



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 24, 2006

Farmer's Message:

This past week or two has been filled with volunteers galore on the farm, and it has been wonderful! Two U32 students from the Vermont Youth Conservation Corp spent a full week working with us, and they will continue to help with Monday's harvest for the next month. My cousins came out from Queens, New York to check out the country life and to lend a hand weeding. Our working members are acclimated to our fast paced routine and know the ropes. We welcome more helping hands because it makes the farming life easier and it gives folks an inside look into what it takes to feed 90 families each week. Also gives you a taste of what it's like to work in heat waves, mosquito attacks and freak thunderstorms. The fun doesn't end! Now and then we escape for a quick dip in our world-class swimming hole on the Winooski. It never fails to make us feel brand spanking new. Bring a towel!

Swimming in the river often provides one of those magic moments of awe-struck wonder and beauty that occur on a farm. Other magic moments: Looking up from the early morning harvest into the lifting fog revealing a hundred shades of green in the forested hills; sitting on the back of the pick-up truck bumping along the farm road and laughing; feeling startled by the perfect pink beauty of the first flower blossoming; pulling an exquisitely purple radish out of the dark wet soil. The magic moments are always there. We only need to stop to see them. Very often I feel like I'm missing the magic moments as I scurry from one task to the next, always pushing myself and whomever is working with me to work quickly, efficiently, focused. It is a hard tension between the need to make this farm function as a business for survival and the magic and wonder that brought me to pursue farming in the first place. As a hot July slips into August, I feel the tiredness of being wrapped up in the business and production aspects of the farm, and what I want is to appreciate more magic moments. I hope you find some of those moments at the farm too: watching a butterfly dancing in the flowers, savoring a sweet cherry tomato, breathing in the summer scent of fresh basil that you cut yourself.

Wilted Tomato Greens

By: Dana Dwinell-Yardley

Thursday Working Member

This is a dish that's great to make when you have a little bit of a lot of different greens left over from your CSA share. Of course, it also works with a single type of green as well. Simple, tasty, and a departure from the usual stir-fry!

butter (or olive oil)

1 onion or 1 bunch scallions, chopped

1 clove garlic (or more for garlic fans)

about 3-4 cups chopped tomatoes

about 1/2 cup chopped basil

1/2 tsp grated or ground ginger

about 4-5 cups (2-3 pounds) of chopped mixed greens (kale...bok choi...chard...beet greens...whatever!)

salt and pepper to taste

Melt desired amount of butter in a large saucepan. Add the onion and garlic and cook until soft. Add tomatoes, herbs & spices, and greens. Cook, covered, until greens are fully wilted and tender (time depends on the type of greens).

Can be eaten hot or room temperature. Serve with cheese, with chicken, over rice or pasta, or enjoy it by itself!

Serves about 4

Lettuce applaud our donors for their contributions to our Supported Share program! Each dollar of your donations helps make local organic food available to more members of our community. We had a large interest from eligible households this year and we are very happy to offer half-priced shares to four low-income families. Thank you for helping us to share the bounty!



Parker playing in the compost

2006 Donors to Wellspring's Supported Shares Program

- Robin & Howard Benditsky
- Stephanie & Cameron Brooks
- Ben Cheney & Ellen Miley
- Elizabeth Courtney
- Erica DeCosta & Bram Towbin
- Mark Dodge & Paul Kapulos
- Rachel Keach & Chris Riddell
- Michael & Jeri Keenan
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- Harry Mazer & Norma Fox
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- Aaron & Julie Moore
- Marianne & Andy Perchlik
- Northeast Organic Farmers Association
- Pamela Quinn & Brendan McLane
- Mary Reardon
- Susanne Ritz
- Will Roberts & Margaret Stocksdale

WANTED: FARM PHOTOGRAPHER

Seeking hobbyist photographer to visit during work hours a few times throughout the growing season to snap shots of glorious veggies, smiling members & sweating farmers for website and educational uses.

Member Skill Share

Are you a welder? A felter? An herbalist? A racecar enthusiast? If you are any of these things and more, please volunteer two hours of your time to share your craft, interest, and/or skill with your fellow CSA members. Simply come prepared with all the supplies needed to run your workshop from 4-6 pm on your pick-up day. We'll provide the setting, electricity and tables, if needed. Imagine the joy of both learning from and sharing with your community members on a monthly or even weekly basis. If interested, contact Chris at 426-3361 to schedule a time.

Short Crop Report:

I've never experienced this before, but our zucchini and summer squash production is slow due to the slam it took from the six weeks of rain we had earlier this season. Isn't there a joke about finding zucchini in your car, placed there by an overwhelmed gardener seeking to get rid of it? No such thing here. Our winter squash plants also are looking small. We've fertilized the plants with fish emulsion, cut out the diseased fruits, and talked nicely to the plants, but they are still somewhat slow. However, I feel hopeful. There are lots of plant miracles on farms. Take this spring's Swiss chard. We lovingly planted it out to the field and the next day a woodchuck came and ate every last leaf of the small seedlings. I was outraged! All that remained were tiny thin stems. We covered the plants -- or what remained of them -- with row cover, hoped for the best and trudged to the greenhouse to reseed. Well, two months have gone by and we have the most beautiful stand of Swiss chard that grew under that row cover. You'd never believe from the looks of it that a woodchuck ever lived nearby (I can assure you it no longer does, thanks to Parker's help). So that is this year's chard miracle. And we expect a winter squash resurgence to match it. In the meantime, I have heard lots of positive feedback from you, our members, about the CSA share. It pleases me to no end to know that you appreciate our fresh, healthy, local vegetables. Thank you for feeling thankful!

One more note directed specifically to full shareholders: while your shares have not been as hefty to date as I would like, I expect later season crops to help make up for the slower start to the season. I keep track of each week's share, and always aim to distribute crops equitably based on your share fee. Thanks for all of your support for the farm and for making our CSA possible!

Quote of the Week

"You guys should try these. They're SO yummy!" - Nataly Duggan, "4 and three quarters" years old, running to the CSA pick up shed to hand Chris and Mimi two snap peas to taste.