently and add water if necessary.

Cook uncovered another 5 minutes until mixture has thickened, stirring occasionally.

Sprinkle with grated parmesan cheese if desired.

Serves 4.

## Salad of Dandelion and Fresh Goat Cheese

Original adapted from *Uncommon Fruits and Vegetables* by E. Schneider

### Ingredients

1 bunch dandelion greens, cleaned and dried  
 about 1/4 pound fresh white goat cheese, cut into 1/2 inch cubes  
 1/3 cup or so of chopped red onion, or chopped scallions  
 2 T sherry or other light vinegar  
 2 T walnut or other nut oil, can use a good olive oil if that's what's on hand  
 1/2 t sugar

3-4 T toasted and coarsely chopped walnuts

### Procedure

Cut off and discard stem bases. Cut each stalk into 2-inch pieces. Pile on a serving dish; intersperse with cheese. Sprinkle with onion to taste.

In small non aluminum pan combine vinegar, oil, and sugar; bring to a boil, stirring. Pour over salad and toss lightly. Sprinkle with nuts and serve at once.

Margot recommends this recipe and gives a few pointers of her own. She says

"I used feta cheese instead of goat, raspberry vinegar, and walnut oil.

I thought it was pretty good.

I have found the web site for Mariquita Farms,

[www.mariquita.com/recipes/](http://www.mariquita.com/recipes/)

quite helpful in identifying recipes for the vegetables we have been receiving."

## Gazpacho

A South Beach Diet recipe that is absolutely fantastic, and perfect with the vegetables we are getting now.

### Ingredients

1 C tomato or vegetable juice  
 1/2 C peeled, seeded, finely chopped fresh tomatoes  
 3 1/4 Tbsp finely chopped celery  
 3 1/4 Tbsp finely chopped cucumber  
 3 1/4 Tbsp finely chopped green bell pepper  
 3 1/4 Tbsp finely chopped green onion  
 1 1/4 Tbsp white wine vinegar  
 3/4 Tbsp extra virgin olive oil

1/3 large garlic clove, minced  
 3/4 tsp finely chopped flat leaf parsley  
 14 tsp salt  
 1/4 tsp Worcestershire sauce  
 1/4 tsp freshly ground black pepper

### Procedure

Combine the juice, tomatoes, celery, cucumber, bell pepper, onion, vinegar, oil, garlic, parsley, salt, Worcestershire sauce, and black pepper in a glass or stainless steel bowl.

Cover and refrigerate overnight.  
 Serves 2.

The recipe was easily doubled and although I wasn't exact with my measurements, it was delicious.

**For next week:** Share your favorites with the other CSA members. Email Andrea and Sonja at

[westfieldcsa@gmail.com](mailto:westfieldcsa@gmail.com)

We'll post the responses in next week's newsletter.

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[www.westfieldareacsa.com](http://www.westfieldareacsa.com)

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