



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 27, 2007

In this week's share

Farmer's caveat: It sure is hard to choose what crops to give out these days!! There are so many options! I am cautious about overwhelming you with too much produce; and I want to give out the crops that represent summer rather than fall (e.g. melons and tomatoes win over leeks and potatoes). In this light, the list below may be correct, or it may change. It all depends on what crop ripens next in this burst of heat and the mysterious decision making process of your farmer. Enjoy!

- Salad mix or lettuce
- Tomatoes
- Sweet corn
- Melons – pink & yellow watermelon and maybe muskmelon
- Cauliflower & kale choice – thank you kale fans for your request! See recipes below.
- Spinach – Yes, the return of cool-weather-loving spinach! This is one of my favorite crops because it is one of the first and also one of the last. So much enjoyment in both ends of the season to be had.
- Root choice: a mix of carrot, beet, potatoes, onions, summer squash, zucchini & cucumbers

Coming soon

Broccoli
Garlic
Cilantro – still waiting for rain!!

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

Winter Shares Available

We offer a limited number of winter shares each season and we always sell out, so sign up now if you haven't already. Our winter share is a one-time pick-up of approximately 50 lbs of easily stored root crops including winter squash, carrots, beets, potatoes, garlic and onions. There is some mix-n-match choices available, so if you don't like beets, you don't need to include them in your share. We include easy instructions on how best to store your share at home. Cost: \$60. To sign up, simply let us know how many shares you want and make a payment. Winter shares are distributed at the last CSA pick up in early October.

Garlicky Garbanzos and Kale

from Garden Cuisine, by Paul Wenner

serves 6

1 bunch kale
1 tsp. olive oil
4 cloves garlic
1 tbsp. minced fresh ginger
1 sm. red chili pepper, seeded and minced
2 tomatoes, coarsely chopped
1 15-oz. can garbanzo beans, including liquid
1 tsp. soy sauce
1 tsp. hoisin sauce
Brown rice, or other favorite whole grain

Wash the kale, remove the stems, and chop the leaves. [My favorite method for de-stemming kale is to hold the stem in one hand and 'strip' the green leafy part off with the other into a pile and then chop. This is much quicker than cutting the stems out leaf by leaf with a knife! – Debbie] Heat the oil in a large skillet and sauté the garlic, ginger and 1 tsp. of the chopped chili pepper for 2 minutes (use more chopped chili if you like a spicier dish). Stir in the tomatoes and garbanzo beans with their liquid. Bring to a simmer and cook for 5 minutes. Add the soy sauce, hoisin sauce, and stir to mix. Spread the kale evenly over the top, then cover the pan and cook over medium heat, stirring occasionally, until the kale is tender, 5 to 7 minutes. Serve with brown rice or similar.

Thai Chicken and Vegetable Curry

From eatingwell.com

2 teaspoons canola oil
1 medium red bell pepper, cut into 1- to 2-inch-long julienne strips
1 medium onion, halved and sliced
1 clove garlic, minced
1 tablespoon minced fresh ginger
1-2 teaspoons red curry paste, to taste (see Ingredient note)
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
1 cup reduced-sodium chicken broth
1 cup "lite" coconut milk
1 tablespoon fish sauce or reduced-sodium soy sauce
1 teaspoon light brown sugar
1 1/2 cups cauliflower florets
2 cups spinach
1 tablespoon lime juice
Lime wedges

Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper and onion; cook, stirring often, until beginning to soften, about 4 minutes. Add garlic, ginger and curry paste; stir to mix. Add chicken and cook, stirring, until fragrant, about 2 minutes. Stir in broth, coconut milk, fish sauce (or soy sauce) and brown sugar; bring to a simmer. Add cauliflower, reduce heat to medium-low and simmer, stirring occasionally, until the chicken is cooked through and the cauliflower is tender, about 10 minutes. Stir in spinach and lime juice; cook just until spinach has wilted. Serve immediately, with lime wedges.

Vegetarian variation: Substitute 1 pound extra-firm tofu (drained) for the chicken and vegetable broth for chicken broth.