



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 2, 2010

In This Week's Share

This is our best guess but due to weather & quantities available, the share may differ. That's nature!

- **Tomatoes** – Pick-your-own basil, add mozzarella slices, a touch of salt and it's pure perfection.
- **Head Lettuce** – Thank you for your patience while our lettuce recuperated from recent troubles in the field.
- **Peppers** – Green & Purple!
- **Cantaloupe or Eggplant Choice**– We will have more of both of these crops coming soon. Our early cantaloupe variety has died back early due to plant disease, and thus the fruits are not very sweet. I hemmed and hawed about whether to even give them out. They aren't the best tasting but they are LOCAL. Try with a squirt of lime juice.
- **Broccoli**
- **Carrot/Beet/Potato/Onion Mix-n-Match**
- **Garlic**
- **Cuke/Summer Squash/Zucchini Mix-n-Match**
- **PYO: Beans, Flowers, Basil & Cherry Tomatoes are just starting to ripen.**
Quantities per share and harvesting tips at www.wellspringcsa.com

PYO Hours:

Monday & Thursday:10AM-7PM, Tuesday, Wed. & Friday:10AM-3PM

Thank you so much for your appreciation!!! It means everything to me and the farm crew! – Mimi

The share has been AWESOME so far — I am so happy to eat so many fresh veggies all the time. Thank you for being our farmer! :)

Dana Dwinell-Yardley

Just wanted to tell you how much your farm share brightens my day. Love the newsletter, love your farm, thanks for keeping us connected to what we eat!

Erin Shea



Joseph Huba has been a volunteer for the past month at the farm, and this week we bid him farewell as he returns home to Maryland. He was a fantastic addition to our farm team; always ready to work hard (and play hard). We will miss him!

Coming Soon:

sweet corn, melons, more tomatoes! Full-on summer!

Reflections of a Wellspring Farm WWOOF (Willing Workers On Organic Farms) Volunteer

By Joseph Huba

Working on Wellspring Farm has been quite an experience. As a Maryland native, I am truly out of my element. But the experience of working on an organic farm has been very rewarding since I arrived at the beginning of July. I enjoy the simple life the farm has to offer. I have been living in a cabin located on the farm. Attached to the cabin is an outdoor kitchen with gravity fed water and a propane stove. I am not a good cook so I have not used the stove too much. To be honest, I am not used to the critters that stir during the night so I would rather not tempt them. My first few nights were spent listening to the sounds of mice and nocturnal animals roaming around my cabin scrounging for food. Other than the critters, everything has been wonderful. My different Vermont experiences have been amazing. Mimi and the rest of the crew have made sure that I am able to experience as much as I can in a short amount of time. I love this state and the people that live here!

Roasted Broccoli with Optional Garlic

Recipe submitted by CSA member Nancy Chartrand

With the delicious broccoli that is being harvested - I would like to share the following recipe from PBS' America's Test Kitchen. Just had some for dinner - superb.

- Nancy

Serves 4

Note: Trim away the outer peel from the broccoli stalk, otherwise it will turn tough when cooked. For Roasted Broccoli with Garlic, stir 1 tablespoon minced garlic into the olive oil before drizzling it over the broccoli.

INGREDIENTS

1 large head **broccoli**

3 tablespoons extra virgin olive oil

1/2 teaspoon table salt

1/2 teaspoon sugar (helps the broccoli brown more evenly)

Ground black pepper

Lemon wedges for serving

INSTRUCTIONS

1. Adjust oven rack to lowest position, place large rimmed baking sheet on rack, and heat oven to 500 degrees. Cut broccoli at juncture of florets and stems; remove outer peel from stalk. Cut stalk into 2- to 3-inch lengths and each length into 1/2-inch-thick pieces. Cut crowns into 4 wedges if 3-4 inches in diameter or 6 wedges if 4-5 inches in diameter. Place broccoli in large bowl; drizzle with oil and toss well until evenly coated. Sprinkle with salt, sugar, and pepper to taste and toss to combine.
2. Working quickly, remove baking sheet from oven. Carefully transfer broccoli to baking sheet and spread into even layer, placing flat sides down. Return baking sheet to oven and roast until stalks are well browned and tender and florets are lightly browned, 9 to 11 minutes. Transfer to serving dish and serve immediately with lemon wedges.

Garden Gazpacho

makes about 4 servings

approximately 3 C chopped **tomatoes** & their juice (feel free to supplement with cherry tomatoes!)

1 medium-sized mild **pepper**, stem, seeds and membrane removed, coarsely chopped

1 **cucumber**, peeled and coarsely chopped (remove seeds if you like)

1 small **summer squash**, coarsely chopped

1 small **onion**, peeled and coarsely chopped

1 large **garlic** clove, crushed

approximately 2 tbsp. red wine or champagne vinegar, possibly more

1 tbsp. flavorful olive oil

1 tsp. or so fresh-squeezed lemon or lime juice (optional)

2 tsp. honey (optional)

1 handful of **fresh basil leaves** (optional)

1 seeded/chopped jalapeno (optional)

Combine all ingredients except vinegar in a food processor and puree. Empty into a bowl and add/stir in vinegar, a bit at a time, tasting as you go, until the right degree of tartness is reached. For some reason, I have found it is the vinegar which really gives gazpacho that special 'zing'. But since everyone's sense of sour is different, it is best to do this as I described. You'll know when it is right. And of course you'll want to add salt & pepper to taste. When you've got what you like, refrigerate the soup and chill thoroughly. Serve cold.

For those of you that have an excess of your own zucchini, here is a zucchini relish recipes submitted by member Amanda Moran-Moshinskie

10 Cups chopped Zukes
4 cups chopped onions
2 green + 2 red chopped sweet peppers
5 Tablespoons canning salt

Combine all the above and let stand overnight. Drain. Wash and drain again. I usually do this process at least twice in order to get the most amount of water out as I can. Be sure all water is out by draining it through cheesecloth or a similar method.

Then combine:

2 1/2 cups apple cider vinegar
1 Tablespoon Nutmeg
4 Cups Sugar
1 Tablespoon Tumeric
2 Tablespoons Cornstarch
2 Tablespoons Celery Seed
1/2 teaspoon black pepper

Add the zuke mixture and cook for 30 minutes stirring often. If you are going to can it...this is when you would place it in sterilized jars and seal. Otherwise allow it to cool and put in freezer bags or freezer containers and freeze.

My freezer version is always slightly more watery than my canned version. But it's not bad. And I have NEVER gone through the whole canning process when I do can. I just place the hot mixture in the jars and cover them and the heat seals the jars itself.

I like it easy!

-Amanda