



# WELL FED

**Newsletter for Wellspring Farm CSA**

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

**September 25, 2006**



Mimi: makes the  
ABC News  
Check out the story at  
<http://www.abcnews.go.com/US/wireStory?id=2476976>

Mimi Arnstein weeds the spinach crop at Wellspring Farm in Marshfield, Vt., Thursday, Sept. 21, 2006. Following a recent scare about E. coli bacteria contamination in spinach shipped across the country, local farmers and consumers alike are talking up the benefits of knowing where your produce comes from. (AP Photo/Toby Talbot)

### **A special farmer's note for Montpelier pick up site members:**

Happy Fall! It's official now, and the colors in the hills prove it. I wanted to send out a special note to Montpelier members this week, as we have a bit more time to reflect. Thank you for being our first off-site pick up guinea pigs! Your participation has enabled our CSA to expand to 90 members, and this has allowed for more stability for the farm. Next year I aim to increase our membership still, and I hope you will help pass the word along to friends who would find the Montpelier site convenient.

Recently we heard some valuable feedback from a few Montpelier members in the form of requests for more beans and basil (please look for our survey this week to communicate more of your input!) I wanted to let you know that of our 40-odd crops, we grow the most harvest-labor intensive crops like beans, peas, cherry tomatoes, hot peppers, tomatillos and flowers as pick-your own items. When we had volunteer labor available this season, we were able to pick some of these crops for Montpelier site members. However, it was my hope that periodically our Montpelier members would opt to come pick-their-own at the farm because of our very limited ability to offer these crops as pre-harvested share items. But my *hope* doesn't mean it can actually happen. For some it did, and others it did not. Unfortunately, the convenience of picking up your share in Montpelier may be at the loss of some crops you'd rather see more often. Due to the fact that Montpelier members are less able or likely to pick-their own at the farm, we do not factor these crops' value into your share contents. However, I wish we *could* more easily give out beans! If anyone out there is interested in volunteering time, please let me know! Items like basil aren't difficult for us to harvest for folks, so next year we will offer it more often. In sum, thank you for your understanding of the limits of our abilities and please keep the feedback coming in our annual survey!

### **What I Love About Wellspring Is...**

Awakening to blackness, paths dimly lit only by the stars, and feeling moved by something deep within me to continue on - not give in to the cold and darkness.

Enjoying the pale light of sun hidden behind the hill, enough to see the dew sparkle on kale. Not enough to warm my cold-weary fingers and toes.

Tossing melons in a chain. A community of people laughing, sharing, trusting. With each catch you feel grounded, sure of yourself. With each toss you look your neighbor in the eye and know that your melon will be well received.

The trees, promising change each day. All you have to do is look up from the harvest. Remember where you are and how blessed you are to be here.

Mimi, her sparkle and strength. The emodiment of farming - always giving beyond herself - true to the soil, the vegetables, and her community.

Members trickling in. Laughing, loving the vegetables and all they have to offer. Good health, companionship, learning, fulfillment.

What I love about Wellspring is the many gifts I have been given, unasked for, they simply keep coming. What more could I want than solid, healthy earth beneath my feet, meals full of delicious goodness, a community of open, appreciative, loving people, and a life to be lived as honestly and beautifully as possible.

Chris Siegriest



#### **Coming Soon:**

more winter squash, cabbage, spinach, garlic,  
cilantro

#### **ANNUAL SURVEY:**

Please help us reflect on the season  
Look for our annual written survey at pick up  
this week.