



Westfield CSA Newsletter

Farm News

Hello Everyone, We received some much needed rain this past weekend and fortunately the hailstorms that were about missed us this time.

The ground is still quite dry, which is good for digging potatoes but not for much else.

We have been busy putting up trellis for tomatoes and for many people's favorite, the Rattlesnake pole bean. The beans have been coming in heavily, so we have an ample supply for the shares this week. Unfortunately one variety that I planned which was supposed to be a green bean

has produced yellow wax beans, so we have more wax beans than green beans at the moment.

This week you will be receiving Ailsa Craig sweet onions, a wonderful heirloom variety. These we will send with the green tops still attached, which can be used like a scallion.

We will also be shipping radicchio, most of which is the trevisio type which has a form like a small romaine lettuce.

We are continuing with the rotation of cukes and summer squash (zukes). If you got one

last week you should get the other this week.

The share for this week will be:

Red leaf lettuce, sweet onions, red skinned potatoes, string beans, cabbage, choice of Swiss chard or dandelion greens, radicchio, red skinned or golden turnips, cucumbers or summer squash and choice of an herb- summer savory, sweet marjoram, or parsley.

Enjoy! Farmer John

Radicchio

Radicchio is actually Italian chicory and looks a bit like a small head of red lettuce.

According to the website gourmetsleuth.com, radicchio is high in magnesium, potassium and vitamin A. At only 9.2 calories per cup, it is a

low cal delicious addition to any salad.

Radicchio has a bitter, peppery flavor, so be wary if you are not used to this in salad.

It can also be grilled or roasted as an interesting addi-

tion to your other grilled vegetables. To make grilled radicchio sweeter, mix it with a sweet onion or other caramelized vegetable.

Radicchio will last a week in the refrigerator.

Turnips

According to the website www.alive.com, turnips are native to western Asia. They come in a variety of colors, all of which are rich in phytochemicals, which are believed to help the body fight off and detoxify cancer causing substances.

Turnips are low in calories, a

good source of calcium and iron, and they are high in vitamin C.

Because turnips are members of the mustard family, they are spicy in flavor. These tubers can be eaten in a variety of ways.

They can be boiled, fried,

roasted, mashed, or eaten raw, depending on personal taste.

For storage you can peel and slice turnips. Bring just to a boil, then drain and cool immediately in ice water. Put in freezer bags and freeze. Or you can remove the greens, and turnips will store for a week or more in the fridge.

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CSA Shift Assignments

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

First Shift 2:30pm-5:00pm

*Leah Doberne-Schor
Carlyle Owens
Jennifer Wikoff*

Second Shift 5:00pm-7:30pm

*Carlyle Owens
Mary Kern
Sandy Iannetta*

Shift assignments for **next** week—August 6:

First Shift 2:30pm-5:00pm

*Christine Dencker
Rebecca Kelly
Pam Wornow*

Second Shift 5:00pm-7:30pm

*Joe Verga
Hank & Jodi Krause
Sheila Rippe*

Fruit Shares!

Fruit share this week will be Shiro Plums and Mutsu Apples.

Sweet and Sour Cabbage with Smoked Pork Chops

Another yummy recipe from the “Simply Organic” cookbook.

Ingredients

1 Tbsp olive oil
1 head cabbage, cored and very thinly sliced (about 6 cups)
1 red onion, thinly sliced
½ C packed brown sugar
½ C rice wine vinegar
Salt

Freshly ground black pepper
4 smoked pork chops (about 5 ounces each)
¼ C Dijon mustard
1 Tbsp honey

Procedure

Heat the oil in a Dutch oven over medium heat. Add the cabbage and onion and cook, stirring for 2 minutes. Reduce the heat to low, cover and cook, stirring often, for 45 minutes, or until very soft.

Add the brown sugar and vinegar and cook for 5 minutes. Season with salt and pepper to taste. Place the chops on top of the cabbage. Cover and cook for 20 minutes, or until the chops are heated through.

Meanwhile, in a small bowl, combine the mustard and honey.

Remove the cabbage mixture to a large platter and top with the chops. Drizzle the mustard mixture over the chops.

Turnips Gratin

Here’s a hearty recipe from epicurious.com.

If you happen to have an adjustable blade slicer, that will make quick work of slicing the turnips.

Ingredients

2 Tbsp unsalted butter
2 ½ lb medium turnips, trimmed
1 Tbsp chopped thyme
½ Tbsp chopped savory
1 ½ tsp kosher salt

¼ tsp cayenne
1 C heavy cream
1 C grated Parmigiano-Reggiano cheese

Procedure

Preheat oven to 450° with rack in middle. Melt butter in ovenproof 12 inch heavy skillet, then cool.

Slice turnips paper-thin with slicer, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper

towels. Sprinkle with about 1/3 of thyme, savory, kosher salt, and cayenne. Make 2 more layers.

Cook, covered, over medium heat until underside is browned, about 10 minutes. Add cream and cook, covered, until center is tender—20-25 minutes.

Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10-15 minutes. Let stand 5 minutes before serving.

Question of the Week

Question: *What’s your favorite vegetarian sandwich?*

Answer:

Danielle’s favorite veggie sandwich is tomato, garlic, cheese (or avocado). “I thickly slice a tomato and put it on one slice of bread. Then I place that slice of bread, tomato side up and another slice covered in cheese in the toaster oven until the cheese is melted. I sprinkle a little garlic powder (or previously spread the bread with roasted garlic) and put together. Alternatively, instead of cheese, just toast the second slice and then spread mashed avocado on it and sprinkle with garlic powder.”

Betty writes “Oh my, some favorite all-

times are made with (1) slices of sweet onions, (2) sliced cucumbers and (3) sliced tomato and American cheese, all with light mayo spread on two sides of any kind of fresh bread; also light salt and pepper on the first two.”

To continue responses for *favorite websites*, Amanda suggested www.ThePioneerWoman.com. Click on the “cooking” tab, and check out the recipes. There are clear pictures of each step for those who are a bit afraid of straight cookbooks and then printable copies of the recipes to add to your collection.

Amanda also recommends www.TastyKitchen.com where recipes are sent in by members., and neatly ar-

ranged in tabs such as Breakfast, Main Course, Canning, Sides, etc.

For next week:

What’s your favorite vegetable to grow at home, and why?

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
