



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 22, 2005

Farmer's Report

Listen closely. The change has come. The crickets drone in a new found sense of quiet. The peepers' sound is a memory. A peace is in the air, amplified by leaves rubbing against one another in the breeze. Summer is on its gentle decline, and fall is on the horizon. Amanda and I feel the change deeply. Recently we were on separate parts of the farm, but we both suddenly stopped our work and were still. We felt the newness of a cool breeze, and heard the quiet, and both understood that the change had arrived. Now there is visible evidence all around us. The weeds have slowed their attack. The last spinach is planted. The early blight has toppled the once-green onion tops, as the globes begin to dry in the sun. Can you feel it? Smell it? See it? Hear it? A farmer friend asked me, "Is it okay to say that I'm looking forward to the hard frost?" This may make some of you groan, but the truth is that I too look forward to the balance of rest and reflection that comes with the end of the season. But not just yet. For now I look forward to what Amanda coined "the big payoff." The fruits of a labor are all around us; the reason for our work in our very hands, as we bring in out of the fields the sweet corn, melons, tomatoes, broccoli, and all the rest. We watch the pumpkins turn from green to orange and the early flowers die back. Every turn of the cycle contains beauty. Savor the quiet.

Coming Soon

Red peppers, muskmelon, red onions, leeks

SWEET PURPLE PASSION FIRE

Have you ever tried a hot sauce sandwich?

- 20 hot peppers (whole - seeds and all)
- 2 carrots
- 2 beets
- Kernels from 1 ear of corn
- 3 heads of garlic peeled (~20 cloves)
- 2 oz maple syrup
- 3 oz apple cider
- 1 bud spilanthes

Blend all ingredients in blender. Refrigerate. Great on pancakes, veggie wraps, fish tacos or by the spoonful.

CALENDULA HEALING SALVE

1. Dry calendula and other herbs such as plantain, comfrey, rosemary, chickweed, sage or any other herbs that are good for the skin.
2. When dry, place in glass jar filled with oil – olive, almond, grape seed are great.
3. Place jar in sunny window and shake daily for 6 weeks.
4. Strain herbs from oil.
5. Melt beeswax. A good ration to start from is $\frac{1}{4}$ cup beeswax : 1 cup oil.
6. Mix beeswax and oil. Let cool.
7. Check consistency. Add more wax or oil if needed.

Save the Date

Wellspring CSA's Harvest Fest 2005,
Sunday, Sept 11, 2-5p.m.