



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

June 30, 2008

Ask the Farmer

Question: *What is the best way to store greens?*

Last week I put my share in paper bags in the refrigerator and they wilted quickly.

Answer: Greens need humidity, so the best way to store them is in plastic bags or containers that retain some moisture. That said, they don't want to be wet, so I recommend drying your baby lettuce mix and spinach in a salad spinner before storing. You can also toss a dry paper towel in with the greens to absorb excess moisture.

Apparently the local food co-ops may sell a natural fabric vegetable storage bag that also works well, but I can't vouch for them. Let me know if you try them!

In this week's share:

- Romaine lettuce
- Dill/parsley choice
- Swiss chard and/or kale
- Napa cabbage
- Strawberries for our Monday shareholders (Thursday shareholders got theirs last week)
- (maybe) Salad turnips and/or baby beets

Pick Your Own:

- culinary & medicinal herbs (these will be available every week until late September)
- Basil – snip tops off plants in our PYO section

Coming soon:

- Pick your own flowers and peas
- Zucchini

Introducing Dana Berge, Wellspring Farm Apprentice

(Written by Morgan Decker, Fellow Apprentice)

Dana's motto is "reduce"

She's sometimes silly like a goose.

Cooking is what makes her shine

A smile and a laugh is what you'll find.

Now rooted in Vermont

She hopes to homestead.

Oh, by the way, her nickname is "Red".



Maple Cilantro Dressing

From Member: Lu Van Zeeland

Put all of the things below in a food processor and whip it up:

- 1 medium clove garlic
- 2/3 cup vegetable oil or canola oil
- 1/3 cup cider vinegar
- 1/4 cup maple syrup
- 1/2 teas. dry mustard
- a big handful cilantro
- salt and pepper to taste

Enjoy!

PYO strawberries at local organic farms!

- Dog River Farm on Rt 12 in Montpelier. Call 223-1559 for info
- Littlewood Farm in Plainfield. PYO daily 8am-noon. Call 454-8466.

This week we purchased local organic strawberries from these two farms for our CSA members. Why? Because everyone simply LOVES strawberries. We don't grow them at Wellspring because they are very labor intensive and susceptible to late frosts, which we get in our cooler valley climate. With these two farms, both of which are mere miles from our two CSA pick-up sites, growing great certified organic berries, we'd rather support them than duplicate their efforts. Strawberries are the one crop we purchase; everything else we grow ourselves.



2 Environmentally-Minded Issues:

Carpooling List

Are you interested in carpooling shares or visits to the farm to enjoy pick-your-own crops with another member? If so, please give your name, town and phone number to one of the farmers or email us at mimi@wellspringcsa.com

BAGS BAGS BAGS BAGS

Please bring bags to fetch your veggies. Also please bring us any clean, full sized plastic bags for other's use. They go fast!

Introducing Morgan Decker, Wellspring Farm Apprentice

IF I RAN THE FARM

(Loosely after Dr. Seuss' "If I Ran the Zoo")

Written by fellow Apprentice Dana Berge

Said Morgan Wayne Decker
If I ran the farm
I'd change a few things
Mimi, don't be alarmed

I'd ship out to Utah where things dry more quickly
Where snow is for skiing and falls much more thickly
Grow things that come back in the spring & are prickly
And irrigate sometimes but only a trickle-y

Now these things you call breaks are much much too brief
Me, I'd have twelve different times for relief
With much much more yoga & whistling & humming
And singing & fluting & strumming & drumming

We'd farm not on tractors but on bikes & on boats
In the mornings we'd dine on bananas & oats
And Dana could visit with some of her goats

Said Morgan Wayne Decker I'll have my own farm
To sell my perennials with my boyish charm
But still down the road lie these many swell things
And until then I'm loving it here at Wellspring.



Steamed Chard with Candied Ginger

recipe adapted from Vegetables from Amaranth to Zucchini by Elizabeth Schneider

3/4 pound chard
salt and pepper
1 Tablespoons full-flavored olive oil
some grated lemon and or orange zest
lemon juice to taste
chopped candied ginger

Prepare chard by washing well and slicing up coarsely. Steam leaves (with the little stems too) for 5 to 10 minutes. Toss chard with salt and pepper, grated lemon and/or orange zest, lemon juice, candied ginger, and olive oil. Transfer to serving dish. Serve warm or at room temperature.

GREENS AND BULGUR GRATIN



1/2 cup coarse bulgur
2 pounds assorted greens such as kale, collard, escarole, spinach, Swiss chard, and/or mustard greens
6 large garlic cloves, minced or 1 bunch green garlic!
3 tablespoons olive oil
1/4 cup freshly grated Parmesan (about 1 ounce)
6 ounces chilled whole-milk or part-skim mozzarella, grated coarse

For topping

1/2 cup fine fresh bread crumbs
1 tablespoon olive oil

In a heat proof bowl pour enough boiling water over bulgur to cover by 1 inch. Cover bowl with a plate to trap steam and let stand 20 minutes. Drain bulgur in a large fine sieve, pressing out excess liquid, and transfer to a bowl.

Keeping each variety of green separate, tear greens into bite-size pieces, discarding stems. Still keeping greens separate, wash thoroughly by dunking in a sinkfull of water and transfer to a colander to drain.

Put coarser greens (kale or collard) in a 4 1/2- to 5-quart kettle and steam in water clinging to leaves, covered, over moderate heat, stirring occasionally, until wilted, about 4 minutes. Add delicate greens (escarole, spinach, Swiss chard, and/or mustard) to coarse greens and steam, covered, stirring occasionally, until just wilted, 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

In a large heavy skillet cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season generously with salt and pepper. Stir in Parmesan and remove skillet from heat.

Preheat oven to 400°F. and lightly oil a 1 1/2-quart gratin dish or other shallow baking dish.

Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth top with a rubber spatula. Gratin may be prepared up to this point 8 hours ahead and chilled, covered.

Make topping:

In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven 30 minutes, or until bubbling and top is browned lightly.

Gourmet

September 1995