



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 17, 2007

Farmer's Report

Harvest Fest was a blast this Sunday, with a great turnout, gorgeous fall-like weather and the best potluck in town. The hayrides, tomato toss, live music and corn roast made for a colorful addition to the changing leaves on the hillside. This year, the carnivores beat the vegetarians in the tug of war again, but I think if everyone eats their veggies there could be an upset in '08 because it is a very close call. Thanks to everyone for coming out to celebrate the season and to support our local farm. Big, big thanks go out to NECI for cooking up cornbread, squash, and some very, very popular grass-fed pork ribs from local Sugar Mountain Farm. Sugar Mountain is offering special prices on their pork to our CSA members. Look for NECI's recipe in next week's newsletter as well as information on buying pork to fill your freezer for winter.

Tonight we're expecting a frost, so we've cut the last of the basil and covered the peppers in the field. We're ready though...it's time to move into the hearty fall crops that fill our bellies as the cold comes in. Maple-butter winter squash, roasted root veggies and potato and leek soup are some of my favorites this time of year.

While the harvest has been bounteous on the whole this year, there are a few crops that we are going to have to do without this season. Our 300 feet of eggplant yielded about 5 fruits, due to the tarnish plant bug which chomps at the flowers, thus ruining any chance of pollination. I have never had much trouble with this pest, so the damage came as a total surprise. However, there is really no reliable, certified-organic method to beat the tarnish plant bug, and so it is a loss that we have to endure. The second crop failure is soybeans, or edamame. This is a sad loss because we have introduced this crop to many who developed a real hankering for it (the soybeans have a delicious, nutty flavor when steamed and sprinkled with salt). The deer hit this crop at a young stage with a vengeance and ate it down to the stalks. Because it is not a major crop, and because it is so difficult to ward off deer without putting many, many hours and dollars into putting up an electric fence (and then maintaining it, and moving it out of the way countless times), I decided to gift the soybeans to the deer. I didn't have much of a choice in the matter. The deer have now also gotten into some of our fall carrots, beets and lettuce but I'm hoping to harvest the bulk of these crops before they do. Otherwise, Parker may have to spend a few nights sleeping in the truck out in the fields with a rifle by his side. And hey, there's always next year.

In this week's share:

A farmer's note – This is the time of year when we straddle summer and fall, and the harvest exemplifies that. Featured this week are some of the best of summer like melons and corn, and the beginnings of hearty fall crops like winter squash and dark greens. Enjoy eating what Vermont has to offer locally in this sweet month of September.

Kale/collards/chard choices – Now that the nights are cooler, these greens sweeten up noticeably. Chop them with some onions and sauté til nicely cooked down.

Delicata winter squash – Ah, fall is in the air and in the fields. Delicata is a favorite variety for its sweetness. It doesn't store as long as acorn and butternut, but will last a good month or more in a cool, dry and dark place like a kitchen cabinet.

Red and green peppers

Sweet Corn

Salad mix – This time of year our fingers get icy cold cutting baby lettuce at 6:30 a.m. but it is all part of living with the seasons!

Beet/carrot/onion choices

Melon choice -- We've enjoyed hearing the juicy stories of melon-induced joy. They are coming to an end soon, alas, and the wait will begin for summer's return.

Tomatoes

Cut-your-own cornstalks – **By special request.** Walk up to the fields and help yourself to some decoration for your porches.

New items for next week:

- Bok choy/cabbage choice
- Kabocha winter squash – a gorgeous bright orange, sweet variety
- More garlic

We need plastic bags! Please bring your full-sized, clean plastic bags to the farm for our collection.

A reminder: It's not over! **Last pick up dates are Monday, Oct. 8 and Thursday, Oct. 11.**

Winter shares will be distributed at this time too.

Creamy Kale

Submitted by Dana Berge

Farmer's note: Dana had us over for dinner and made this most impressive kale dish. It was so scrumptious, I didn't even know what I was eating (not that I mean to insult kale)!

Ingredients:

oil (olive or coconut) or butter

as much kale as you have/want (i like dino kale but any kind works)

some fresh basil

some fresh parsley

salt and pepper

some heavy cream

- rib and chop the kale
- heat the oil/butter in a frying pan or wok over medium/high heat
- sauté the kale for a few minutes
- add a bit of water and cover to steam
- steam until tender
- add basil and parsley and salt and pepper to taste
- steam a bit longer to coax the flavors of the herbs
- (there shouldn't be any residual water in the bottom of the pan, but if so cook uncovered for a few minutes, stirring to evaporate)
- add heavy cream so it's almost soupy (wetter than mashed potatoes but drier than cereal)
- cook a brief moment to heat the cream (uncovered will thicken it a bit) but do not burn
- salt and pepper to taste
- it's also delicious with a bit of pesto added with the cream, if you happen to have some pesto lying around