



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 23, 2007

In this week's share

- **New potatoes**
- **Green peppers**
- **Salad mix** – choose mild or spicy. The spicy is a favorite for some folks and includes baby arugula, mizuna, tatsoi and kale. It is quite labor intensive to grow and harvest, as the ingredients are all grown individually and then mixed after cutting. Also, because flea beetles just love these spicy greens, we must keep the crop covered with floating row covers to create a barrier for the pests.
- **Summer squash & zucchini** – It's coming in strong! Simply cut lengthwise, brush with oil and put on the grill. I like them cooked well – almost charred – and could eat this all day long. See recipes below.
- **Broccoli**
- **Vegetable choice:** cucumber bunched carrots or bunched beets.
- **Pick your own** flowers, shelling peas, snap peas and unlimited beans – please come out to pick!

Newsletter Notes

- If you are looking to get the newsletter before I am able to mail it to you, our webmaster Shawn Bryan will post it on www.wellspringcsa.com as soon as it gets it from me. That could be as early as Sunday evening or Monday morning. Check out the web-site.
- I will be away for the rest of this week into next week, so I will be unable to get a newsletter out next week. I will send out the next newsletter on Monday, August 6th.
- I am always looking for recipes to use in the newsletter as well as creative uses you may have come up with for your share items. Please send along your ideas to pambrendan@fairpoint.net

Coming soon

- Fresh garlic!
- Sweet onions
- Cauliflower
- Lots of cucumbers
- Herb choice
- And tomatoes are around the bend!

Weeding Party Reminder

This Wednesday, July 25. Be a farmer for a few hours! Look for us in the fields behind the red barn. Bring drinking water, hat and sunscreen.

Seeing Musicians

Seeking musicians for our Harvest Fest in September. We'd love to feature member-musicians. Please let us know if you play in a band or have a local band to recommend for our big shindig.



Our youngest members enjoying the sandbox at last week's sunny pick-up day

Local Zucchini-Potato Latkes with Tzatziki

EatingWell Aug./Sept. 2006

I put this recipe in last year's newsletter for a local meal to make. With potatoes and Zucchini in this week's share I could not resist recycling this great recipe.

1 Pound zucchini, shredded
2 Cups shredded cooked potatoes
2 Medium shallots, minced, divided
1 egg, beaten
2 Cups whole-wheat breadcrumbs
½ Cup crumbled feta cheese
2T chopped fresh dill, divided
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
2 Tablespoons extra-virgin olive oil, divided
1 Cup low-fat plain yogurt
½ medium cucumber, peeled, seeded and shredded
1 Tablespoon red-wine vinegar

1. Preheat oven to 450 degrees. Coat cookie sheet with cooking spray
2. Toss zucchini, potatoes, 3 T. shallot and egg in a large bowl. Add breadcrumbs, feta, 1 T. dill, ¼ t. salt and pepper; toss to combine. Form the mixture into 12 patties.
3. Heat 1 T. oil in large non-stick skillet over medium-high heat. Add 6 patties, cover and cook until crispy and browned on one side, 2-5 minutes. Transfer the latkes to the prepared pan, browned side down. Repeat with remaining 1 T. oil and patties.
4. Transfer the latkes the oven and bake until firm and heated through, 10-12 minutes.
5. Meanwhile prepare the tzatziki: combine yogurt, cucumber, vinegar, remaining minced shallot, 1 T. dill, and ¼ t salt and pepper in a small bowl. Serve the latkes with the tzatziki on the side.

Zucchini-Granola Cookies

¾ cup butter or margarine
1 ½ cup brown sugar
1 egg
1 tsp. vanilla
grated rind from one orange (optional)
3 cups grated zucchini
3 cups flour
1 tsp. baking soda
1 tsp. salt
3 cups granola cereal
1 cup butterscotch or chocolate chips (optional)

Cream butter and sugar in a large bowl. Add egg, vanilla, orange rind and zucchini. In a separate bowl, combine flour, soda and salt. Add this to zucchini mixture, along with granola, and stir. Add chips if using at this point (dough should be sticky). Drop by spoonfuls on greased cookie sheet. Bake at 350 degrees for 12 - 15 min. Remove to rack or brown paper to cool.