



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

June 7, 2010

WELCOME TO WELL FED – OUR WEEKLY E-NEWSLETTER

Each Monday in our newsletter we tell you our best guess as to what is coming in your share and offer recipes, especially for those less-familiar crops. We periodically include farm reports, features on staff and CSA members, farm photos, volunteer opportunities and special announcements. If you'd like to add or delete your email address from our list, include a friend or family member's email, or if you have recipe, photo or other newsletter submissions or ideas, please email Mimi at mimi@wellspringcsa.com.

IN THIS WEEK'S SHARE

Please note this is our harvest plan, but actual share contents may vary based on weather or other factors out of our control.

In this week's list we include the varietal names of the crops. We select these varieties because they are well suited to our northern climate, for their great taste and for their superior performance. We also think the names are quite beautiful.

- Greenwich Napa Cabbage
- Santo Cilantro
- Bunched Baby Beets featuring Chiogga, Golden & Red Ace varieties
- Baby Lettuce Salad Mix
- Deep Purple Scallions

HANDICAPPED PARKING ON THE FARM

If you need assistance or have physical limitations, please drive up closer to the pick-up shed at the farm. Park at one of the available spaces directly in front of our large, red barn.

RUNNING LATE? JUST CALL!

We are happy to bag your share for you if you call by 5:30pm. Farm phone: 426-3361. Montpelier distribution members' shares will be left at the VT College site; farm distribution members' shares will be left in our cooler in our large, red barn. Note we won't bag your share if you don't call because we don't know if you are away.



HOW DO YOU SAY YOUR NAME?

It is one of the CSA mysteries...now to be revealed. My given name, Mimi, is pronounced "mi-mee". A few years ago someone made my life much easier when they pointed out that my name rhymes with "Jimmy"!

Staff Feature: Mimi Arnstein, Farmer

"Be careful what you wish for; you just might get it." Despite the obvious pitfalls of pursuing a line of work in which one tries to control nature (a frustrating battle unless you learn to go with the flow), I feel grateful every day for the opportunity to grow food for my community. Now entering my eighth season on this magical land, I'm pleased to report that many aspects of farming have gotten easier. And yet, there's never a dull moment. Thanks to all of our CSA members and community supporters for keeping this land in active agriculture and for enjoying the fruits of our labor. Mimi's favorite tools: large cheater bars, mini sledgehammer, circa-1950 Allis Chalmers G cultivating tractor, wood-fired hot tub at the end of a long day.

JULY 4 SCHEDULE

Monday, July 5 CSA distribution rescheduled for Tuesday, July 6. Thursday distributions remain as normal.



FARMER'S WELCOME: IT TAKES A VILLAGE

What a start to the season! The weather has been wonderfully hot, which means the sun is doing a great deal of our work for us. Not that we are being idle, but I'll tell you, sunshine makes our farm work SO much more pleasant and successful. We've even started the CSA a week early. In addition to feeling grateful for the weather lately, I truly marvel with gratitude at the helping hands our neighbors and supporters lend to the farm. We are lucky to have **Steve Bronstein's** blacksmithing forge down the road and I've called on him for help this season more times than I can count. He has made swift repairs on tractor parts, implements, hoes, plus came to the farm to re-engineer a persnickety sidedresser and designed an improvement on our cone spreader. Who knows what will break next, but I can say with confidence that Steve can help me out. Then there's **Pam Quinn** who has been helping out with our newsletter for years now, and has volunteered once again. And **Dale Bickford**, our farming neighbor who has come over with his powerful tractor to disc and plow, and allows us to use his property (and manure!) for making compost. The list goes on...Thank you to these folks and to everyone for your support of our farm!

Working member feature: Mike Keenan and daughter Lilah

My name is Mike Keenan and my wife is Jeri. We live in the village of Plainfield with our children, Bob, Lilah, Zarah and Moriah. We have been members of Wellspring Farm since 2004 and enjoy the people and the awesome organic vegetables that the farm provides for us. Lilah and I thoroughly enjoy distributing the vegetables to the Montpelier site on Thursdays. We look forward to a bountiful and splendid growing season and to spending time visiting with all of you this summer. Don't forget to grab yourself a slice of yellow watermelon.



ADD TO YOUR SHARE

We are pleased to feature products for sale from local producers from Marshfield and Plainfield, some of whom are offering add-on shares to your CSA membership.

WHIZZO BAGEL SHARES

After many years of living in a bagel-deprived community, Anne LaBrusciano set out to perfect her own bagel. Sampling different recipes on friends and family, and the acquisition of a thirty quart mixer named The Iron Giant, led Anne to create the Whizzo Bagel. Made in small batches in her state-inspected Marshfield kitchen with high-quality flour and ingredients, the Whizzo Bagel is a crowd-pleaser. With sesame seed, poppy seed, onion, garlic, seed and salt, caraway and salt, or just plain, Whizzo Bagels are sure to send you over the moon. Supplies are limited and will be treated on a first come/ first serve basis. Reserve your share today! Deliveries begin the first week of July.



CLEARY FAMILY FARM MEAT SHARES

Greetings Wellspring Farm CSA members! This season the Cleary Family Farm, in Plainfield, is pleased to offer a special meat share available exclusively to you. You can choose grass-fed beef and/or pastured pork shares totaling 15 lbs of meat spread out over three deliveries in July, August and September. We will also be offering fresh organic chickens for a one time delivery in September. Please check out our website to learn more about our organic production practices and the other products we offer. <http://clearyfamilyfarm.com/> Quantities are limited, so don't delay in ordering. You can pick up an order form at the regular CSA pick-up times.

ROBIN TAYLOR'S EGGS

For sale at CSA distribution. The difference between commercial eggs and local, farm fresh eggs is much more than just the taste. My chickens have large yards to be in during the growing season when I don't want them in the gardens. They get plenty of fresh air and exercise. Plus they can scratch the dust and do all those natural chicken activities. I also let them live out their natural life span since they work so hard for me.

WANTED

- Your clean, full sized plastic bags for CSA shareholders who forget to bring their own
- Egg cartons for our chicken farmer, Robin Taylor
- 3 more CSA member sign-ups to reach our goal of 150 shareholders! Tell a friend. We pro-rate shares throughout the season, so it's not too late to join! Half-priced share available to those who financially qualify.

Asian Peanut Slaw (adapted from a recipe on Epicurious)

6 tablespoons rice vinegar
3 tablespoons vegetable oil
3 tablespoons sesame oil
5 tablespoons creamy peanut butter
3 tablespoons soy sauce
3 tablespoons (packed) golden brown sugar
2 tablespoons minced peeled fresh ginger
1 1/2 tablespoons minced garlic
5 cups thinly sliced **napa cabbage**
2 large red or yellow bell peppers, cut into matchstick-size strips - optional
2 medium carrots, peeled, cut into matchstick-size strips
1/2 bunch radishes, cut into matchsticks
1/2 cup dry-roasted peanuts
1 bunch **scallions**, chopped
1/2 cup chopped fresh **cilantro**

Whisk first 7 ingredients in small bowl to blend. (Dressing can be made 1 day ahead. Cover and chill. Let stand at room temperature 30 minutes before continuing.)

Combine remaining ingredients in large bowl. Add dressing and toss to coat. Season with salt and pepper and serve. If making ahead, toss the peanuts in right before serving.

Recipes to Share

Have you made a great meal with your share items in the past, or recently, and have a recipe to share?

If you do, please email your recipes to Pam at any time and she will include them when those items will be included in the share. Thanks for contributing.

pambrendan@fairpoint.net

Cilantro Slaw

5 cups shredded **napa cabbage**
1 cup firmly packed **cilantro** leaves, minced
1/4 cup lime juice
1 tsp water
1 tsp honey

In a large nonmetal bowl, mix all ingredients together.

From Sunset Low Fat Mexican Cookbook

Cilantro Pesto adapted from *Fields of Greens* by Annie Somerville

Annie says: A little of this bright green sauce goes a long way. Spicy and piquant, it's delicious served with grilled vegetables or on Mexican Pizza. (page 180 from this same book). For fresh chile flavor, add a green jalapeno or serrano chile and omit the cayenne. Walnuts are a fine substitution for the pine nuts.

1/4 cup olive or vegetable oil
1 **scallion**, white and green parts, coarsely chopped
1 garlic clove, coarsely chopped
1 Tablespoon pine nuts, toasted
1.5 teaspoons fresh lemon or lime juice
1 lightly packed cup **cilantro** sprigs with short stems
1 lightly packed cup parsley sprigs, large stems removed
salt and cayenne pepper

Combine everything but the salt and cayenne in a food processor or blender. Add 1/8 teaspoon salt and a few pinches cayenne pepper; puree until smooth. Season to taste with salt and cayenne.