



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 23, 2010

We might take a hit on ripening this week with 3 days in a row of cold, rainy weather. With that caveat, our best approximation of what is...

In This Week's Share:

- Sweet Corn
- Tomatoes
- Melon
- Eggplant – We will have a substitute for those who don't like eggplant. See this week's recipes though and give it a try!
- Garlic
- Head Lettuce and Kale Choice
- Onion/Carrot/Beet/Potato/Cuke/Patty Pan Squash/Zucchini Mix-n-Match

PYO Update:

- Cherry Tomatoes – abundant
- Flowers – abundant
- Beans – abundant. If you'd like some dill heads for making dilly beans, just ask us.
- Basil – Still good for pesto, but not long for this world. Get it while you can.
- Hot Peppers – We have 3 varieties which are arranged mildest to hottest in the field: Anaheim, Jalapeno & Hot Paper Lantern.

PYO Hours:

Monday & Thursday: 10AM-7PM

Tuesday, Wednesday & Friday: 10AM-3PM

Quantities per share and harvesting tips at www.wellspringcsa.com

Attention Canners & Freezers

"PUT BY" FOR WINTER

Eggplant \$2/lb
freezes beautifully when breaded and partially baked; also freezes well as babaganoush

Broccoli \$2/lb
Minimum order of individual crops: 5 lbs



Labor Day Schedule

No CSA distribution on Monday, Sept 6. Instead Monday members pick up on Tuesday, Sept 7, 4-6PM.

Putting By Packages

Not Just for CSA Members. Tell a Friend!

introductory canning & freezing packages

Available while supplies last

See recipes at <http://www.wellspringcsa.com/news.html>

NEW! \$18 each

- **Ratatouille Package** (for freezing): 2 lbs tomatoes, 1 eggplant, 1 lb zucchini, 1 lb summer squash, 1 lb onion, 2 green peppers, 1 head garlic, handful basil & recipe.
Yield: 6 servings vegetable cost per serving: \$3
Serving Tip: Serve with rice and feta cheese as a vegetarian entrée or as a side with lamb or chicken.
- **Gazpacho Salsa Package** (for canning): 4 lbs tomatoes, 1 lb onion, 1 head garlic, 1 lb cucumber, 3 green peppers, handful basil & recipe. Yield: 4 pints vegetable cost per 8 oz: \$2.25
Serving Tip: Use with beef or chicken fajitas and with all types of fish.

Zucchini relish, dill pickles, sweet pickles & green salad dressing still available. \$12 each.

Ratatouille (from *Joy of Cooking*)

¼ c olive oil

1 medium **eggplant** (1 lb), peeled & cut into 1 inch cubes

2 lbs **zucchini & summer squash**, cut into 1 inch cubes

2 Tbsp olive oil

1 ½ cups sliced **onions**

2 large **peppers**, cut into 1 inch squares

3 cloves **garlic**, chopped

Salt and pepper to taste

1 ½ cups chopped fresh **tomatoes**

2 to 3 sprigs fresh thyme

1 bay leaf

¼ cup chopped **fresh basil**

1. Sauté ¼ c olive oil, eggplant, zucchini and summer squash in a large skillet or Dutch oven over high heat until the vegetables are golden and just tender, 10 to 12 minutes.
2. Remove the vegetables and reduce the heat to medium high. In the same pan, cook 2 Tbsp olive oil and onions until slightly softened.
3. Add peppers and garlic, and cook stirring occasionally until the vegetables are just tender but not browned, 8 to 12 minutes. Season with salt and pepper.
4. Add tomatoes, thyme and bay leaf. Reduce the heat to low, cover and cook for 5 minutes.
5. Add the eggplant, zucchini and summer squash and cook until everything is tender, about 20 minutes more. Taste and adjust the seasonings. Stir in basil.
6. Cool and let rest one day in the refrigerator to develop flavor. Freeze in pint or quart Ziploc freezer bags.

Makes 6 servings

Serving Tip: Serve with rice and feta cheese as a vegetarian entrée or as a side with lamb or chicken.

Freezing Corn

1. Steam corn for 5-6 minutes.
2. Remove corn and place in ice water to stop the cooking process.
3. Let the corn cool enough so that you can hold the cob comfortably while you cut off the kernels.
4. Cut the kernels from the cob and spin them in a salad spinner to remove any excess water.
5. Freeze them in freezer bags, removing as much air from the bag as you can.
6. Enjoy delicious Wellspring corn this winter!

Coming soon:

green tomatoes, broccoli, cabbage, honeydew, cilantro, spaghetti squash

Layered Eggplant Casserole

from *Recipes from America's Small Farms*

2-3 TBS vegetable oil

1 large egg

2 TBS milk

¼ cup all purpose flour, more if needed

1 large **eggplant**, peeled and cut into ¼ inch thick slices

1 large **onion**, finely chopped

4 large **tomatoes**, cut into ¼ inch thick slices

4 ounces Monterey Jack or other cheese, grated

1 TBS unsalted butter

Preheat the oven to 350 degrees. Oil a 2-quart casserole. Beat the egg and milk in a bowl and spread the flour on a plate. Heat 1 TBS of the oil in large skillet. Dip each slice of eggplant into the egg mixture, and then flour on both sides. Place the slices in the skillet in a single layer and fry until golden on both sides. Continue frying the eggplant in batches, adding oil as necessary, until done. Layer the fried eggplant, the onion, the tomato, and the cheese until they are all used up; the final layer should be the eggplant. Sprinkle any remaining flour (or use another 2 TBS of flour) over the top. Dot with the butter. Place in the oven, uncovered, for about 45 minutes, until bubbling and the eggplant is tender. Note: instead of frying the eggplant slices, you can drizzle them with oil and bake them on a cookie sheet for about 30 minutes in a 350 degree oven.