



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

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Introducing Wellspring's Working Members

This year we welcome working members as part of the Wellspring crew! Working members exchange four hours of farm work weekly for their CSA share. In addition to the significant labor this provides, working members enhance the community spirit in the fields. Periodically you will read about our working member's experiences on the farm and/or their related interests. We hope this expands everyone's understanding of what goes on at Wellspring in order to provide food for your table.

Dana Dwinell-Yardley
Thursday Harvester



I am a 19-year-old lifelong unschooler. I spent the first 14 years of my life homesteading with my family in Irasburg, Vermont. I grew up with the cycles of the seasons very much a part of my life. My family and I moved to Montpelier two years ago, and started buying our food from the store. I have missed working in the garden! In Montpelier you can find me writing, doing graphic design, having fun outside in all kinds of weather, caring for my flock of 15 hens, and pursuing a life in the real world without school. I am very much committed to knowing where my food comes from, eating food that doesn't travel 1500 miles to arrive on my plate, and being in touch with the rhythms of the earth.

Faetterri Silver
Field Worker



I have been a wholistic health practitioner for over 25 years with a strong interest in nutrition. I believe in the importance of organic foods for the individual as well as for the health of the Earth. Coming fall, I will be attending the University of Vermont towards a degree in Nutrition and Food Sciences. I have dabbled in organic gardening for many years, but mostly I just love being outdoors. Volunteering as a field worker will allow me to see what happens on a larger scale at Wellspring Farm.

Lu Van Zeeland
Monday Harvester

Lu Van Zeeland became Wellspring Farm's first working member in the summer of 2005. She joins us again this summer as working member on Harvest Mondays. When she's not out enjoying the fresh air, hard work and camaraderie of farm work, Lu does youth engagement and high school renewal consulting work with area schools. This summer she has combined these two interests and will be coordinating the Vermont Youth Conservation Corps Summer Farm Pilot Program which brings small teams of high school students out to area farms (including Wellspring) where they will earn both credit and money as they dive into the farming experience (more on this program in future newsletters).



Leafy Greens

By Faeterri Silver

Hi All. Greens are in abundance in spring, early summer and fall. Most greens can withstand snow and frost and remain edible through December, that is if the deer have not gotten to them first. Leafy greens include kales, oriental greens like bok choy, turnip greens, collards, chards, beet greens, spinach, the lettuces, arugula and mizuna, amongst others.

The nutritional content of greens is exceptional. Greens are low in calories and high in fiber. Kale, collards, turnip and oriental greens are all in the crucifer, or cabbage, family. Cruciferous plants are rich in vitamins A and C, potassium, phosphorus, calcium, folic acid, beta-carotene, zinc, manganese, and magnesium, and indoles, nitrogen compounds that appear to lower the risk of various forms of cancers. In general greens are rich in the oil soluble vitamins A, E and K and water-soluble B vitamins including folic acid. Minerals are plentiful including calcium, cobalt, iron, magnesium, manganese, and molybdenum.

Though likewise rich in these nutrients, spinach, chard, and beet greens are also high in oxalic acid, which binds to calcium inhibiting its absorption. Therefore it is wise not to eat these foods excessively. Lettuces are rich in silicon, which assists with calcium absorption.

Greens are also rich in antioxidants and chlorophyll. Chlorophyll is what makes greens green and has a molecular structure almost identical to the hemoglobin molecules that carry oxygen in our body. Chlorophyll stops bacterial growth in wounds and anaerobic yeasts and fungi in the digestive tract, removes drug deposits and counteracts all toxins and de-activates many carcinogens.

Greens are fast food to prepare. As I pick up my share each week, I have seen the nearby recipes. My simple, yet similar, recipe is to wash, (I usually de-stem kale and chard), cut and sauté in olive oil until just tender, seasoned with tamari or salt, fresh garlic or garlic powder and kelp, a sea vegetable also rich in minerals. Greens can also be steamed, thrown into soups or mixed into salads or in a stir-fry. Lettuce can be used instead of bread to wrap around other vegetables, grains, beans, or meats.

In the days of old we ate, especially in the spring, wild greens to supplement our diets. As I told my son when he was young: have something green everyday, even if it is only one bite. Enjoy.

Baby Beet Salad

Top some of those delicious salad greens with quartered cooked beets, toasted pecans, and crumbled goat cheese. Serve with Maple-mustard vinaigrette. What you get: Vitamin A, folate, iron, potassium, and calcium

(From *Eating Well* Magazine)

Maple Mustard Vinaigrette

Whisk together ½ cup canola oil, ¼ cup maple syrup, ¼ cup cider vinegar, 2 Tablespoons coarse grained mustard, 2 tablespoons soy sauce, and ½ teaspoon salt and pepper. Makes 1-¼ cups.

Coming Soon:

Baby beets, new potatoes, Swiss chard, basil