



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 9, 2010

In This Week's Share

- **Sweet Corn!!** – We harvest your corn just a few hours before you receive it. Eat it right away for maximum sweetness.
- **Tomatoes** – The greenhouse will keep pumping out for at least another month.
- **Watermelon or Cantaloupe** – This wonderful season has made for great watermelons. I *love* harvesting them – pure joy, really.
- **Head Lettuce**
- **Cauliflower or Broccoli** – See freezing tips below if you want to save some broccoli for use later. What a nice treat to pull out of your freezer in winter!!
- **Parsley or Bunched Leeks**
- **Potato/Carrot/Beet Mix-n-Match** – The new potato variety is Satina (yellow skin) & we still have Red Golds. Satina has soft buttery flesh and is smooth as silk. If you are having a backlog of these root crops at home, here are some **storage tips**: carrots and beets will last beautifully for months (really!) in your fridge as long as you put them in a plastic bag so they retain their humidity. Store potatoes in a cool, dark spot like a kitchen cabinet.
- **Cuke/Summer Squash/Zucchini Mix-n-Match** – Now including yellow zucchini & patty pan squash. Excellent on the grill.
- **PYO: Cherry Tomatoes, Unlimited Beans, Flowers & Unlimited Basil.** Quantities per share and harvesting tips at www.wellspringcsa.com

PYO Hours:

Monday & Thursday: 10AM-7PM

Tuesday, Wednesday & Friday: 10AM-3PM

Attention Canners & Freezers "PUT BY" FOR WINTER

Wholesale prices

Cucumbers	\$1.25/lb
Zucchini & Summer Squash	\$1.25/lb
Broccoli	\$1.75/lb
Beets	\$1.25/lb

Minimum order of individual crops: 5 lbs

Interested in learning more about canning?

NOFA-VT Workshop: Preserving the Summer Garden & Homestead Tour

Turkey Hill Farm, Randolph

Saturday, August 21 10am-3pm

Space limited! Pre-registration required.

This workshop will focus on canning, freezing and dehydration techniques. For more info see:

<http://206.130.106.222/events/preserving-summer-garden-homestead-tour-nofa-vt-summer-workshop-series-event>



Freezing Tips

Freezing Broccoli: Chop and clean bite sized pieces of broccoli. Steam them for 4 minutes. Immediately remove broccoli and place in a bowl of ice water to stop the cooking process. Drain and spin in a salad spinner to get rid of any excess water. Freeze flat in large sealable freezer bags, removing as much air from the bag as possible.

Freezing Green Beans: Same procedure as above, but reduce steam time to 3 minutes.

NEW! "Putting By" Packages \$12 each available while supplies last

These introductory canning & freezing packages are great for folks who are interested in starting slowly. Each package includes produce plus a tried and true recipe. We include two freeze-able options here too. For the more ambitious, order multiple packages to increase your yields. The results make inexpensive, tasty gifts for the holidays. Loads of information on canning at <http://www.freshpreserving.com/> Experienced canners, please send us your ideas! Pick up your order at CSA distribution. Please order 24 hours in advance.

Freezing tip: Don't fill your jars too full otherwise they can break from expansion as the food freezes. Leave the canning ring off until the food is fully frozen as a precaution.

- **Zucchini Relish Package**
Includes 5 lbs zucchini, 2 lbs onions, 2 sweet peppers, 1 hot pepper & recipe to make zucchini relish to **freeze or can**. Yield: approx. 5 pints or 10 half-pints. (vegetable-cost per half-pint: \$1.20)
- **Dill Pickle Package**
Includes 6 lbs cucumbers, 8 dill heads, 1 head garlic & recipe to make pickles to can. Yield: approx 4 qts (vegetable-cost per quart: \$3)
- **Bread & Butter Pickle Package**
Includes 5 lbs cucumbers, 3 lbs onions & recipe. Yield: approx 7-8 pints (vegetable-cost per pint: \$1.50)
- **Green Salad Dressing Package** *If you haven't tried this dressing yet, you are in for a treat! **Freeze** in pint canning jars. A taste of summer in winter!*
Includes 1 lg bunch flat parsley, 1 lg bunch basil, 1 head garlic, 2 cucumbers, 1 bunch swiss chard & recipe. Yield: approx 4 pints (vegetable-cost per pint: \$3)

All above recipes available at <http://www.wellspringcsa.com/news.html>

Other possible Putting By Packages coming: tomato sauce, salsa, green salad dressing, winter salad, green tomato relish. If you have other ideas, let me know at mimi@wellspringcsa.com

Zucchini Stuffed with Corn and Cheese

from "The Victory Garden Cookbook"
serves 4

2 narrow 6- to 7-inch-long **zucchini or yellow squash**
1 C **corn kernels**
1/2 to 2/3 C ricotta cheese
1 to 2 tbsp. chopped chives (optional)
Salt and freshly ground black pepper
3/4 C grated Cheddar cheese

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities. Coarsely purée the corn and ricotta cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture, mounding slightly. Cover with grated cheese. Place in a buttered casserole and bake, covered, in a preheated 350 degree oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.