



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 20, 2007

Farmer's Report

Last year I decided to buy a used greenhouse to plant tomatoes in, with the rationale that a greenhouse would save time and labor. I'm still not sure if my assumption is correct. This particular house had gone down under a heavy snow load, so some of the metal bows were really warped. This necessitated a lengthy search around the Montpelier/Barre area to find a fabrication plant that could rebend the bows (My spouse Parker and I actually very much enjoyed seeing the inside of a metal plant). Even after that, it was no picnic getting all the pieces to fit together. This was a reminder that "a good deal" always has its unseen costs. We did, however, have a great time putting the plastic on with an energetic group of CSA member volunteers in April. Ah, success. Tomatoes went in the ground. As the season progressed, trellising and suckering of the grafted plants began. And kept going. Lots of time spent in the greenhouse tenderly caring for the plants to encourage them to yield large, succulent fruits. I hope you are finding the greenhouse results a tasty success. Certainly the quality is better than field tomatoes, but is it a time and money saver? Not just yet, but as the years go by I hope to change my answer. In the meantime, I sure am enjoying my cuke and tomato salads!

In this week's share

Watermelon – Voila! Perfect, dripping juiciness. When we harvest melons, corn and tomatoes in the same week I know summer is complete and I revel in the abundance of nature. Melon harvest is a popular sport on the farm. We toss the melons in a line from the field to the truck because they are too heavy to carry in our totes. And while we hope no one drops any, if they do, we have a great snack in store! Come join us!

Peppers (choose along with cukes & zukes) – If it's warm enough, we'll even have some red ones to mix with the green peppers.

Sweet corn – Hopefully the corn you received last week was gone in the first night. Eat it fast to enjoy the corn at its sweetest. We have had some raccoon damage in the corn recently; a first. Let's hope Rocky finds other tender vittles in the woods soon. Not much else one can do to fend off sneaky 'coons.

Greenhouse Tomatoes

Salad mix or Romaine lettuce

Potato/beet/carrot choices – see our Beet Chocolate Cake recipe below. A member favorite every year.

Pick-your-own: last bean planting, cherry tomatoes, hot peppers (they are getting hotter), basil (going south soon) & flowers. Montpelier members, please come out to pick! We'd love to see you on the farm.

Coming next week (with hope)

- Muskmelon
- Spinach
- Cilantro, hopefully
- Leeks, maybe
- More of everything!

Labor Day week schedule change

Our Monday Labor Day pick-up is rescheduled for Tuesday, September 4, 4-6 PM. The Thursday, September 6 pick-up will remain as normally scheduled.

Please, please mark your calendars.

Happy Birthday to our Favorite Farmer Mimi!

Chocolate Beet Cake recipe

from Zephyr Community Farm

Yes, it's true. Beets in chocolate cake are surprisingly good, and even your kids won't know there are beets inside. Makes a very moist, not-too-sweet and sorta healthy treat. Now you CAN eat cake for breakfast!!

2 cups sugar	4 ounces unsweetened chocolate
2 cups flour	4 eggs
½ teaspoon salt	¼ cup oil
2 teaspoons baking powder	3 cups shredded beets
1 teaspoon baking soda	

Heat oven to 325 degrees. Grease two 9-inch cake pans or one larger pan. Whisk dry ingredients together. Melt chocolate very slowly over low heat or in a double boiler. Cool chocolate; blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes. Makes 10 servings.

Garden Gazpacho

approximately 4 C chopped tomatoes & their juice (feel free to supplement with cherry tomatoes!)
2 medium-sized mild peppers, stem, seeds and membrane removed, coarsely chopped
1 cucumber, peeled and coarsely chopped (remove seeds if you like)
1 small zucchini, coarsely chopped
1 small onion, peeled and coarsely chopped
1 large garlic clove, crushed
approximately 2 tbsp. red wine or champagne vinegar, possibly more
1 tbsp. flavorful olive oil
1 tsp. or so fresh-squeezed lemon or lime juice (optional)
2 tsp. honey (optional)
1 handful of fresh basil leaves (optional)
1 seeded/chopped jalapeno or other hot pepper (optional)

Combine all ingredients except vinegar in a food processor and puree. Empty into a bowl and add/stir in vinegar, a bit at a time, tasting as you go, until the right degree of tartness is reached. And of course you'll want to add salt & pepper to taste. When you've got what you like, refrigerate the soup and chill thoroughly. Serve cold.