



# WELL FED

**Newsletter for Wellspring Farm CSA**

[www.wellspringcsa.com](http://www.wellspringcsa.com)

**July 18, 2005**

## **Farmer Mimi's Message: Seasonal Eating**

By joining Wellspring CSA, you are enjoying vegetables at the peak of their ripeness, freshly harvested out of the fields. The produce you bring home is packed with nutrients and flavor because of its short distance from the farm to your table. Eating seasonally means that your meals are timed precisely with the time of year: greens in the spring when new shoots are just beginning to mature; juicy and succulent crops such as summer squash, cukes and tomatoes in mid-summer as the heat increases and these larger plants have time develop their fruits; and hearty, earthy vegetables like winter squash, leeks, broccoli and potatoes as the days shorten and the earth, as well as our bodies, prepare for the cold seasons. "Eating locally" with the seasons connects you to the larger cycle of the year and to the land that produces your food. You only receive what the earth is ready to provide. Sometimes, this can lead to impatience. "Where is the corn?" "Where are the melons?" "Why so many greens?" At Wellspring, we work particularly hard to get each crop to you as quickly as we can. The organic method we use include planting into black plastic, which heats the earth more quickly, and covering crops with an agricultural fabric, which also traps heat for the plants. Additionally, we choose plant varieties that are suited to our cooler climate, and thus ripen more quickly. But there is so much beyond our control much to our frustration (we too have much to learn about patience on the farm). Too much rain creates disease and slows down plants. Too much heat results in plant cells shutting down in order to survive. A cold spring threatens germination and stresses plants at a young stage. We've experienced all of it this year. Seasonal eating requires patience. And with patience, comes the ebullient joy of biting into that fresh, red ripe tomato when it is at last in your hands, brought to you by the right conditions finally culminating in perfection. **It is coming.**

### **Vegetable Tip of the Week,**

From CSA member and NECI Executive Chef,  
David Hale:

#### **Mesclun Mix –**

For maximum flavor and utilization, spin salad mix as dry as possible in small batches and store in a plastic bag with a paper towel. You should be eating greens every day just like your mom used to tell you. With mesclun, keep it simple. A drizzle of good oil, vinegar, salt and pepper, and voila! You have a delicate, yet complex taste perfect for Summer.

### **Save the Date**

**Wellspring CSA's Harvest Fest 2005,**

Sunday, Sept 11, 2-5p.m.

NECI cooking, hayrides, mural painting, farm games, music.

**Build the community spirit!**

### **Cucumber Salads**

Cucumbers are a simple, refreshing treat in this summer heat. Try thinly slicing them up and tossing them with one of these simple dressings.

#### **Simple Peanut Sauce**

*Whisk all of the ingredients below in a bowl until smooth. Add as much warm water as you need.*

3 T peanut butter, 2-3 T. warm water, 2 T rice wine (or white) vinegar, 2 t. soy sauce, salt to taste. (optional 1 clove of minced garlic and/or 1 T chopped cilantro).

#### **Yogurt Dressing**

*Combine the following ingredients in a bowl, toss with thinly sliced cucumbers, refrigerate and enjoy cold.*

2 C. yogurt, 2 garlic cloves chopped, 2 t. chopped mint and dill, 3 t. white vinegar, 1 T. olive oil, salt and pepper to taste.

**Coming Soon:** New potatoes, green pepper, and cukes!