



# Westfield CSA Newsletter

## Farm News

Hello Folks, I am once again late in writing the update, and for that I apologize to those who are waiting to know what they will receive this week.

All I can say is that I am a bit overwhelmed at the moment trying to keep up with so many battles on so many fronts.

We have just passed another wet spell with almost 4" of rain falling during the past week. This has created various problems such as not being able to harvest potatoes with my mechanical digger,

and setting me back on my planting of fall crops.

And yet I count myself lucky that it has been only rain. In the nearby Borough of Andover roofs were ripped off building by a mini tornado and an orchard close by suffered extensive damage from hail. I also heard on the radio of a farm that was almost completely destroyed by a tornado.

We are once again in the position of having to harvest thousands of heads of lettuce or lose them. Both of my coolers are already completely full, so I have no more space to store anything. For this reason we will be shipping 2 heads of lettuce in the share this week. I hope you're in the mood for lots of salads!

We are sending red onions this week and this particular crop was damaged by the hailstorm in June. Because of the torn leaves, water was

able to enter and has caused some to have a single rotten layer inside. It is all but impossible to tell which ones have this condition and generally the rest of the onion is fine. I apologize and ask your indulgence in this regard if you receive some of these.

We harvested most of the onions from the other farm this past week and they are hanging to dry. Since there was no hail at this location they look good, so I expect the onions later in the season will not have this problem.

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

**Romaine lettuce, red leaf lettuce, carrots, green peppers, white potatoes, red onions, string beans, and choice of parsley or basil.**

Enjoy,  
Farmer John

**BAGS!**  
**Due to continuous need by people who forget, we are in need of more plastic bags. If you have extra bags at home, please donate some this week.**

## Lettuce

While I'm enjoying all the different types of lettuce in my salads, I thought it would be interesting to find out a bit more about this often overlooked vegetable.

Lettuce is a VERY low calorie food. I suppose that's why salads are such a big part of diets. One cup of shredded romaine lettuce has only 8,

yes 8 calories.

As a general rule, the darker green the leaves, the more nutritious the lettuce. Romaine lettuce is high in vitamin A, vitamin K, folate, vitamin C, manganese and chromium. Loose leaf lettuce, such as the red leaf lettuce we are getting this week is just as nutritious as romaine, although

they vary in which vitamins are more prevalent. So, when you make your salads, be sure to mix up the greens to get the most of the nutrition available.

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### CSA Shift Assignments

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

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

*Christine Dencker  
Rebecca Kelly  
Pam Wornow*

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

*Hank Krause  
Jodi Krause  
Sheila Rippe*

Shift assignments for **next** 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*

### Fruit Shares!

Fruit share this week will be **Peaches** and **Blueberries**.

## Blackened Green Beans

Here's another delicious recipe from my cousin's garden...

### Ingredients

10 C green beans  
1/4 C olive oil  
1 Tbsp chopped fresh thyme  
1 Tbsp paprika

Parboil green beans ( 2-3 minutes) and then dry.

Mix green beans with olive oil, fresh thyme and paprika.

Cook in oven on cookie sheet 15-20 minutes at 415 degrees till half blackened, stir and flip every 5 minutes.

When done, serve with vinaigrette: (mix all very well)

1/2 cup butter  
3 T fresh lemon juice  
2 tsp Dijon mustard  
1/2 cup olive oil  
# T fresh chopped scallions  
1-2 T fresh tarragon.  
Serves 4

### Procedure

## Charmoula Sauce

This is a classic Moroccan sauce typically used on grilled or baked fish, but it is also quite good on chicken. Some like to cook the fish and then add the sauce as a choice on the table, but others love how the sauce seeps into the meat when the fish is cooked with a slathering of the sauce on top.

This particular recipe comes from The New York Times, but others can be found simply by googling the name.

### Ingredients

3 garlic cloves, skins on  
1/4 cup cilantro, mostly leaves, roughly chopped  
1/4 cup Italian parsley, mostly leaves, roughly chopped  
1/2 teaspoon freshly squeezed lemon juice  
1/2 teaspoon sea salt  
1 teaspoon paprika  
1 teaspoon ground cumin  
Pinch of cayenne  
1/4 cup olive oil

### Method

Char the cloves on an open flame. Clean off the blackened skin, mash and finely chop.

Use a mini-grinder and puree the garlic, cilantro, parsley, lemon juice and olive oil. Season with sea salt, paprika, cumin and cayenne. Stir well, taste, and adjust the seasonings if needed.

Refrigerate in a sealed container. Serve at room temperature.

## Question of the Week

**Question:** *What's your favorite vegetable to grow at home, and why?*

### Answer:

Mike says "My favorite vegetable to grow at home is okra because it is generally not grown locally, and therefore hard to get garden fresh"

Sonja says " I just grow dirt."

Danielle has been trying out carrots, but so far they are very small.

Dana suggests "string beans are my favorites. You can build a teepee out of stakes, and plant the beans all around. Then the kids can have a hide-away in the garden and pick the beans and eat them.

Mike also says "I love to grow brussel

sprouts. They are very hard to grow, but the reward is wonderful. We once had a brussel sprout plant that didn't produce any sprouts all summer or fall, but in the middle of February, we looked out, and there they were! We had fresh Brussels sprouts in the middle of winter!

**For next week:** *How do you like to store your extra vegetables? Do you have any neat tips or tricks that you could 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.

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

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