



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 6, 2007

In this week's share

- **Broccoli** – With all this heat, the broccoli is coming in strong and bolting fast so we've got to get it out of the field and into your refrigerators! We have been dining on steamed broccoli topped with olive oil, salt & loads of fresh garlic. Perfection.
- **Cilantro/parsley choice** – We love cilantro, but we know some folks just don't so we always try to offer an alternative choice. Parsley, on the other hand, seems to be one of the most underappreciated greens in my opinion. Loaded with nutrients (it is such a gorgeous dark green) and a tangy flavor, I just chop it up and add it to salad greens, bean salads, grain salads, you name it!
- **Head lettuce or salad mix** – It was instructive to hear last week that some folks really appreciate getting salad greens each week, and now they are back! We aim to include them in every share, but sometimes Mother Nature has other plans.
- **Purple scallions or red onions**
- **Summer squash/zucchini/cucumber choice** – Have you been making cuke salads? Slice thinly, add herbs, purple scallions, olive oil, vinegar and salt. Eat right away or let marinate. Summer in a bowl.
- **Tomatoes** – starting to come strong out of our new greenhouse.
- **Carrot/beet/potato choice** – We got some feedback that more carrots would be appreciated and we are happy to oblige.
- **Sweet Corn** – maybe! If not this week, then very soon.

Farmer's Report

The heat is on! Every time I turn around it seems another crop is calling out to be harvested, and fast. We are certainly well out of the woods now, and the plants are thriving in this heat wave. The farmers and workers have been sweating it out with a great attitude, helped by periodic jumps in the river to cool off. Swimming in the sweet water seems to bring everything into perspective, and enhances the gratitude I feel for life. Come on out to volunteer and finish it off with a swim of your own. Many, many thanks to the people who generously worked in the fields during Liza's week off. Each of you made the load lighter through your help and spirit. Thanks to Dottie Summers, Lu Van Zealand & Sam, Jeff Swift, Diana Batzel, Dana Dwinell-Yardley, Dana Gould, Kailie Larkin, Eve & Noah Jacobs-Carnahan, Jane Brusetti, and Jean Matthews, Toni Ceckler, Eli Yoder, Amanda Payne. Yes, we had plenty of work for all of these folks!

Wanted: Montpelier Housing

Liza Earle, the farm apprentice, seeks a place in/near downtown Montpelier while student teaching Sept. to mid-Dec. In exchange for a home she will gladly offer any combination of cooking, yard work, house sitting, Spanish tutoring, child care and/or moderate rent. Interested? Call 310.1943.

Coming soon

- Sweet Corn
- Watermelon
- Peppers
- Cabbage
- More sweet onions, garlic, beet, carrot, potato, summer squash, cucumbers, tomatoes.

Wellspring CSA annual Harvest Fest!

Hayrides, great food, farm games, music, mural painting and more!
 Save the Date
Sunday, September 16, 1pm-4pm at the farm
 Friends and family welcome

Harvest Help

Indeed, it is full-on harvest season! Come on out and harvest with us on Mondays, Wednesdays or Thursdays. We can always use extra hands. Just give a call or send an email to Mimi.

From our Wellspring Apprentice, Liza Earle:

The past ten weeks as the farm apprentice have been an amazing (and delicious!) learning experience. Just as the veggies have grown, so has my appreciation of all that organic farming involves. I'm grateful to Mimi for unending patience, good humor, and great mentoring. Many thanks to the fantastic teams of working members and volunteers who make weeding fun and even occasionally spoil us with homemade snacks. Thanks to the members for all the warmth and enthusiasm--the pick-ups are the highlight of each week! Next week I trade hoe work for homework and begin classes for a teacher licensing program. Come fall I will be just down the road as a student teacher with the 3rd grade at Twinfield School, so I hope to see some of our youngest CSA members there and the rest of you around town and at the Harvest Fest on Sept. 16th.

Green Bean Soup with Pesto

Here's the recipe for Green Bean Soup with Pesto that I mentioned, in case you want to try it, Eve Jacobs-Carnahan

pesto

- 1 small onion, chopped
- 2 Tbs olive oil
- 2 cups chicken stock
- 1 1/2 lbs. tender green beans
- 1 cup whole milk

1. In large pot, cook onion in olive oil and 2 Tbs stock until just tender.
2. Cook beans in separate pot until fork tender.
3. Add stock to onions and bring to simmer. Add the cooked beans. Simmer gently for 5 minutes. Puree in blender or food processor.
4. Return puree to pot and add milk. Soup should be quite thick. Reheat to warm but not hot. Ladle into bowls. Spoon pesto into middle of each bowl. Swirl.

Marinated Broccoli & Carrots

serves 4

Adapted slightly from "Moosewood Daily Special"

- 1 lg. clove garlic, minced or pressed
- 1 tsp. grated fresh ginger root
- 2 tbsp. canola or other vegetable oil
- 2 tbsp. rice vinegar
- 2 tsp. soy sauce
- 1 lg. broccoli stalk, peeled & cut into spears (save florettes for another use!)
- 2 med. carrots, peeled & cut into 2 1/2" x 1/4" sticks (i.e., cut broccoli & carrot sticks into similar sizes)

Whisk together marinade ingredients & set aside. Blanch broccoli & carrots in boiling water until both veggies are just tender & still brightly colored (5 - 7 min). Drain well & toss w/marinade. Refrigerate or set aside at room temp. about 20 min. so flavors mingle.