



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

October 8, 2006

The geese arrived this week, honking their haunting call, flying in formation overhead. Down below we hurried to dig the final potatoes, and harvest the last hearty winter crops. Soil under our fingernails, heads down toward the earth. The geese remind us to look up, to see the brilliant sun on their wings and the blue sky against the rainbow leaves. A sigh and a glow. We are in tune with the natural world, busily working to store up for winter's quiet.

The end of another season is here and with it comes the tired muscles, the peaceful contentment of a season completed, the reflection on a farm coming to rest. As always, when we stop to notice it, the beauty is overwhelming, and it is indeed what keeps me coming back for more.

It is time for thanks.

This farm would come to a screeching halt if it were not for the tireless work of our farmer-in-training (now a *fully* trained farmer) Chris Siegriest. Not only has her hard work, perceptive intelligence, enthusiastic initiative, and motivation made every task completion possible, but her spirited spark has made every day enjoyable. Only an apprentice truly understands what goes into making a farm work, and for that, Chris has been a true comrade with her hands (and feet) in every step of the way. I very much look forward to hearing of her successful first year on her own farm in Westford, Vermont next year. Chris, you will be sorely missed!

There are so many others to thank individually for volunteering, doing our website and newsletter, making deliveries, and on and on. You know who you are and you also know that this farm really needs you! Thank you for making it all possible.

Lastly, thanks to each and every member for your support. By simply joining the CSA, you make it viable for our farm to continue. By expressing your commitment, you make my heart lighter. By lending a hand, you make the load easier. Thanks to everyone for keeping local food in our community. Many are not as lucky as we. Let's celebrate the end of a season with a hearty root stew and look forward to seeing each other next spring for another year's perfect cycle. To a peaceful winter...

Mimi

SHARE VALUE -- a quick summary

We are pleased to announce that you saved 15-20% off retail prices by joining the CSA this year. This means that for your membership fee you received a 15-20% discount off of what you would have paid for similar produce at the local co-op or farmer's market. Your discount is steeper still if you took advantage of pick-your-own crops like flowers, beans and cherry tomatoes. Back in the wet spring, I was worried we would not meet our goal, but indeed we have. Nature came through for us in the end. Enjoy the savings and the bounty! And please tell a friend!

WINTER SHARE DISTRIBUTION

Winter shares will be distributed this week, including information on how to easily store your root crops.

Sorry, we are full and cannot sell any more winter shares.

However, we have bulk bags of our carrots and potatoes available. Call or email before your pick up day if you would like to order.

Please bring sturdy boxes or bins to pick up your produce.

Green Tomato Mincemeat

Dana Dwinell-Yardley

Here's a tasty way to use all those green tomatoes that get harvested before frost! There's no meat in it—it's a purely vegetarian concoction of spices, apples, raisins, and tomatoes. Use mincemeat in pies, in muffins, make a cake, or eat it by itself with yogurt or cream.

12 cups finely chopped green tomatoes
12 cups unpeeled finely chopped apples
1 1/2 pounds raisins
2 cups cider
3 cups honey
2 cups cider vinegar
1 to 3 tablespoons cinnamon
1/2 to 1 1/2 teaspoons ground allspice
1 to 3 teaspoons ground cloves
1/4 to 1/2 teaspoon ground black pepper
(adjust spices to taste—the larger amount makes a very flavorful mincemeat, use less if you're not as partial to spices)
Optional: 1 to 3 tablespoons grated orange peel
1/2 to 1 cup vegetable oil (we use sunflower—adjust to taste... it's there for mouth feel!)

Mix all ingredients except oil in a large stainless steel pot. Simmer, uncovered, until thick—between 2–4 hours. Stir in oil.

Makes 9 pints. To can, ladle into pint jars with 1/2 inch headroom. Process 25 minutes in a boiling water bath. You can also freeze mincemeat, if you like.