



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 10, 2007

WELLSPRING HARVEST FEST

This Sunday, Sept 16, 1-4pm

Join our big bash!

A celebration of the season with good food and good company.

Live music by Marianne Donahue Perchlik (singing the Yellow Watermelon song!) and members of the Calamity Janes: Doug Perkins, Erin McDermott and Jen Wells.

Other highlights: **NECI chefs cook Wellspring treats, hayrides around the farm, mural painting & crazy farm games fun for all ages.**

Please a **potluck dish** and serving utensil, blanket or chairs to sit on, decorations for our new clay oven (e.g. glass beads, marbles, tile, ceramic pieces) & friends and family. Cancelled if it rains.

In this week's share

- **Broccoli** (and kale option)
- **Leeks** – Time for potato leek soup! The entire leek, including the green tops, can be used in place of onions in any recipe.
- **Sweet Corn** – Corn freezes beautifully if you can't keep up with your share. Simply steam for 2-3 minutes, cool and cut off the kernels. Freeze in Ziploc bags.
- **Lettuce and/or arugula** – We are adding an arugula option for the spice-lovers
- **Melons** – The recent heat has continued to ripen our melons. These are some of the juiciest and sweetest ever!
- **Spinach** – Popeye was right! Spinach makes you strong plus it tastes great this time of year especially.
- **Tomatoes** – including green tomatoes. Dredge them in egg and breadcrumbs and fry 'em up.
- **Roots choice:** includes rutabaga, turnip, carrot, red onion, squash & potatoes

Coming next week:

- Introducing winter squash! Delicata variety will be first, as it is the earliest and the sweetest.

Photo Contest

We need your photos!

Start snapping – scrumptious meals in your homes, brilliant flower bouquets cut at the farm, children in the sandbox, farmers harvesting in the early morning mist. Capture images on film and submit your best to our Farm Photo Contest. The winner will be announced at our Harvest Fest and will receive a FREE winter storage crop share worth \$60. Professional photographer and CSA member Jay Ericson will judge the submissions. Please submit to Mimi via email or hard copy by Friday, Sept 14 at 5pm.

Corn, Arugula and Tomato Salad

eatingwell.com

3 tablespoons red-wine vinegar
3 tablespoons minced shallots
6 tablespoons extra-virgin olive oil
1/4 teaspoon salt
Freshly ground pepper to taste
6 cups loosely packed arugula (about 6 ounces)
2 cups corn kernels
1 pint cherry tomatoes, halved

1. Combine vinegar and shallots in a large bowl and let stand at room temperature for 10 minutes.
2. Whisk oil into the vinegar mixture until blended. Season with salt and pepper. Add arugula and toss to coat. Arrange the arugula on serving plates. Add corn and tomatoes to the bowl, toss to coat with the dressing that remains, then spoon the mixture over the arugula and serve.

Potato-Leek Soup

3 med. potatoes
2 leeks
3 Cups chicken or vegetable broth
butter for sauteeing
salt and pepper
nutmeg (optional)
milk or cream

Scrub and dice potatoes (leave on skin). Trim off roots and green leaves from leeks, keeping only white and pale green part of stalks. (Note: leeks can be gritty -- if so, separate layers and wash thoroughly!) Chop leeks. Simmer potatoes in broth about 20 min., until tender. Sauté leeks in butter until translucent. Combine leeks, potatoes and broth in a blender and puree, thinning w/milk or cream as desired. Return to pan and heat through, adding salt, pepper & nutmeg to taste.