



# WELL FED

**Newsletter for Wellspring Farm CSA**

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

**August 14, 2006**

## Farmer's Message

I think I have chosen my new marketing slogan. It is "**It Takes a Village.**" Indeed this farm takes a village to make it. And, the wonderful report is that we HAVE that village of support! The other day I was on one of my rare trips off the farm, and had some time to reflect on the day's work. I had one of those magic moments of gratitude as I mentally listed all of the folks who had swung by the farm to lend a hand: Michael Colby came over with his rig to move tractor equipment that we share with another farm. Member Mark Dodge delivered extra produce to the Food Bank. Member Davis Cherington assisted with a tractor problem. Bruce Chapel from Vermont's Natural Resource Conservation District (and part-time sugar maker) had scouted our fields to mark out the drainage we are planning to install. Local berry grower Don Lenz called to see if we would like him to sell blackberries at the CSA pick up. Parker turned the compost with the bucket loader. Chris toiled away in the fields. Member and Plainfield Co-op manager Jenni Jenkins put in an order for cucumbers. Member Lu Van Zeeland brought our two Vermont Youth Conservation Corp volunteers out to help harvest. All this and I could keep going! This was just ONE day on the farm, and look at all the help! I sit here and think of all of the other folks I would like to thank as well, and I have to hold myself back! Let's just wrap it up by saying THANK YOU for being a part of our CSA. Each and every member makes a difference by being a shareholder, and thus keeping this farm active. We are all doing a service to our community and region by keeping farmland active through CSA. By simply joining the CSA, one makes a vital contribution. Hip hip hooray!



SAVE THE DATE

**Wellspring CSA Annual Harvest  
Fest**

**Sunday, September 17, 2-5 pm**

Hayrides, music, farm games, food, painting and more! Friends are welcome to join in our harvest celebration.

Are you a musician? Storyteller? Magician?

**Perform at the Harvest Fest!**

Do you have a skill you would like to share like chair massage or face painting?

**Share at the Harvest Fest!**

Do you have information you would like to distribute or talk to folks about, like local conservation work or herbal healing?

**Inform at the Harvest Fest!**

We are seeking members to get involved at the Harvest Fest. Creative ideas encouraged. Please see Mimi if you are interested.



## In Next Week's Newsletter:

Pickling, Fermented Foods and  
Dry Salt Preservation  
By CSA Member Faeterri

**Mic Metz enjoying summer  
flower cutting.**

**Coming soon:**

corn, watermelons, more tomatoes

### **Crop Notes**

We are now harvesting the first succession of sweet corn, and sweet it is! We eat it right off the stalk, standing in the field, uncooked and no butter. Try this at the CSA pickup when the corn is at its freshest, and you will be amazed. With every minute that passes, the corn's sugar turns to starch, so don't delay your eating! This is why we harvest the corn *just* before CSA pickups. Our first corn planting seems to have been hit somewhat hard by the European Corn Borer (ECB). This is a small worm that travels down the silk of the corn into the ear, and has a snack. Innocent worm it may be, but most folks don't appreciate its presence in their food! Despite this, I have chosen to not spray any organic pest control on our corn. We find that the ECB population has never been a serious detriment to our corn yield, and thus we prefer to keep it free of any sprays whatsoever. So, if you find a small worm in your corn, hopefully it has not done much damage, and you can cut the affected part out. We like to tell folks that the worm is proof that your corn is unsprayed. And don't be concerned that you may ingest the worm unsuspectingly. It is very apparent on the ear once the husk has been removed.

This explanation leads me to further thoughts on quality control. We pride ourselves on offering the highest quality produce, hand-picked at the peak of freshness. At each harvest, we grade out individual vegetables that don't meet our quality standards, such as cracked tomatoes, forked carrots, and bulbed cucumbers. However, much of this produce is perfectly fine, other than the fact that it doesn't meet the commonly held standard of appearance. Sometimes we offer these "extras" to members, other times we leave the offending vegetable in the field due to time and labor constraints. Sometimes we debate whether our membership will find these imperfect vegetables acceptable. For instance, when the cauliflower developed some rotten spots due to extremely wet and humid conditions, Chris and I debated whether to offer the cauliflower regardless, compost it, or offer it as optional "extras." It was a hard call. I fear losing customers because some of our produce doesn't look like what folks are accustomed to. I don't want members to think our quality is any less than the highest. Yet, offering "blemished", "imperfect" produce is also an educational opportunity. Perhaps many members would feel perfectly fine about cutting out some spots. Furthermore, in some cases it is a choice between offering a blemished crop, or none at all. Like with the corn this week. We chose to offer the first planting of corn regardless of the ECB damage because we figured you'd rather have it with a few spots than not have it at all. Hopefully we made the right decision. On some farms, blemished crops are tilled back into the soil, and the crop is chalked up as a loss. With CSA, we would rather not lose entire crops due to cosmetics. I hope we hear from you that we are making the right choices!

### **El Nuevo Dia Gazpacho**

This is very similar to the usual way it was served in Spain.

- 4 tomatoes (peeled, pitted, cut in small pieces)
- 1 green pepper (pitted, cut in very small pieces)
- 1 cucumber (peeled, cut in pieces)
- 1-2 cloves of garlic (peeled)
- 1 piece of one day-old bread
- water, good quality vinegar, olive oil (preferably virgin)

Soak the bread in a mixture of water, vinegar, and salt. Mix the first 4 ingredients and the bread with the water mixture in the blender to the consistency of a fine paste. Add a stream of olive oil and taste. There should be a good balance between the vinegar, oil and salt without one overpowering the other. For this reason fix proportions to suit your taste. Blend again and add ice-cold water until you reach the desired consistency. Suggestions for serving: Serve cold, not frozen; ice cubes are not traditionally used. You may serve it in a glass placed on a bowl with ice (like a cocktail is sometimes served) to keep it very cold. You may serve along on the table: bread croutons, pieces of cucumbers, onions, green peppers, and tomatoes for you and your table companions to add according to taste.

This is a classic recipe for gazpacho (anonymous author) that appeared in "El Nuevo Dia" newspaper, July 14, 1991.