



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 16, 2010

In This Week's Share

- Sweet Corn
 - Tomatoes
 - Watermelon or Cantaloupe
 - Cauliflower, Eggplant or Pepper Choice
 - Head Lettuce or Braising Mix Choice
 - Onion/Carrot/Beet Mix-n-Match
 - Cuke/Summer Squash/Zucchini Mix-n-Match
 - PYO: Cherry Tomatoes, Beans, Flowers, Basil & now Hot Peppers.
- Quantities per share and harvesting tips at www.wellspringcsa.com

PYO Hours:

Monday & Thursday: 10AM-7PM

Tuesday, Wednesday & Friday: 10AM-3PM



Farmer's Report Your Share Value

Each year we hope to offer a strong share value because we want our CSA members to rejoin year after year, and a good value is just one more reason to do so. We recognize that your motivation goes well beyond low prices. Past member surveys show that supporting our local farm, keeping land active, knowing the folks who grow your food and participating in community building are the top reasons our members join – but who doesn't appreciate a good deal too?!

Our goal is to provide a 10-15% bonus over what you pay for your share. This year, we are well on our way to providing just that (and probably more). And if you take advantage of our PYO crops, your discount is even larger. Each week when I plan the share contents I calculate the dollar value of the share based on local farmers' market and organic retail prices. Those figures get tallied up over the course of the CSA season and when it is all said and done I can compute just exactly what you paid and what you received. Because not all of our members partake in the PYO, we don't calculate the weekly PYO value. It is simply a bonus – and it gets you out into our fields to see where your food comes from.

Each week I have a value in mind; early in the season I know the weekly value is lower since we don't yet have an abundance of crops and mid-season, like now, the value is greater because the sweet corn, tomatoes and melons are cranking. The important financial aspect is that the average weekly value adds up to a nice discount for our members. This way *you* know you are getting a good deal, and *I* know that I am giving a good deal and yet not being financially irresponsible in regards to the farm business.

All of this calculating takes quite a bit of time! Lucky for me, it is generally something I enjoy doing. I firmly believe that good business leads to sustainable farms. And we all want that! Look for the hard figures in our last newsletter in October when I crunch the final numbers.

Short! Mid-Season Farm Survey

Please help us with some burning questions regarding your share. We value your feedback highly! This survey is short and sweet, and will probably take no more than 3 minutes to complete. Thank you!

<http://www.surveymonkey.com/s/RDC7VCL>

Putting By Packages \$12

Available while supplies last

These introductory canning & freezing packages are great for folks who are interested in starting slowly. Zucchini relish, dill pickles, sweet pickles & green salad dressing available now. <http://www.wellspringcsa.com/news.html> for information.

“Seconds Tomatoes”

If you are interested in purchasing “seconds” tomatoes (greenhouse grown slicer tomatoes often with cracks, punctures) at \$2/lb for making sauce & salsa, get on our waiting list now. Minimum order 10 lbs. We will give you as much notice as possible before delivery to your CSA pick-up location. Email mimi@wellspringcsa.com

Attention Canners & Freezers

“PUT BY” FOR WINTER

Wholesale prices

Cucumbers \$1.25/lb

Zucchini & Summer Squash \$1.25/lb

Beets \$1.25/lb

Minimum order of individual crops: 5 lbs

Simple Fried Rice serves 2-3

1 sm head cauliflower, chopped in smallish dice
1 onion chopped
2 carrots, scrubbed and grated
2 tablespoons oil, divided use
1-2 cups cooked cold rice
1 splash each of soy sauce and rice vinegar
several drops to taste of sesame and chile oil
chopped fresh cilantro or parsley, optional

Cook the cauliflower and onions in 1 T of the oil over high heat until the onion is wilted. (2-3 minutes?) Add the rice with the second T of oil, continue to cook over high heat, stirring the whole time, and then add the grated carrots. Cook until everything looks cooked through and heated through, then add all the liquids, stir for another 30 seconds or so, remove from heat, add the cilantro if using, and eat. Possible additions: cashews, peanuts, chopped ginger, garlic, hoisin sauce, etc.

Pasta Salad w/Tomatoes, Corn & Basil

adapted from a 'Bon Appétit' recipe
serves 4 - 6

5 tbsp. olive oil, divided
5 tbsp. red wine vinegar
1/2 C chopped fresh basil
2 lg. cloves garlic, peeled, chopped
kernels cut from 3 ears of corn (about 1 1/2 C)
3-4 med/small tomatoes, chopped
8 oz. penne pasta, freshly cooked
1/2 C grated fresh parmesan cheese

Whisk 4 tbsp. of the oil with garlic, vinegar and basil. Heat 1 tbsp. of the oil in skillet over medium heat and sauté the corn kernels 3 minutes or so. Combine corn with the dressing and remaining ingredients in a bowl, adding salt & pepper to taste. Toss well to blend. Serve room temperature or chilled, whichever you prefer.

A simple sauté for "Braising Mix"

Wash and spin dry greens, chop coarsely. Slice up some onion and sauté it in olive oil until soft, then turn heat down and stir in greens and 'sweat/wilt' them in their own moisture (they should still be bright green). Sprinkle with a little salt and champagne or other vinegar and serve as a side dish. Don't add vinegar until just before serving or greens lose their color.

