



# WELL FED

Newsletter for Wellspring Farm CSA

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

July 2, 2007

## In This Week's Share

**Baby beets with greens** – baby beets are tender and the greens are packed with nutrition! We think you'll like them, even if you aren't a beet fan. See our recipes below for cooking ideas.

**Garlic scapes** – these green curlicues come off the garlic plant. The taste is spicy, juicy and garlicky! Chop them and use just as you would garlic cloves, add them to a blender with basil, parmesan and oil to make garlic pesto, or brush them with oil and toss them on the grill.

**Parsley** – our parsley is bursting with a healthy tang. Add fresh to salads and sandwiches; chop with leftover Napa cabbage as part of coleslaw.

**Romaine lettuce** – a favorite lettuce for many; this variety is called Jericho.

**Purple scallions** – you won't find these at most stores! A beautiful, uncommon variety.

**Spinach** – one of my favorite vegetables because it tastes great and is so good for you. Spinach pies (adding in leftover kale from last week) are for dinner tonight!

**Pick-your-own:** peas, basil, and herbs – Will your peas make it home or will they get eaten in the car?

### Seeking Help and Farm Workers

- Farm apprentice Liza Earle will be gone July 22-29 on a family vacation. We need help to fill her shoes! Please contact Mimi ( [mimi@wellspringcsa.com](mailto:mimi@wellspringcsa.com)) if you have some time to volunteer.
- Seeking full time farm apprentice for August through mid-October. Housing provided. A great learning opportunity for aspiring farmers. Please pass the word on! Job description on our website.
- Driving from Marshfield to Montpelier? We seek someone to deliver produce to the VT Food Bank collection site on Rt 2 near Agway on Tuesday mornings by 9 AM. Please contact Mimi ( [mimi@wellspringcsa.com](mailto:mimi@wellspringcsa.com)) if you can help get our excess produce to Vermonters in

### Farmer's Report

What a wonderful season it has been! Every morning I get out of bed, part the curtains, and marvel at the glorious weather. The early heat has produced a bumper crop of big and beautiful greens including lettuce, bok choy, Napa cabbage and spinach. The lack of rain has enabled us to cultivate and weed on a timely basis. For the first time in awhile, we have been using our overhead irrigation system regularly. I must say that our fields have never looked better! This is also due to the hard work of our farm apprentice Liza, our working members, and part-time weeding staff. Thank you to those members who came out to help attack those weeds last month. I think we are heading for another weeding party, so get ready!

I hope this is the week that the flowers really begin to bloom so that we can begin cut-your-own flowers. The peas are certainly ready, and the beans will follow shortly. So please come on out to the farm ready to get your feet into the fields, smell the clean air, and simply take in the beauty of this green time of year.

### Coming Next Week

(this is our best guess but who knows what the weather will bring?)

Baby carrots  
 Summer squash  
 Zucchini  
 Swiss chard  
 Arugula and/or spinach  
 Baby greens  
 Pick-your-own beans and flowers

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[pambrendan@fairpoint.net](mailto:pambrendan@fairpoint.net)

Also, send any recipe ideas or news items to this address.

## **BEEF PASTA AND WILTED BEET GREENS W/ GARLIC & LEMON**

Small bunch of Beets with their leafy greens  
1/4 cup olive oil (divided) and salt  
4 cloves garlic  
1 1/2 tbsp. fresh lemon juice  
1 lb. pasta

Freshly grated parmesan cheese for the top

1. Peel and quarter the beets. Toss them in 1/8 c of a cup of olive oil and bake them in the oven for 25-40 minutes, or until they are tender.
2. Chop the beet greens, and set them aside. Put the water on for the pasta.
3. Heat the remaining 1/8 of a cup of oil in a large sauté pan with a cover. Add the garlic and sauté over medium heat until golden, about 2 minutes. Add the beet greens and 1 teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes.
4. Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.
5. Toss the hot pasta with the beet sauce. Mix well and add more olive oil if needed. Top with freshly grated parmesan cheese, and serve hot.

## **CHILLED BEET SOUP WITH CHIVES**

1 1/2 tsp. olive oil  
3 med. Carrots peeled and chopped  
1 bunch beets, peeled and cut into fourths  
1 onion finely chopped  
1 1/2 tbsp. balsamic vinegar  
1 tbsp. sugar  
2 cups buttermilk

Chives

Heat oil in large non stick skillet over low heat. Add carrots, beets and onion. Cover; cook until vegetables are just tender, stirring occasionally, about 20 minutes. Add vinegar, cover and cook until vegetables are very tender, about 10 minutes longer.

Working in batches, add sugar and carrot mixture to blender or food processor and blend well. Transfer to large bowl. Mix in buttermilk. Season with salt and pepper. Chill until cold, about 3 hours. (Can be made 2 days ahead. Cover; keep chilled.) Top with chives.

Adapted from *Bon Appetite*, June 1996