



# WELL FED

Newsletter for Wellspring Farm CSA

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

July 5, 2005

## Farmer Mimi's Message

Strawberry season is here! It is a little later than usual due to this year's cool, wet spring. Strawberries are the one CSA item that we do not grow at Wellspring. Instead, we purchase this labor-intensive berry from *Littlewood Farm* in Plainfield. Farmer Joey Klein has been growing organic strawberries for years. We save lots of labor time here, as well as help support a neighboring farm. Joey also sells pick-your-own strawberries, 8am-noon daily. Call 454-8466 for picking conditions and more information.

If you have any **pictures or stories** to include in the newsletter please pass them on to Pam.

## . Pungent Arugula Salad

makes 4 servings  
1/4 c olive oil  
1-2 minced garlic scapes or cloves  
2 chilies, sliced thin  
2 T drained capers  
1 lb linguine  
8 large plum tomatoes, fresh or canned  
1 bunch arugula, stemmed, washed, dried and chopped  
salt and pepper to taste  
1/4 lb Romano, grated

1. Heat oil over moderate heat. Add garlic, chilies, and capers; cook, stirring, 1 minute. Set aside.
2. Cook pasta according to directions. Reserve 1/4 c cooking water, drain pasta and place in large bowl.
3. Add reserved water to chilies and bring to boil. Add tomatoes and arugula, cook 1-2 minutes, just to warm.
4. Pour sauce over pasta. Season with salt and pepper, toss well. Top with Romano.

## New Newsletter Format

In attempt to be environmentally conscious, as well as save money for the farm, we will be sending out weekly news updates via e-mail. This is an exciting way to keep farm updates regular, without using paper, or stamps. We are interested in hearing what you think of a weekly newsletter, so let us know what you think. Please e-mail feed back, submissions, or comments to CSA member Pam Quinn at [gumclane@sover.net](mailto:gumclane@sover.net). Please let us know if you would like to be deleted from this mailing list.

## Love Those Beet Greens

Beet greens are nutritious and delicious. They are high in protein and folic acid, and are actually more healthful than the beet itself. You can **substitute beet greens in any recipe that calls for spinach**. Don't forget to remove those tough stems first.



Members happily weigh their share as a strong storm blew through the farm last Monday evening.

**Happy July**

## Web Site

<http://www.wellspringcsa.com>

Don't forget to check out Wellspring's Website where you will find **pictures, a crop calendar, and more recipes** to use up you bok choy, kale, chard, spinach, and beet greens.