



WELLSPRING FARM CSA



October 3, 2011

In Our Last CSA Share of the Season:

- **Pie Pumpkins** – Make a real pumpkin pie!
- **Butternut Squash** – Use in soup or roast. Recipes below.
- **Spinach** – At its best now.
- **Curly Kale or Rainbow Chard** – Also at its best now!
- **Acorn Squash** – Eat now, or store for months in a cool spot.
- **Tomatoes** – Yahoo! They lasted til the very end of the CSA.
- **Mix-n-Match Roots: Beets, carrots, onions, potatoes, green tomatoes, peppers** and now including **celeriac** (add to stew, soup or roast)
- **Herb** choice



Final CSA Share Distribution This Week

Time for Thanksgiving

Our CSA season wraps up this week, dovetailing with what appears to be a hard frost and a visceral change in the season. The trees are doing a great job entertaining us at the farm with their brilliant colors, while our cold raw hands wash the last of our potatoes, beets, and now other-worldly-looking celeriac.

Despite the record breaking rain storms of this season, overall we have had a good one. Each year on a farm you win some and you lose some, but in the balance we had good, healthy crops and happy, supportive CSA members. The farm crew was simply fantastic: working hard in all kinds of weather (including the recent voracious mosquitoes) and keeping smiles on their faces. The people we spend our time with, after all, make all the difference.

And so: My very deep and sincere thanks to farm apprentices Caroline and Collin, jack-of-all-trades Richie, pinch hitter Jordan, and our high energy working members. To my indispensable partner Parker, thank you for always having my back, even when it hurts.

Without you, our members, this land might be fallow. Thank you for all of your appreciation, continued support, and for spreading the word. Wishing everyone a peaceful and enjoyable fall and winter ahead. See you in the spring!

Your Farmer, Mimi

Renew your Membership Now!

Receive some extra roots as a thank you for renewing now with a \$30 deposit. Sign up this week! Your early funds help us pay for seeds this winter.



Bulk for Sale: Great Prices!

- **Seconds Carrots** \$.75/lb
Good for juicing.
10 lb minimum
- **Peppers, mixed colors**
\$3/lb 3 lb minimum
- **Green cabbage**
Great for making kraut
\$1.25/lb 8 lb minimum

Share Value Is In: 10% Bonus (at least!)

Even with Irene and that other storm in May (did it earn a name??) we're happy to report that our members received at least a 10% bonus for their share fee. If you took advantage of our pick-your-own crops, then your bonus is even greater. That's like getting a 10% discount at the cash register!

But money isn't everything, right? It's harder to calculate the value of fresh, healthy, local produce, lovingly grown in your own community; plus the value of eating with the seasons, trying new recipes and crops; and not least of all keeping land active and being part of its stewardship. Your CSA share provides a whole experience of sights, smells, tastes and community. Thank you for being a part of it and we hope you will return next year for more!

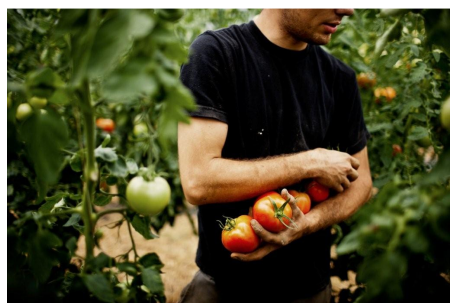
Volunteer Opportunity at the Farm: Garlic Planting

Weather permitting, we will be putting the cloves underground and tucking them in with straw Monday, **Oct 10** or so. Email Mimi if you are interested at mimi@wellspringcsa.com

Winter Shares & Bulk Crops for Sale:

Stay warm and well fed as the cold blows in. \$75 for **over 40 lbs of roots, winter squash & garlic.**

Looking for individual crops instead? **Buy bulk:** garlic, potatoes, carrots, beets & onions all available. Details at www.wellspringcsa.com (see Membership page) including easy storage instructions



Best Ever Butternut Squash Soup

3 med **potatoes**
4-5 lbs **butternut squash**, peeled and chopped
3 **med onions**, chopped
9 cups stock
2 ½ tbsp. honey
Sautéed quartered mushrooms
1 tsp curry, s&p
¾ cup sour cream or Greek yogurt
Optional garnish: sour cream, bacon, **cilantro**, **parsley**.

Simmer potatoes, squash and onions in veg stock 20 minutes or until tender.
Puree vegetable mixture with honey, curry and s&p.
Blend mix with ¾ cup sour cream in a saucepan. Heat to a serving temperature.

Simple Roasted Butternut Squash

Peel butternut squash and cut in half lengthwise, take out seeds and cut into chunks. Toss with olive oil, pepper and dill. Bake at 400 for 20 minutes. Turn over and bake another 20-30 minutes.



Spinach and Acorn Squash Ravioli

- 1/2 cup ricotta cheese
- 10-ounces **chopped spinach**
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 8 1/2-inch slices of **roasted acorn squash**, peeled and mashed
- 1/4 cup sour cream
- 1/4 teaspoon ground nutmeg
- 1 tablespoon unsalted butter
- 8 sage leaves
- 1 1/2 cups vegetable broth
- 16 wonton wrappers

Heat oven to 400° F. In a small bowl, combine the ricotta, half the spinach (reserve the rest for another use), salt, and pepper and mix well. In another bowl, stir the squash, sour cream, and nutmeg together. In a skillet, over medium heat, heat the butter. Add the sage and cook until fragrant, about 1 minute. Add the broth, simmer 5 minutes, and set aside. Lay out 16 wonton wrappers. Divide the spinach mixture among 8 wrappers, placing a dollop in the center of each. Fold them in half diagonally, pinching one corner to close. Repeat with the squash mixture and the remaining 8 wrappers. Place the 16 packets in a roasting pan and spoon the broth over them. Cover with foil and heat in the oven until warmed.

Fried Green Tomato BLT

- 3 **green tomatoes**, sliced 1/4 inch thick
- 2 eggs
- 1/2 cup whole milk
- 3 cups canola oil
- 1/2 cup flour
- 3 tablespoons cornmeal
- 2 teaspoons salt
- 1 1/2 teaspoons freshly ground pepper
- Lettuce, arugula, or **spinach**
- 4 slices bread
- 4 slices bacon, cooked
- mayonnaise
- salt and pepper

Pour the oil into a small pot. Heat it to 365 degrees. Preheat the oven to 225 degrees. Place a wire rack on a sheet pan in the oven. Crack the eggs into a small bowl. Pour in the milk and whisk together. In another small bowl combine the flour, cornmeal, salt, and pepper. Dredge the pieces of slices of green tomatoes one at a time in the flour mixture, shake off any excess, and then toss in the egg wash to coat, and then transfer back to the flour mixture. Toss the pieces in the hot oil, and cook for 2 minutes on each side. When done place the fried tomatoes in the oven on the wire rack. Construct the sandwiches. Slather the pieces of breads with mayonnaise. Sprinkle with salt and lots of pepper. Top with bacon, lettuce (or other greens), and the fried green tomatoes. Top with the other slice of bread.