



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 6, 2010

In This Week's Share:

- **Fresh Carrots** – One of the best crops of the summer: fresh, tender, young carrots. The variety, Nelson, is my favorite. They are snappy and beautiful.
- **Zucchini & Summer Squash** – Time to turn on the grill! Slice lengthwise, slather with olive oil and chopped garlic scapes & grill.
- **Baby Lettuce Salad Mix**
- **Greens Mix-n-Match:** Spinach, Bright Lights Chard, Kale
- **Herb Choice:** Parsley, Cilantro, Garlic Scapes
- **Choice:** Purple Scallions or Hakurei Salad Turnips w/Greens
- **PYO peas & basil:** We are going to do our best to pick some peas for our Montpelier members, but please come on out to the farm to pick your own too!



Nathaniel Emmons, Wellspring Farmer Apprentice

I have traveled and lived in many different places, but Vermont has and will always be my home. I enjoy exploring, hiking, climbing, swimming, surfing, eating, cooking, and spending time with my dog Sasha, "the sausage bear". I am very excited to be back in Vermont, spending my days working hard in the fields.

FARMER'S REPORT

During these long humid July days, with scorching sun overhead and "too much to do" and "too little sleep" it is hard to adequately convey the value of excellent employees. On a day when one person brings a batch of homemade cookies for everyone at break time and another volunteers to work extra hours in order to help get the weeds under control, spirits are lifted and the work load on the farm feels more manageable. With deep gratitude I tip my hat to our hardworking, reliable farm crew.

PICK-YOUR-OWN

Come on out and pick snap peas and basil this week!

Hours: Monday & Thursday: 10AM – 7PM

Tuesday, Wednesday, Friday: 10AM – 3PM

For up-to-date PYO crops and quantities, see our website www.wellspringcsa.com

Harvest Tips:

- **Snap Peas** – Eat the whole pod! Gently flip plants and you will find many peas on the other side. Hold plant gently with one hand so it does not get pulled from the soil, and then pull pea off with the other hand. Pick only the peas that are fully ripe; the younger ones will continue to grow. Please pick the plants thoroughly to encourage further growth.
- **Basil** – Gently snip florets from the top of the plant with your fingers. The remainder of the plant will continue to grow.
- **Containers** – Please return our quart and pint containers so that we can reuse them. Thanks!



GARDENING TIPS: POTATOES

If you grow potatoes at home, you will find the pesky Colorado Potato Beetle (CPB) roaming and munching freely this time of year. This voracious pest emerges from the soil in late spring in search of solanaceous, or nightshade, foliage. They particularly like potatoes and eggplant. The unattractive larvae actually do the most feeding, and it is at this stage that you will notice significant damage on your plants. What to do? Here are a few tips for the home garden:

- **Change of scenery.** Be sure to rotate the location of your potatoes as best you can. CPB overwinter in the soil from the previous year. If you move the location of your potatoes from year to year, the beetles will have to work harder to find their food source. This is a key principle of organic farming.
- **Mulch your potatoes.** Research has found that CPB do not do well climbing over stinky material like mulch. This may delay or reduce their presence.
- **Cover your potatoes.** Spun polyester agricultural fabric (brand name: Remay) keeps the pest out, but lets the light and rain in. Be careful when it gets very hot outside as the covers also increase the temperature.
- **Pick 'em off!** This is often required. Squish the little buggers between your fingers when they are at the larva stage. True, they are orange and goopy and generally gross. You can always put on a pair of gardening gloves to reduce the *ick* factor.

Got gardening questions? Send them to mimi@wellspringcsa.com and I'll answer them in a future newsletter.

Sautéed Zucchini

1 tsp vegetable oil
2 lbs zucchini, in ½ inch slices
½ c bread crumbs, toasted
¼ c minced fresh parsley
2 Tbsp minced dry roasted almonds
1 Tbsp grated Parmesan cheese
1 Tbsp chopped fresh oregano
1 clove garlic or garlic scape, minced
Black pepper to taste

1. In a large nonstick skillet, heat oil over medium high heat. Add zucchini; cook and stir 5-8 minutes, or until just tender and lightly browned. Remove from heat.
2. Combine crumbs, parsley, almonds, Parmesan, oregano and garlic. Add to zucchini; toss and serve.

Oriental Tabbouleh

Combine and cover, allowing to "plump" for about 30 minutes:

1 C bulgur
2 C boiling water
1/2 tsp. salt

Meanwhile, make a dressing/marinade by combining the following:
juice of 1/2 a lemon (about 1/4 C) (or half a lime would work too)

1 1/2 tbsp. soy sauce
one or two garlic scapes, crushed
1 tsp. Chinese chili-garlic sauce (or similar)
1 tsp. sesame oil
3 tbsp. olive oil
a few tbsp. minced cilantro

Drain off any soaking water remaining after the bulgur has soaked the 30 minutes, then stir in marinade and as many chopped veggies from the list below as you like. Combine and chill well. Serving suggestion: romaine lettuce leaves (the smaller, inner ones) work great as 'scoops' for eating the tabbouleh with.

Veggie additions:

Asian greens (steam-to-wilt, then run under cold water to stop cooking, then drain and chop). Any other greens could be used instead... spinach, chard, beet greens, kale
diced carrot
diced seasoned tofu (optional)
chopped scallions
diced summer squash