



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 8, 2005

Sunflowers

The frailty of sunflowers
is often misunderstood,
their heavy bowed heads
pendulous in the autumn wind.

It's not in the thin stems
that seem unable to hold
the nodding moons of flowers,
rather it is their defenselessness.
They have such loyalty
to their few inches of ground.

A steel scaffolding, their wiry stems
are tough as any bridge lattice.
Though, I wonder at their audacity,
building such a profligate eye
so high above leaves
that hang like useless wings.

That unguarded eye, its pigment
diluted by September's rot and ruin,
its seeds picked and squandered by birds,
and yet in this waste scatters its seeds
farther than it could limb or blow
these sons and daughters.

If I could live rooted in the earth?
If I could live well enough to become
one complete thing. If I could be as sure
that this was my beginning and this my
end.
If I could do this as well as the
sunflower,
I would live rooted in this small parcel of
earth.
I would trust the birds' hunger.
I wouldn't be afraid and it would be
enough.

Poem from Member George Mathon's
soon to be published book
"Entering The Forest"

Grilled Eggplant and Tomato Salad

3 Small, Firm Eggplants (About 4-5 Inches In
Length)

1/8 Cup Olive Oil

1 Cloves Garlic, Minced

3/4 Cups Ripe Cherry Tomatoes Cut In Half

1 Green Onion, Finely Chopped

1 Tablespoon Chopped Capers

2 Tablespoons Chopped, Fresh Herb Of Choice
(Parsley, Mint And Basil Work Equally Well)

1 Tablespoons Balsamic Vinegar

Salt And Pepper To Taste

Slice the eggplants into 1/2 inch rounds. Heat up
the grill and brush it lightly with a little of the olive
oil. Lay the eggplant rounds on the grill, and brush
the tops lightly with olive oil. Grill about 2 minutes
on each side, or until they are soft and golden
brown. Remove the cooked eggplant to a serving
platter, and continue cooking until they are all
completely cooked.

Spread over the eggplants, the cherry tomatoes,
onions, garlic, parsley and capers. Mix the
remaining oil with the balsamic vinegar, and
sprinkle over the dish. Season with salt and
pepper, and mix the mixture lightly, being careful
not to break up the eggplant. Serve warm or at
room temperature.

Musically Connected?

We are seeking a few good musicians who will sing for
their supper at our **2nd annual Harvest Fest, Sunday,
Sept 11.** If you, or folks you know, might be interested
in performing for our CSA community, please contact
Mimi.

Coming Soon

The height of summer! Melons, corn, eggplant, more
tomatoes!

"That was the most fun I have had in five years"

Brian Baker

Resident - Washington Apartments