



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 18, 2006

Harvest Fest 2006



KEY

To the Hot Peppers of Vermont¹

By: Rose Paul

(and you thought Vermont food was bland! Check out the asterisks denoting hotness.)

1. Round like a hot tomato.....Cherry bomb ****
- 1a. Stubby to elongate but not round.....2
2. Stubby, turning black when ripe.....Jalapeno ***
- 2a. Longer and thinner.....3
3. With flattish sides like it sucked in its breath, and its linear ribs are showing.....Anaheim *
- 3a. Rounder than above in cross-section.....4
4. With lumpy sides like its cheeks are puffed out.....Serrano ****
- 4a. Sides are smooth and regular in cross-section.....5
5. Long and thin like a super model.....Long cayenne ***
- 5a. Elongate but appearing well fed.....6
6. With a little nib at the end (the end may be stubby but look closely for the nib).....
Hot paper lantern *****
- 6a. With a tip that may be gradually tapering but lacks a nib.....Super chilli****

I recently received the following two letters from CSA members and wanted to share their thoughts with you. I deeply appreciate when members communicate their ideas and experiences with me. If not for you and your commitment, the farm would not exist!

Mimi

23 August 2006

Dear Mimi,

I'm writing concerning your "Crop Notes" in the August 14, 2006 newsletter about the issue of vegetable "beauty" or form, etc; that is, quality. Here are my thoughts:

It's okay with me for crops to have blemishes and bugs, when I realize that this deviance is natural to organically grown crops. However, we have all (myself included) been programmed so long to expect "perfect" veggies in form and appearance. I think we need an education in the natural growth of vegetables grown the way you and other organic farmers are doing it. I'm old enough to remember these blemishes. In my childhood I think crops were organic and not even called that. After WWII a lot of war chemicals had to go civilian and that's when synthetic and other pesticides and fertilizers got started.

My husband in the 1950s was a horticulturist and worked for a chemical company serving flower growers in California. His boss was upset enough about the chemicals that he quit the company. However, it kept on.

So, the answer: education! Just keep telling us in your newsletters.

I love the idea of the farming you do and am very grateful to you for choosing that life which I hope is a future forerunner of more widespread organic farming. Down with factory farms!

Thank you for your so important work.

Lea W.

Pioneer Senior Apartments, Montpelier

Dear Mimi and Chris:

So, I have to say that I have thought about writing so many times - just to send my many thanks. We are new to the CSA and we are enjoying it so much. Last year our family made a goal to try to change to a completely organic diet/lifestyle and of course to buy more local. This has been a struggle for us for many reasons - costs come into factor and habits are hard to break. I had never been to a local farm, farmers market or coop to shop. I did not know the rules or expectations. I will say that the CSA has helped so much because we are so excited each week to see what we are going to get. I am hoping this will be the habit for my children.

We have already stored some carrots, zucchini, and green and yellow beans for the winter and we have enjoyed lots of new recipes. I had never prepared or eaten eggplant but found that myself and children like it - husbands cannot like everything! We have made coleslaw with cabbage, zucchini bread many mornings for breakfast, enchiladas with tomatillo sauce (my favorite, another item I had never prepared or eaten) and my kids love just munching on the fresh veggies in the fridge. So as this may not seem like a big deal to most people, this has been a very exciting adventure for us and we thank you so much.

As we did plant some veggies in our community garden this year (also a first for us) we can appreciate all your hard work - we have many weeds and never enough time to get there and work but we enjoy what time we do spend there! And of course love the veggies!

So I just wanted to let you know how much appreciated all your hard work. I tell everyone I see about your farm and the wonderful CSA program. Also, my little guy (who is 11 months old) loves to visit your website and listen to the watermelon song. Quite frequently he dozes off for his nap if I just bring up your site and dance quietly around the room with him!

Thanks and be proud!

Kindly,
Amy