



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 11, 2005

Farmer Mimi's Field Report:

Do you remember this spring's cold, wet weather? It seems like a distant memory now that summer is here, but our peas remember it well. Those harsh conditions created a poor environment for pea germination. While we always plant extra to account for such uncontrollable weather, and plant at least three varieties with slightly different needs, many of our peas molded and rotted in the soil. Consequently, we have a low yield for this season. Sharing in both the bounteous crops and the lackluster crops is part of Community Supported Agriculture. Your support and understanding of field conditions helps our family farm to continue. The good news is that it is a great year for our melon loving members!

: Farm Angel.

A special "Hurrah" for one of our star volunteers, Lu van Zeeland. Lu has been joining us in the fields to learn more about the farming life. We've tried to tucker her out with hoeing, seeding, and harvesting, but she keeps coming back for more. Thanks to Lu for all her hard work and community spirit! Lu, you lighten our load!

Stuffed Zucchini

- 2 Small to Medium Sized Zucchini
- 1/2 Small Onion
- 1 Tablespoons of Olive Oil
- 1/4 Cup Cherry Tomatoes Chopped
- 2 Garlic Cloves, Minced
- 1/4 Cup Cubed Mozzarella Cheese
- 1/8 Cup Fresh Chopped Parsley
- Salt & Pepper

Cut off the top of the zucchini and scoop out the center leaving at least a good 1/2 inch border all around. Chop the zucchini that you just removed finely. Preheat the oven to 375 degrees F. In a frying pan, cook the chopped onions, the garlic, and half the zucchini in the olive oil until tender. Remove from the heat, and add salt & pepper, cheese, tomatoes and the chopped parsley. Stuff the zucchini, and place in a baking dish. Cook for 45 minutes or until fork tender and the filling is golden brown. Serve either warm or at room temperature.

Mimi takes a break in the sandbox with Quinn, Claire, and Gus.



:Seeking CSA Member Worker.

We need a few good working hands to barter part or your entire share fee for labor. Come plant, weed & harvest with our crew. Must be available one weekday for 3-4 hour block. To discuss details, please email Mimi at mimiarnstein@hotmail.com

What's Your Favorite?

We are looking to highlight members each week by having them tell what they love about the farm. Do you have a quote or story to share? Send it to Pam at qumelane@sover.net.

Member Highlight

"My favorite part of being a member of Wellspring Farm is trying new foods. I have never eaten, garlic scapes, beet greens, or kale before, and now I love them!"
Mark Dodge, Marshfield

What To Expect Next Week At Pick-Up

Although it is difficult to say exactly what nature will produce in the next 8-10 days, you will most likely get carrots, zucchini, summer squash, and cucumbers within the next TWO weeks.