



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 26, 2010

In This Week's Share

- **Tomatoes** – Ah, a sure sign of summer. We baby these tomatoes in our greenhouse with lots of tender care.
- **Broccoli** – Packed with nutrients!
- Carrot/Beet/Potato Mix-n-Match
- Onion, Purple Scallion or Baby Leeks Choice
- Kale or Rainbow Chard
- Cuke/Summer Squash/Zucchini Mix-n-Match
- PYO: Beans, Flowers & Basil. Make pesto and freeze in ice cube trays; then store in Ziploc bags in the freezer and use all winter long. Quantities per share and harvesting tips at www.wellspringcsa.com

Pick Your Own Hours

Monday & Thursday: 10AM-7PM

Tuesday, Wednesday & Friday: 10AM-3PM

Thank you to volunteer **Ali Zipparo** for taking some beautiful photographs of our crops, crew and



Three Things You Didn't Know About Wellspring Farm

By Caroline Rose, Wellspring Farm Apprentice

1. They are Big. And They are Scary. So Watch Your Head.

It seems as if the only time the farm is controlled by humans is during work hours. But when the sun heads down below Lord's Peak every night and then rises each morning, we find the barn actually belongs to a family of prehistoric spiders that could fatally wound a small child. No matter how many times we sweep up the webs, they seem to multiply. Just to remind us we're outnumbered by about 100,000 to 1.

2. If You're Missing a Little Religion in Your Life

The picnic table is a sacred gathering place. It is where all the troubles of daily life come to congregate, share a few laughs, and eat a lot of salad mix. When entering this sacred space it is best to come with the proper reading materials. If you've already ripped out the personals in the back of *Seven Days*, just don't even bother bringing it. However, if you've some form of newspaper or magazine that includes all of our daily horoscopes, you can stay. You can also stay if you bring bagels, bread, donuts, or cookies. Really, any form of carbohydrate will be accepted.

3. When Sleeping Outdoors

For a few days, or in some cases for weeks, you will undoubtedly dream of bears. Since I am one of three Wellspring employees that lives in some sort of camp in the field (I sleep in a tent every night), I have dreamt of bears for many a moon. So I'm here to give you some advice. All this hoopla you've heard about bears, that they can run faster and climb faster and virtually gulp up any human being in several sweeps of their herculean jaws, is entirely true. So if you see or hear a bear circling around your campsite, you're screwed.

WANTED

Your clean, full sized plastic bags for folks who forget their own at the CSA pick-up. We're getting low on our stock. Clean out your kitchen cabinets of bags and bring them to us! Thanks for helping us to reuse and reduce!

Squash Pancakes

2 eggs
1/2C milk
2 medium summer squashes, grated
1/2C bread crumbs
1/2C grated cheese
1/3C each chopped fresh parsley, basil and cilantro
2T minced shallot or green onion
4T butter
1/4C flour

Mix together eggs and milk. Add squash, herbs and shallots. Then mix in the cheese. Add slowly the bread crumbs and flour and mix well. In a large, heavy, non-stick skillet, melt 1T butter until it starts to brown. Spoon about 1/4C of mixture into the pan and flatten a bit with the spoon. You might be able to fit 2 pancakes into the same pan at once. When the edges show a little browning turn with a spatula. Cook the other side until it is also golden brown. Keep pancakes warm in the oven until they are

Chard-Tomato Peasant Pasta

1 bunch Chard or Kale
olive oil
2-3 garlic cloves, peeled and chopped
2 tomatoes, chopped
pasta
splash of white wine or squeeze of lemon
S & P

Bring one large pot of water to boil, then add a couple of teaspoons of salt. Add chard pieces to the water and cook until blanched, 2 minutes or so. Fish out the chard with tongs or strainer. Add pasta to water to cook

Meantime, cook the garlic in the oil in a large sauté pan for 1 minute over medium or medium high heat until softening a little, make sure it doesn't burn. Add blanched chard & chopped tomatoes. Cook for 5-7 minutes. Cook up the pasta now if you're using fresh pasta.

toss everything together, with a splash of white wine or lemon juice, and add a little of the pasta water to make everything a tad soupy. Adjust seasoning and add salt and pepper

Spicy Cucumber Salad

2 medium cucumbers
1 tsp. soy sauce
1 tbsp. rice vinegar
2 tsp. sesame oil
1/4 tsp hot chili paste (can substitute Tabasco)
1 tbsp. sugar

Peel the cucumbers and cut them lengthwise in two. Scrape out the seeds and then cut the cucumbers into slides (about 1/8 inch thick). Combine the soy sauce, vinegar, sesame oil, chili sauce and sugar and mix well. Add the cucumber slices. Refrigerate for 3-4 hours. Toss to coat each slice prior to serving. Serve chilled.