



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 1, 2005

A Note from The Apprentice

Submitted by Amanda Payne

I found this poem by Wendell Berry I wanted to share with you all because it reminds me, in that romantic way I can sometimes lose sight of when I'm tired or swatting away countless mosquitoes in the heat and humidity, about the beauty of farming and the strong connection I feel to earth when I am working.

*Sowing the seed,
My hand is one with the earth.
Wanting the seed to grow,
My mind is one with the light.
Hoing the crop,
My hands are one with the rain.
Having cared for the plants,
My mind is one with the air.
Hungry and trusting,
My mind is one with the earth.
Eating the fruit,
My body is one with the earth.*
~Wendell Berry

P.S. For those returning members I wanted to report that no bear has visited me at the cabin, as of yet, this summer. But we are only now coming into the heart of summer, the harvest plentiful, and so I may soon have more stories to tell by the fall.

Northeast Organic Farm Association workshop at Wellspring Farm –

Thursday, August 4, 6-8pm. Scout for common plant diseases and pests with two statewide experts. NOFA fee: \$8-12. For more info, call 802-434-4122.

Coming Soon:

Sweet onions, fresh garlic, carrots, beets, more pick-your-own beans (bring bug spray!)

Southwestern Summer Squash

Submitted by CSA member Anne Jameson

2-3 medium summer squash (zucchini or yellow summer), sliced
1 medium onion, chopped
1 clove garlic, minced
2 cups sliced bell peppers (green, red, yellow or orange or mixture)
½ of a 4oz can diced green chili pepper
Water or vegetable broth just to cover
Salt to taste
Olive oil for sautéing

Sauté onion and garlic in a little olive oil in a large saucepan. Add squash and peppers and cover with water or vegetable juice. Bring to boil, then cover and reduce heat to a simmer and cook until squash and peppers are tender. Salt to taste. (Serves 4)

DO YOU COMMUTE?

We are seeking a volunteer to bring boxed produce from our farm to a Food Bank drop off site on Rt 2 in Montpelier (next to Agway) on Monday mornings. If you can help, please contact Mimi at mimiarnstein@hotmail.com.



Thank You NECI
for our delicious
samples, and for
supporting local
agriculture!

Vegetable Origins

Did you know that carrots originated in Afghanistan? While we grow your CSA produce right here, they come from all around the world. Check out our **vegetable origins map** in the pick up shed. Cuke lovers -- find out where cucumbers are from.