



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

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Keeping It Local

By: Pam Quinn

A few weeks ago I received my much-loved magazine, *EatingWell*, in the mail and quickly rushed to the couch to read it. I am usually a stickler for savoring this bi-monthly treat: reading each page, from the beginning to the end, and not skipping around. This month I noticed an article titled, Organics, Are They Worth It, and I quickly skipped right to that page saying to myself "How can this question even be asked?" While reading the article I remembered what I have always known, but sometimes forget: that buying local can be just as, if not more, important as buying organic. As I hear about the failure of another Vermont Farm, or understand the true cost of the gasoline that enabled my organic supper to make it to my table, I vow once again to make an effort to **keep it local**. Although I am not willing to give up olive oil and avocados (two foods that will never be local) I am going to make an effort to support local when I can, realizing the impact I am making on the well-being of my local community and planet. Thus inspired, I rushed home last Monday after pick-up to make a very local, and organic dinner: the best dinner of the summer. Perhaps it was the recipe, or maybe the fresh flowers on the table that made the food taste so great, but I think I savored each bite because I knew how hard my local farmers had worked to bring it to me. Thanks for dinner Mimi and Chris.

Last week's farm meal of Zucchini-Potato latkes, sautéed green beans, and salad



Local Zucchini-Potato Latkes with Tzatziki

EatingWell Aug./Sept. 2006

- 1 Pound zucchini, shredded
 - 2 Cups shredded cooked potatoes
 - 2 Medium shallots, minced, divided
 - 1 egg, beaten
 - 2 Cups whole-wheat breadcrumbs
 - ½ Cup crumbled feta cheese
 - 2T chopped fresh dill, divided
 - ½ teaspoon salt, divided
 - ½ teaspoon ground pepper, divided
 - 2 Tablespoons extra-virgin olive oil, divided
 - 1 Cup low-fat plain yogurt
 - ½ medium cucumber, peeled, seeded and shredded
 - 1 Tablespoon red-wine vinegar
1. Preheat oven to 450 degrees. Coat cookie sheet with cooking spray
 2. Toss zucchini, potatoes, 3 T. shallot and egg in a large bowl. Add breadcrumbs, feta, 1 T. dill, ¼ t. salt and pepper; toss to combine. Form the mixture into 12 patties.
 3. Heat 1 T. oil in large non-stick skillet over medium-high heat. Add 6 patties, cover and cook until crispy and browned on one side, 2-5 minutes. Transfer the latkes to the prepared pan, browned side down. Repeat with remaining 1 T. oil and patties.
 4. Transfer the latkes the oven and bake until firm and heated through, 10-12 minutes.
 5. Meanwhile prepare the tzatziki: combine yogurt, cucumber, vinegar, remaining minced shallot, 1 T. dill, and ¼ t salt and pepper in a small bowl. Serve the latkes with the tzatziki on the side.

Vermont Youth Conservation Corps Summer Farm Pilot Program at Wellspring Farm! *Lu Van Zeeland*

Wellspring Farm is the site of a brand-new Vermont Youth Conservation Corps (VYCC) summer work/learning experience in community sustainable agriculture for two U-32 students. The goal of the program is to provide students with community-based and service-based learning, valuable work experience and career exploration, and an understanding of the social, ecological and nutritional quality of locally and sustainably grown food.

Starting with a VERY HOT one-week intensive July 10-14, Brice Henes (a senior at U-32) and Ari Erlbaum (a sophomore at U-32) jumped right into harvesting and weeding at the farm. We work as a VYCC "crew," with me as the crew leader. Both students quickly learned the layout of the fields and connected with our farmers, Mimi and Chris. In the midst of the incredible heat, we weeded over 12,000 feet of crops, and as Mimi told me in a phone call on Friday of that week, "saved the farm!" We also helped harvest for Monday and Thursday pick-ups and delivered produce to seniors at sites in Montpelier and Barre.

Another goal of the pilot program is to provide farmers with help in the fields and a chance to spread the learning about the importance of community sustainable agriculture- maybe even help create potential future farmers. After a challenging rainy start to this year's season, the "help in the fields" could not have been more timely for the farm, but also for generating in our crew a clear sense of being a part of something meaningful here at Wellspring Farm. Ari and Brice both began to notice what crop needed weeding next and to help set priorities.

AND we have had fun! There is something about working and sweating and getting muddy together as you tend to and bring in the food from the fields that builds relationships. We have all gained new nicknames, laughed at Ari's unending pirate jokes, appreciated Brice's willingness to squash the potato beetles, learned about my fear of snakes in the hay bales, floated down the current in the Winooski at the farm's swimming hole, and had the BEST root beer floats and maple cremees appear to us like a dreamy mirage on the HOTTEST Friday afternoon ever, thanks to Parker.



Lu, Brice and Ari washing
scallions

Ways to Enjoy Eggplant

For homemade babaganoush, purée roasted eggplant, garlic, tahini, lemon juice and olive oil. Use it as a dip for vegetables or as a sandwich filling.

Mix cubed roasted eggplant with grilled peppers, lentils, onions and garlic and top with balsamic vinaigrette.

Add eggplant to your next Indian curry stir-fry.