



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 26, 2005

WINTER SHARES STILL AVAILABLE

Receive a mixture of hearty storage crops for late fall, including winter squash, potatoes, carrots, beets, onions, garlic. One-time pick up at farm on last CSA date. Information on how to best store your share included. Sign up with Mimi or Amanda. Cost: \$55.

OR...BULK STORAGE CROPS FOR SALE

Wholesale prices. 50 lb bags available of potatoes, carrots, OR beets for \$50; 50 lb box of winter squash for \$38. Easy to store at home. Inquire at pick up.

Red Onion and Almond-Stuffed Winter Squash

4 small winter squashes
1 tablespoon butter
1 large red onion, chopped
¼ cup finely chopped toasted almonds
½ teaspoon grated fresh ginger
Salt and freshly ground black pepper to taste

1. Preheat to 375.
2. Cut the squashes in half lengthwise. Place halves in a baking dish, cut side up, with about ½ inch of water, and cover with foil. Bake until easily pierced with a knife but still holding their shape, 30 to 40 minutes, depending on size and type of squash used.
3. When the squashes are cool enough to handle, scoop out and discard the seeds. Scoop out the pulp and transfer to a mixing bowl, leaving a sturdy shell of about ¼ inch thick all around.
4. Heat butter in a medium skillet. Add onion and sauté over medium heat until golden. Add the almond and continue to sauté until they give off a toasty aroma.
5. Combine the onion mixture with the squash pulp. Add ginger, season with salt and pepper, and stir together. Stuff back in to the squash shells. Reheat just until heated through.

Farmer's Report:

How the time flies! Our last CSA pick up week is on the horizon. We have been busy on the farm bringing in storage crops like carrots, potatoes and beets. Also we are looking very much forward to a hard frost for two good reasons: one, crops like kale, parsnips, and Brussels sprouts will sweeten up. Two, the mosquitoes will all disappear!! We can't wait! Some of you who have been members in years past may notice that we are ending the CSA a little early this year. Why? It has been a fantastically productive year on the farm due in part to the hot summer. This has, in turn, led to a great bounty for CSA members. When all is said and done, you will have received well over the 20 percent discount off of farmer's market and retail organic prices for your membership fee (more number crunching data will appear in our winter newsletter). This is one of the great benefits of joining our CSA! However, keeping the farm operating has real costs in labor, fuel, utilities, etc. We must make sound business decisions constantly on the farm in order to ensure our financial sustainability. One such decision is to end the CSA a week early in light of the fact that our members have enjoyed a wonderful season along with a superb value for their expense. Rest assured that we will continue to offer the full range of crops planned for this season right up until the end!



From all the members,
A huge thank-you to the best farm team in Vermont. You guys are the greatest Mimi and Amanda!

Feedback

Thank you for remembering to give us feedback on the member survey. Your comments are very valuable.