



# WELL FED

Newsletter for Wellspring Farm CSA

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

August 13, 2007

## In this week's share

- **Sweet Corn!** – We have introduced many a CSA member to the wonder of eating *raw* corn on the cob. Since we try to harvest the corn 1-2 hours before pick-up time, the sugars have not turned starchy and the corn is bursting with juicy sweetness. Rip open an ear at pick up to see for yourself why I don't even bother steaming it anymore.
- **Green and red cabbage** – Coleslaw time!
- **Bunched baby turnips with greens** – A delight roasted or sliced thinly then steamed or sautéed with garlic and butter. The greens can be used like kale or chard. See our recipes in this newsletter.
- **Green and red lettuce**
- **Carrot & sweet onion choices** – The Walla Walla sweet onions are one of my favorite crops. They are a short-lived treat this time of year because they do not store like dried onions and should be kept in a plastic bag in the fridge to preserve humidity. Or just eat them fast.
- **Cucumber, summer squash & zucchini choices**
- **Greenhouse tomatoes** – Many members have told us they are enjoying tomato sandwiches. Sit on the porch, turn up the bluegrass music and enjoy the summer goodness!

## Coming next week

(At this time of the season, it becomes hard to choose what to harvest each week because there is so much bounty! We welcome your feedback and requests.):

- More corn
- Watermelon
- Spinach
- Spicy & mild salad mix
- Green (and maybe some red) Peppers
- Garlic
- More tomatoes, cucumbers, carrots, beets
- And soon... potatoes and leeks when it is cool enough to tempt you to make soup.

## Wellspring CSA Photo Contest

There are an overwhelming amount of beautiful scenes connected to the farm and the CSA – scrumptious meals in your homes, brilliant flower bouquets cut at the farm, children in the pick-your-own beans, farmers harvesting in the early morning mist. Please capture some of these images on film and submit you best to our Farm Photo Contest. The winner will be announced at our annual Harvest Fest on Sunday, Sept 16 and will receive a FREE winter storage crop share worth \$60. All submissions must be received by Sept 8. Start clicking!! (If you'd like to come to the farm to take photos outside of pick-up hours, just be in touch with Mimi at:

[mimi@wellspringcsa.com](mailto:mimi@wellspringcsa.com)

### **Turnip Preparation Ideas**

- Many cookbooks suggest they are good mashed like potatoes, or with potatoes. So pull out your favorite mashed potatoes recipe and make it with half turnips, half potatoes.
- Try them raw! Slice or sliver them in salads or vegetable platters. Serve with a favorite dip.
- Add turnips to your favorite stir-fry for a nice crunch and a perky flavor.
- Bake 'em! Scrub and remove tops/tails from baby turnips and put in a baking pan with chunks of carrots, onions and potatoes, drizzle with olive oil, season with salt and pepper, cover with foil and bake at 350 degrees F until tender, about 45 minutes.
- [from "The New Joy of Cooking"] Turnip greens are especially good cooked with other greens, like collards, in water flavored with salt pork or a ham bone. They are traditionally seasoned with sprinklings of oil, vinegar, hot sauce or ground red pepper, and sugar.

### **Israeli Moroccan Cous Cous**

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cups vegetable broth
- 2 carrots, peeled and julienned
- 1 c. turnips, peeled and julienned
- 1 sweet potato, julienned
- 1 zucchini, julienned
- 1 red bell pepper, julienned
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can tomato sauce
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1 pinch saffron
- 1 pinch curry powder
- 2 cups uncooked couscous

#### **DIRECTIONS**

1. Heat oil in a large pot over medium-high heat; sauté onion until golden. Pour in vegetable broth and bring to a boil. Stir in carrots, turnips and sweet potato. Reduce heat to medium and simmer 15 minutes.
2. Reduce heat to low and add zucchini and red bell pepper. Simmer for 20 minutes.
3. Stir in garbanzo beans, tomato sauce, cinnamon, turmeric, saffron and curry powder. Simmer until heated through.
4. Meanwhile, bring 2 1/2 cups water to a boil. Stir in couscous, cover and remove from heat. Let stand 5 to 7 minutes. Fluff with a fork and serve with vegetables on top.