



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 4, 2007

Farmer's Report

This past weekend we built a clay oven on the farm! With the support of a NOFA grant, we had some wonderfully energetic sustainable building experts come out to the farm to spearhead our oven. We had over a dozen last-minute volunteers helping create clay, sand and sawdust mixtures to build the oven. It was a real hoot to take off our shoes and stomp around in these natural materials straight off the farm. It amazed me that after a full week of work, only a half bag of trash was created. We hope to use the oven to create more opportunities to get people on the farm and to connect with their food source. Ideas include baking at our annual Harvest Fest (coming up on Sunday, Sept 16), baking days where we'll fire up the oven and CSA members can come with their dough ready to bake; making pizzas with farm share produce to serve as snacks on CSA pick up days. Maybe you have some ideas to share! Our final step is to put a finish coat on the oven, and at that time I'd like to decorate the oven with members' contributions for a mosaic – beads, glass, and tile can all be pressed into the oven's exterior. Please contribute what you have to make your mark by bringing items to CSA pick-ups in the coming week! Many, many thanks to our volunteer builders and to NOFA for making this new farm addition possible.

In this week's share:

Broccoli – Ah, fall broccoli. As the nights dip down in temperature, cool-loving crops emerge at their finest, sweetened by the coming of fall.

Garlic – Our garlic is now fully cured and storable (in a dry, cool place)

Lettuce

Melons – Will it be pink or yellow watermelon or muskmelon? Which is YOUR favorite?

Peppers – green and some red

Greenhouse Tomatoes

Sweet corn – Still coming on strong!

Roots choice: beets, carrot, cukes, onions (look for Italian cipollini variety), potatoes, squash

Announcements

For Sale: We have excess produce for sale at wholesale prices for those who want to put extra food by for winter: "seconds" tomatoes good for making sauce and salsa, pickling cukes, sweet corn & spinach. Inquire with Mimi.

Thanks for your feedback! We love to hear how much our members enjoy and appreciate their farm shares. Now and then you may receive something that doesn't meet your standard, and if so we want to know! We are happy to replace anything that is below our normal high quality, so please just let us know so we can rectify the problem.

It's Not Over! Wellspring CSA goes through the first or second week of October, so keep your appetite strong! We've still got hearty fall crops to enjoy like winter squashes, leeks, pumpkins, rutabagas and more.

Winter Shares Still Available. To reserve your spot, simply pay in full. 25 & 50 lb bags of potatoes, beets, carrots and onions will also likely be available for sale as the CSA winds down.

Coming Soon:

Turnip & rutabaga, Green tomatoes (by special request)
Spinach, Leeks, Cilantro (where is that rain?)
In 2 weeks time, Delicata winter squash! More of everything else!

Don't forget to visit our website at:

www.wellspringcsa.com

A recipe submitted by Liza Earle

Zukes are probably slowing down now, but here's a recipe that I have people ask me for every time I bring it to a pot luck...

Zucchini Pie (6-8 servings)

3 C zucchini, grated with skin on (~1 big one or 2 small)
1 small onion, chopped fine
1/2 C grated parmesan cheese
1 tsp. marjoram (if you happen to have it)
dash o' pepper
crushed garlic (2-4 cloves?)
1/2 C veg. oil
4 eggs, beaten (5 if they are small)
1 C bisquick or similar type mix

Mix all ingredients together. Pour in a lightly greased 10" pie pan. Bake at 350' for 35-40 min, til slightly golden on top.

Who Does the Newsletter?



After a request from a member wondering who was sending out the newsletter, I am writing to introduce myself (better late than never).

My name is Pam Quinn and I live in Marshfield Village with my husband Brendan McLane and our one and half year old daughter Alice (we are expecting another addition to our family this Thanksgiving). We have been members of Wellspring farm since Mimi first began in the summer of 2003. I have loved being a member and watching the farm grow as Mimi strives to provide food for Marshfield and many surrounding communities. I love the variety of food we get, the challenge to cook with ingredients that are new to me, and the experience of visiting the farm each week. I especially enjoy supporting the farm because of my belief in knowing where your food comes from, supporting local farmers, and helping to create a sustainable community so my children will always have the opportunity to eat food grown close to home.

I look forward to sending you this newsletter each week because it is the small part I can play in helping this community supported farm feel like a community effort (I live in Vermont because I hate being hot, so helping in the fields is not for me!). I am at pick-up on Monday, so if you see me and would like to offer me suggestions, please feel free. I also love getting additions over e-mail.