



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 6, 2005

THANK YOU

To our stalwart volunteers who make our work possible. We could not do it without you, nor would we want to! For delivering produce: Brendan McLane, Angie Barger and Joe, Michael Horowitz, David Hale. For consistent good cheer and help in the fields: Lu van Zeeland. For putting up with us and making gourmet lunches: Parker Nichols. For getting the word out to our members & beyond: Shawn Bryan, Mark Dodge & Pam Quinn

Oven Roasted Potatoes and Vegetables

¼ C onion
2 cloves of chopped garlic
3T Chopped herbs from the farm
1 lb. potatoes, cut in Chunks
1 lb mixed vegetables (squash, carrots, beets, spinach, or whatever you have from the farm)
1/4 c. olive oil or vegetable oil

Preheat oven to 450 degrees. In a large mixing bowl, add all ingredients. Stir until potatoes and vegetables are evenly coated. Empty potatoes and vegetables into shallow baking or roasting pan. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with salt and pepper.



Harvest Fest 2004

Farmer Report:

Some of you may have noticed the upturned soil in the small field across from the yellow fence where you park. What are we up to? Last week I hired Alan and Kevin Farnum to install tile drainage in order to improve the soil in this area. They came with excavator and dowsing abilities to install pipe that will move water out of the field. This drainage will enable us to expand the pick-your-own options close to our pick-up shed. It was my intent to plant beans & peas in this area for the 2005 season, but the cold, wet spring prevented me from driving the tractor in this area, which is heavy in clay. So I've bit the bullet and invested in this small, yet important, cropland. It is an investment in the "hands-on" element of our CSA; one which I hope our members will continue to enjoy for years to come.

Harvest Fest 2005 Sun, Sept 11, 2-5 pm.

Featuring NECI cooking, live music by Erin McDermott & the Green Bucket Boys, circus performance, hayrides, farm games, mural making, face painting and more! Please bring a potluck dish and blanket to sit on. Friends very welcome! Please help us spread the word about our CSA and bring interested folks who want to learn more!

Coming Soon:

Delicata winter squash, spinach, yellow onions