



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 15, 2005

Farmer's Report

Whew! It is another hot week, with temperatures hitting 90 degrees in the shade. How do we keep cool? Mostly, we just sweat it out. But sometimes Amanda and I will sneak off for a quick dip in the Winooski. Then back to work. Gotta move those veggies! Recently we have been bringing in the big harvest with the help of some wonderful volunteers, including Lu van Zeeland, Toni Ceckler, Karen Semerka, Mic Metz and Lisa. Our cooler is stocked with your carrots, sweet onions, beets and potatoes, and the first cover crops of oats and rye are out in the field. Soon your garlic will be fully dried and ready for cleaning. Summer is at its zenith and the bounty shows at the CSA pick up. If you'd like to lend a hand, please let us know. Too hot to cook? You can get Wellspring produce prepared for you at local restaurants, including **NECI**, **The Melting Pot** and **Sarducci's**. These local businesses share your commitment to supporting local farms by purchasing seasonal produce. They also go one step further and even pick up their orders from the farm themselves. It saves us lots of time and effort, and makes wholesale sales a possibility. Thanks also to Mark Dodge, Paul Kopulos, and Brendan McLane for delivering produce to the Vermont Food Bank for us. All of these thank you's show that community farming can exist in this day and age. Thanks to each and every one of you for your part. The bounty is everywhere.

Coming Soon:

Corn, yellow watermelon, broccoli, arugula

Veggie Tempura,

Submitted by NECI Chef Mark Molinaro

1/2 cup All Purpose Flour

1/2 cup Cornstarch

1/2 tsp. salt

Whisk above ingredients with enough cold seltzer water to make a thin, pourable batter consistency. Keep batter chilled.

Lightly dust vegetables in additional flour and dip into batter. Carefully deep fry in hot canola oil until crisp. Remove with slotted spoon and drain on paper towel and season lightly with salt

Some of you had the pleasure of tasting this delicious treat cooked by NECI students at the farm recently. For veggies, try our sweet onions, broccoli, zucchini, summer squash, even hot peppers!

Enjoy.



Aaron and Alex thanking Mimi for the beautiful produce she provides their family!

Farm Feedback?

Remember Pam is always looking for **community additions** to the newsletter. You might like to include a recipe, picture, story, poem, or simple words of wisdom or praise. Please send all submissions to Pam at gumclane@sover.net