



# WELL FED

**Newsletter for Wellspring Farm CSA**

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

**August 29, 2005**

## Farmer's Report:

Some of you may wonder how we figure out each week's share. A lot of planning goes into the entire crop plan over the winter, as you can imagine. I have spreadsheets that are pages long! One aspect of great consideration is providing a good value for the cost of your share. Our aim is to provide a significant discount off the price you would pay for organic produce at local co-ops or farmers markets. Each week I survey the crops that have ripened, and then calculate the value of the share based on retail price lists, which are updated throughout the season. Pick-your-own crops are valued at a greatly reduced rate (and sometimes not at all) in consideration of the fact that not everyone picks each week, plus members are providing the harvest labor. We also view pick-your-own crops as an "abundance bonus" that our CSA members do not pay for. All this math helps me determine how much produce to give out to both small and full shares. By the end of the CSA season, the value of your produce will exceed the cost of your share by about 20 percent! So our members receive excellent value for their money and the freshest food money can buy. All this plus newsletters, recipes, our Harvest Fest, and the good feelings that come from knowing that you are playing a vital role in keeping a community farm active. Look for more info on your share value in our late-fall newsletter when all the numbers are in!

**Thank you to our  
hard working  
farmers!**



## Potato Leek Soup

2 lbs. Russet potatoes  
1 lb. leeks, washed and chopped  
1 onion, chopped  
1 celery stalk, chopped  
1 carrot, chopped  
5 cups chicken or vegetable broth  
1/2 cup milk  
4 tablespoons butter  
2 tablespoons chopped flat leaf parsley  
salt and pepper  
6 tablespoons cream or half-and-half  
1/2 cup shredded cheddar cheese or chives

Melt the butter over medium heat in a large saucepan. Add the potatoes, leeks, onion, celery, carrot; cover, and cook for 5-7 minutes, stirring frequently.

Add the broth, 1/2 cup milk, salt and pepper. Reduce heat to low, cover, and cook until the vegetables are tender and potatoes are soft.

Mash the potatoes and vegetables in the pot or transfer to a blender or food processor in batches and process until smooth. Make sure the soup has cooled for 15 minutes before putting it into a food processor.

When ready to serve, reheat the soup, serve in bowls and swirl 1-tablespoon half-and-half into each serving. Sprinkle with chives or shredded cheddar cheese.

Don't forget to come on out to the farm to meet other members, and enjoy good food, at the **Wellspring CSA's Harvest Fest 2005, Sunday, Sept 11, 2-5p.m.**