



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

June 23, 2008

Welcome to the Wellspring Newsletter, Well Fed:

Each Monday we send out our newsletter via email to our CSA members. The newsletter includes things like farmer's reports on what's going on in the fields, farm announcements, introductions of staff and CSA members, weekly recipes, and what crops you can expect to receive in the coming week. The newsletter goes out on Mondays because the coming week's share is planned on Sunday night, based on what is ready to harvest. If you'd like to have your email address removed from this list, or you would like to add other email addresses, reply to Pam, our newsletter volunteer, at pambrendan@fairpoint.net

Introducing Mimi Arnstein, Wellspring Farm Manager

(Pronunciation tip: "Mimi" rhymes with "Jimmy")

Yup, at a hale and hearty 5-foot tall, I'm the head honcho around here. I'm proud and pleased to begin our 6th season growing great produce for great people – our supportive community in central Vermont. Each season seems to get easier and easier as we streamline our systems, equipment, infrastructure and soil building, not to mention getting to know the land at a deeper level as we work with it each season. I'm grateful to work with a fantastic group of people including our staff and working members who put their all into weeding, harvesting and all manner of farm work. My favorite farm tasks: harvesting melons, pulling young carrots, greeting members, crop planning and bossing people around.



Traffic Alert: Montpelier site pick-up members:

You can avoid the construction on River Street by taking Barre Street to Rt 2 and/or by taking Galison Road past U32.

Coming Attractions

- Swiss chard, Napa cabbage, Romaine lettuce, strawberries, baby beets
- Newsletter introductions to staff, apprentices and volunteers on the farm.

This Week's Share

While we don't know precisely what we'll be harvesting until we're out in the fields come the early morning hours of Mondays and Thursdays, this is our best guess. The good news is that this means you are eating whatever is at its peak of fresh flavor and nutrition. Some of our members enjoy the surprise. As Julia Kaptan said, "It's like Christmas every week!" So, for this week we expect:

- Baby lettuce salad mix: storage tip – wash and spin in a salad spinner at home, then store in a plastic container or bag with a paper towel to absorb extra moisture
- Boc choy
- Spinach
- Herb choice: basil, cilantro, and maybe parsley or dill. Storage tip: place in a glass of water in the refrigerator as you would a bouquet of flowers. Never wash basil until just prior to use or it turns black.
- Easter Egg radish or purple scallion choice

This week's Pick-Your-Own (PYO) crops:

Culinary and Medicinal Herbs

All season long we will have our culinary and medicinal herb beds available for pick-your-own. The culinary bed includes: oregano, thyme, lemon balm, sage, chives, and violet flowers. In the medicinal bed: anise hyssop, bee balm, borage, chamomile, yarrow, and calendula flowers. Look for upcoming information on the medicinal properties of these herbs and tea-making tips.

Cooking Bok Choy

Sauté Bok choy in sesame oil for five minutes. Toss in scallions and spinach for a few more minutes. Sprinkle with sesame seeds, salt and pepper.

Also try sautéing the Bok choy with garlic, ginger and soy sauce for a side with tofu or chicken

Farm Question of the Week: "I pick up my share in Montpelier. If I want to go to the farm for pick-your-own crops, how will I know what is available? Also, can I pick up my share at the farm that week?"

Farmer Answer: Our PYO crops for this season include peas, beans, cherry tomatoes, herbs, basil, tomatillos, hot peppers and flowers. These crops are spread throughout the season, some with multiple plantings. Some crops are located near the farm pick-up shed, and others require a short walk to the larger fields. Each week at the Montpelier pick-up site, we will post what crops are available for PYO that week and/or for the coming week so you can plan ahead. PYO crops can be harvested Mondays and Thursdays, 4-6PM only because that is when the farmers are available to direct you and to calculate what is available. When you get to the farm, you will find information on how much you can pick according to your share size. We ask that members continue to pick up their farm shares at their designated pick-up sites because with 130 members, our record keeping (which determines our harvest tally) will suffer if we allow too many changes. Thanks for your understanding on this point. We've found we can only juggle so many balls at once. As for the fact that most Montpelier members don't get out to the farm very often, note that we do our best to harvest some of the PYO crops for our Montpelier members and include it in your share. We can do this when we have enough labor to help, because as we say, the PYO crops are PYO for a reason! They are very labor intensive to harvest. So please, come on out and PYO this season. It's a great outing to share with friends and family too.

*Please send your farm questions to Mimi at mimi@wellspringcsa.com