



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 5, 2006

Farmer Report:

Aaaah. Made it to September. The farm's workload feels like rolling downhill from here on out. Well, perhaps that's an exaggeration. While the summer's hectic juggling of planting, weeding, greenhouse work, bed preparation plus harvest finally ends, now is the time to bring in everything that remains in the fields. Lots of heavy lifting of potatoes, beets, carrots, onions, and winter squash. The garlic is already in the barn and dried. We moved it last week to make room for onion curing. Soon we'll have to scramble to make room in the barn for the winter squash. The colors are beautiful, matching those of the changing leaves. The energy on the farm also matches that of nature: the crazed pace slows, and we find more moments for reflection. Working with and in nature during the summer we seem to match its harried call measure for measure. From the slow spring start in the greenhouse; to meeting the rush of summer with too many tasks and seemingly not enough time; and at long last comes the relief of autumn, and the knowledge that what has been written will be, and the struggle to change what is, ends. Farming the short Vermont season feels like a marathon, and come September I can see the finish line. In this wet, too wet season, the faith that I have struggled to hold onto, may finally be released, for now. And so, today, this poem, given to me by my former apprentice Amanda, brings me to tears....



Maria and Hannah Smart picking cherry tomatoes

Little Summer Poem Touching the Subject of Faith

By Mary Oliver

Every summer
I listen and look
under the sun's brass and even
into the moonlight, but I can't hear

anything, I can't see anything --
not the pale roots digging down, nor the green
stalks muscling up,
nor the leaves
deepening their damp pleats,

nor the tassels making,
nor the shucks, nor the cobs.
And still,
every day,

the leafy fields
grow taller and thicker --
green gowns lofting up in the night,
showered with silk.

And so, every summer,
I fail as a witness, seeing nothing --
I am deaf too
to the tick of the leaves,

the tapping of downwardness from the banyan feet --
all of it
happening
beyond any seeable proof, or hearable hum.

And, therefore, let the immeasurable come.
Let the unknowable touch the buckle of my spine.
Let the wind turn in the trees,
and the mystery hidden in the dirt

swing through the air.
How could I look at anything in this world
and tremble, and grip my hands over my heart?
What should I fear?

One morning
in the leafy green ocean
the honeycomb of the corn's beautiful body
is sure to be there.

Rainfall recordings by Plainfield member
George Springston

May 5.64 inches (wettest in 10 years)
June 7.63 inches (wettest in 10 years)
July 5.85 inches (2nd wettest in 10
years)

Now that's a lot of rain!!

SEEKING LOCAL MUSICIANS

Harvest Fest entertainers sought!
See Mimi if you are interested or
have a band to recommend
for farm's Sept 17 shindig.
Rock on!
426-3361



**Brenda Hawkins cuts her own flowers on
a beautiful pick up day.**

More easy, great fermenting recipes from our
members! The vegetables can be replaced with
others that you think would taste good pickled.

Kimchi

adapted from *Nourishing Traditions* and submitted
by member Joan Kahn

1 head cabbage, cored & chopped
1 bunch onions chopped in large pieces
2-3 carrots sliced thin (peeled)
1 daikon, peeled & sliced thin
2 Tablespoons sea salt
optional: ginger, garlic, chili pepper

Put ingredients in large bowl, pound with meat
pounder or potato masher until juices are released.
This takes awhile! Put into wide mouth mason jars
and press down firmly until juices come to the top.
Vegetables should be at least 1 inch from top
because they will expand. Cover tightly and let sit at
room temperature for about 3 days. refrigerate or
put in cold storage. Open carefully!

Note: Everything should be very clean so that it
ferments properly. It should smell and taste like
pickles. If it goes bad, it will smell bad so you will
know. Keep jars tightly closed the whole time
because lacto-fermentation is supposed to be
anaerobic.

Killer Gazpacho

from *Off the Eaten Path* by Bob Blumer
Submitted by member Kathe McBride who says it is divine!

Serves 2.
1 lb tomatoes
2 scallions or equiv. red onion
1 red pepper & 1 green pepper
1 celery stalk
1-2 garlic cloves, minced
2/3 cup lightly packed cilantro
1 cucumber
2 Tablespoons olive oil
1 1/2 Tablespoons balsamic or red wine vinegar
2 Tablespoons lemon juice
1/2 teaspoon salt
1 teaspoon pepper
1 cup canned tomato juice

1. Core the stems from the tomatoes, then cut a small "X" at the bottom of each. Drop tomatoes into a pot of boiling water for 15 seconds. Remove, let cool for a minute, and then peel off the skins. Dice the tomatoes.
2. Chop remaining veggies, then toss in a large bowl along with oil, vinegar, lemon juice, salt and pepper.
3. Transfer small batches to a blender or food processor and pulse until mixture is a coarse liquid. Thin with tomato juice. Chill in refrigerator for 2 hours, then serve.

Tip: Make your own croutons and sprinkle over soup.

Coming soon:
spinach, bunched