



# WELL FED

Newsletter for Wellspring Farm CSA

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

July 12, 2010

## In This Week's Share

We are starting to come out of the spring greens season, and into the harder vegetables like summer squash, carrots and potatoes! But we will keep you supplied with salad greens all season.

- **Purple New Potatoes** – They don't need anything more than a quick boil, butter, salt & herbs. The variety is Caribe, and it is smooth and creamy.
- **Summer Squash & Zucchini**
- **Carrots & Beets** Choice
- **Spicy Salad Mix or Baby Lettuce Mix**
- **Baby Leeks or Purple Scallion** Choice – Bunched young allia (aka onion family members) such as these two choices provide the only early season onions, so we try to give them out often.
- **Cucumbers** - The season's first!
- **Pick-Your-Own: Snap Peas, Basil, and now Flowers.** See our website for quantities. Feel free to pick weekly, not just once!

Our newsletter editor and recipe scout Pam Quinn is away this week on vacation. More recipes next week when she returns...

## Newsletter Survey

Please give us your feedback on the newsletter! This short survey will take about 2 minutes to complete:

<http://www.surveymonkey.com/s/75Y5LF3>

Back by popular demand:

### Green Salad Dressing Recipe

Blend your share for a scrumptious pesto-like dressing. Great on salads, steamed veggies, in burritos; you can't go wrong!

1 large handful parsley  
1 small handful other green herb like chives, basil, sage, scallion (anything green works!)  
¼ to ½ cup cider vinegar (start with less and add more to taste)  
2 small dill pickles  
2 cloves garlic or garlic scapes  
1 Tbsp mustard  
1 medium cucumber or 1 handful of snap peas  
1 tsp salt  
2 handfuls spinach or chard  
½ cup olive oil

Place all ingredients apart from the oil in a food processor and blend into a smooth paste. With the machine still running, slowly add the oil and blend until it is well emulsified into a thick, creamy sauce.



CSA member Barb MacGregor submitted this photo entitled "Where I Ate My Wellspring Share" (in the White Mountains). Where do you eat your Wellspring veggies? Please send photos & we will feature *your* dining environs!