



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 12, 2005

Harvest Fest

Thanks to our local donors: beefalo from Hollister Hill Farm, maple syrup from Brimblecombe Farm, NECI chefs for cooking, CSA member Dylan Silver for circus performance, CSA member Nina Shoenthal for face painting, Bickford Family members for their hay wagon, CSA member Jay Ericson for photo taking, and Erin McDermott & the Green Bucket Boys for music!!



**Harvest
Fest
Community
Art**

NATURALLY RAISED MEATS from HOLLISTER HILL FARM

Home of happy, healthy animals
2193 Hollister Hill Road, Marshfield
Selling pork, beefalo, free-range chicken, eggs
& maple syrup from their farm stand. Stop on
by!

PLEASE BRING BAGS

The only bags we have at pick-up are the ones you bring to the farm. We have no supply other than our members. Lately it has become difficult for us to ensure that we will have bags for your use at the farm. Please empty out your stash and bring your clean, full-sized bags to the farm and/or bring baskets and cloth bags to carry home your share. Thank you!

Honker Bread (a.k.a. Zucchini Bread w/Chocolate Spunk) submitted by Lu van Zeeland

Editor's Note: We coined the term "honker" to refer to extra large zucchini. The zukes just seem to grow by the minute, and while we try to harvest them when they are young and tender, some get away from us. Hence, the oft-heard exclamation in the fields, "Look at this honker!" Here is a recipe submitted by our much-valued harvest volunteer Lu. She just can't stand to think of those honkers going to waste.

2/3 cup shortening (I use soy butter)
2 cups sugar (I use sucanat or brown sugar)
4 eggs
3 cups shredded honkers (a.k.a. large zucchini)
2 teaspoons vanilla
1/4 cup water
3 1/3 cups flour
2 teaspoons baking soda
1 teaspoon salt
1/2 teaspoon baking powder
1 1/2 teaspoons cinnamon
1/2 cup chopped walnuts
1/2 cup chocolate chips (I use grain sweetened)

Oven at 350. Grease bottoms only of two loaf pans.

Mix shortening and sugar. Add eggs, zucchini, vanilla, and water. Blend in flour, soda, salt, powder, cinnamon. Stir in nuts and chips. Bake about 1 hour.

Coming soon:

Kale, chard, cabbage, pumpkins, celeriac