



# WELL FED

Newsletter for Wellspring Farm CSA

[www.wellspringcsa.com](http://www.wellspringcsa.com)

October 4, 2010

## In This Week's Share:

*We feature hearty, warming fall crops that store well for your last CSA share. Enjoy!*

- **Butternut Winter Squash** – The best storage squash. Great for soups and roasted with other root vegetables.
- **Pie Pumpkins** -- Have you ever made a fresh pumpkin pie? Now is the time!
- **Roots:** Carrots, red and yellow Onions, red and yellow Potatoes, Beets, Celeriac, Turnips. See storage tips on our website at <http://www.wellspringcsa.com/pdfs/storage.pdf>
- **Kale** -- Now at its peak flavor due to a cold nighttime temperatures. Saute with onions and garlic
- **Napa, Red, Green & Savoy Cabbage Choice**
- **Garlic**

## End of Season Reflections

This season was a memorable one for all the good reasons. Record breaking heat and low rainfall were a great combination for our farm. Disease and pest pressure were lower than normal, yields were higher than usual, and the weather was a pleasure to work in (well, mostly. Not when it was over 90 degrees). Last week's deluge brought us over 5 inches of rain, which may be a 24 hour record breaker during my tenure here. It was a grim reminder of recently past seasons, and made me feel all the more grateful for the cooperative weather this year. It makes our job just so much easier and more pleasant. That said, if there's one lesson I've had to relearn over and over as a farmer, it is that while we work our darndest, we ultimately must take what we get. We must accept the good with the bad, and the challenges with the successes. There will never be a season where everything comes out just right. There will never be a time without its losses and frustrations. That, indeed, is life. I remember 'round about my second year of farming I realized that if the farm and I were going to make it together, then I would need to "marry" the farm. I was going to have to accept both the farm's deficiencies and strengths. I was going to have to roll with the punches. I needed to have a big picture perspective. I was going to need to persist.

Then came the time, a few years later, when it became irrefutable that I was working so hard I was making myself sick. It was then that I realized that I was not willing to bleed for the farm. I had my limits and they were necessary. Indeed, I *could* not bleed for the farm if we were going to make it. And such it is with life. We make commitments, and we need to draw boundaries too. We come to an understanding. We grow up. And I have been doing that very thing, here on this farm, on this land, each season bringing its lessons and illuminations about life. I hope to continue to do so.

A very sincere thanks of gratitude to the farm crew: Molly, Nattie, Caroline, Joe, Dan and Tim, as well as to our working members and volunteers: Mike, Marissa, Flora, Mike and Lyla, Pam, Dick and Adele. Your hard work, dedication, good spirits and enthusiasm are all truly essential ingredients for a successful season. You provided in spades. Thank you from the bottom of my heart. A farm is only as good as its crew. This I know through and through.

Thank you so much to our members, without whom we would not exist. Your appreciation means the world to me. Your enjoyment of the fruits of our labors is the big payoff. Each CSA distribution day is a celebration of sorts. A recognition of the blessings that the earth has provided that week; an opportunity to feel the community which surrounds this farm; a culmination of a whole year's planning and work to arrive at just this moment in time. Thank you for being there, for enjoying what we do, and for sustaining us with your support.

And finally a thank you to my sweetheart, Parker. With you by my side, I can always go forward.

To a peaceful and beautiful winter, with gratitude and thanks,

Your Farmer,

Mimi



Thank you for a great 2010 season!!



### Renew your CSA Share for 2011 Now

Pay a \$30 deposit to reserve your spot for next year. Receive 5 lbs of carrots as a thank you.

### Winter Squash & Pie Pumpkin Storage Tip

Most winter squash will last at least a month if stored at 50-60 degrees in a dry environment. Try a lower kitchen cabinet, and cook it up if you see signs of it going-by.

### Crimson Coleslaw

Bon Appétit (undated clipping)  
serves 8

- 5 tbsp. olive oil, divided
- 5 tbsp. balsamic vinegar
- 1 tbsp. prepared horseradish
- 1 C (packed) coarsely grated peeled raw **fresh beets** (about 2 medium)
- 1 C paper-thin slices **red onion**
- 8 C very thinly **sliced cabbage**

Whisk 4 tbsp. oil, vinegar, and horseradish in large bowl to blend. Add beets and onion; toss to blend.

Heat remaining 1 tbsp. oil in heavy large skillet over medium-high heat. Add cabbage and toss until wilted and just crisp-tender, about 3 minutes. Stir into beet mixture. Season with salt and pepper to taste. Let stand 10 minutes before serving, stirring occasionally.

### Bulk Storage Produce & Winter Shares

to be distributed

- at the farm on Monday, Oct 11, 4-6PM
- in Montpelier on Thursday, Oct 14, 4-6PM

Info at [www.wellspringcsa.com](http://www.wellspringcsa.com)

### Share the Harvest

Have a great meal next week, and support a great cause at the same time! When you dine out or make purchases at participating businesses this **Thursday, October 7**, a portion of the proceeds will benefit the [Vermont Farm Share](http://www.vermontfarmshare.com) program, which provides subsidized CSA shares to limited-income households. See the list of local participating locations below, and check <http://nofavt.org/annual-events/share-the-harvest> for the most current version, as businesses continue to sign up.

- **Hunger Mountain Co-op**
- **Julio's**
- **Kismet**
- **Rhapsody**
- **Sarducci's**
- **The Skinny Pancake**
- **Plainfield Food Co-op**
- **The Black Door**
- **Capitol Grounds**
- **Buffalo Mountain Food Co-op**
- **Claire's**

### Spinach & Roasted Beet Salad with Ginger Vinaigrette

serves 4  
from "Bon Appétit"

- 4 medium **beets**, trimmed
- 3 tbsp. rice vinegar
- 2 tbsp. vegetable oil
- 2 tsp. soy sauce
- 2 tsp. minced peeled fresh ginger
- 1/2 medium red onion, thinly sliced
- 8 C fresh cleaned spinach leaves**

Preheat oven to 450 degrees F, wrap beets in foil and roast 'til tender when pierced w/skewer, about 1 hr 15 min. Cool slightly and peel (skins should slip off easily), cut into wedges and set aside in a medium bowl. Whisk vinegar, oil, soy and ginger in small bowl to blend. Season w/salt and pepper. Add red onion and half of vinaigrette to beets and toss. Place spinach in a large bowl, drizzle w/remaining vinaigrette and toss. Arrange beet mixture atop spinach.