



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 9, 2008

Community Carpooling Requests:

- Being car less, I would be interested in occasionally carpooling from Montpelier to farm for pick-your-own crops if someone else is going from the area--particularly during cherry tomato season. Aaron Marcus armarcus@gmail.com
- Interested in carpooling for Monday afternoon pickup at farm. Location: North Montpelier. Or could meet in Plainfield Village. Susan Weber 454-7189 or Laura Brown 454-7723 or sbart21@comcast.net
- I'm looking for one or two people to carpool to Wellspring on Thursdays for on-farm pickup from Montpelier. Linda Leehman, 33 North Franklin St., 223-4109 linda.leehman@gmail.com
- Looking to carpool from Montpelier to the farm for Monday on-farm pickup. Whit and Barb Dall 229-4870. thedalls@gmail.com

Community Event:

The Vermont Center for Integrative Herbalism (VCIH) is hosting its second annual benefit on Friday, July 11th at 6:00 pm at the Bethany Church in Montpelier. A sell-out event last year, we will again be featuring a multi-course vegetarian menu that highlights organic and local foods from the peak of Vermont's summer harvest season!

Guests will also get a chance to learn more about the work that VCIH, a 501(c)(3) nonprofit, is doing: from our comprehensive Herbalist Training Programs and Community Classes, to the expanded free and sliding-scale Community Clinic. Meet some of our students, chat with old and new friends, and bid on a wide assortment of silent auction items. Tickets are \$25, and \$20 for VCIH members. Call (802) 224-7100 or e-mail info@vtherbcenter.org for more information, or to reserve your spot (reservations are required).

SAVE THE DATE
2008 HARVEST FEST
Our celebration of good food and good community. Music, hayrides, farm games and YOU!
Sunday, September 14, 2-5PM at the farm. Friends welcome.



In this week's share:

- Baby beets with greens
- Lettuce
- Purple scallions
- Zucchini and summer squash – the first of the season!
- Spicy salad mix – baby arugula added for an extra zing
- Garlic scapes (Monday shareholders) – These tendrils come from the top of the garlic plant. We cut them off so that the plant will concentrate its energies on producing large bulbs. The scapes can be substituted for garlic cloves in any recipe. Also try blending them with oil for a tangy spread. We freeze this mixture, with a touch of basil, in ice cube trays; then pop them out and put in bags in the freezer for use in wintertime. Store scapes in a plastic bag in the fridge.

Pick-Your-Own:

- Snap peas – please take some extra time to go to the fields and revel in the beauty of pea picking splendor.
- Flowers – the first blooms are here!
If you are unable to pick-your-own due to medical or health limitations, let us know and we can pick for you.

Introducing Parker Nichols, Wellspring all-around Trouble Shooter

As the Farm Mechanic/Farmer's husband, my responsibilities run from making home-brew kegs for staff happy-hour to purchasing screw extractor kits and tap & die sets. I can't decide if it would be more helpful to buy a trailer for our small sailboat, or purchase a welder to work on broken equipment. When off the farm I love to hunt mushrooms and be around boats.



Introducing Amanda Payne, Wellspring Farm Assistant Farm Manager

I just can't get enough of Wellspring! After two years as an apprentice (2004/2005) and one year as Montpelier Distribution Coordinator (2006) I've risen through the ranks to Assistant Farm Manager. So glad to be back growing vegetables at a place and with people who bring me much JOY



Beet and Greens Salad

Baby Beets
Garlic Scapes
Olive oil
Salad Mix
Goat Cheese

Salad Dressing

¼ C. Olive oil
1/8 C. Balsamic Vinegar
t. mustard
T. maple syrup
salt

1. Peel and dice the beets. Toss them in a bowl with chopped garlic scapes and enough olive oil to coat them.
2. Bake them in a baking dish at 400 degrees for 30 minutes or until soft.
3. Pour all the dressing ingredients into a mason jar and shake well.
4. Let the beets cool and toss them with the salad mix, goat cheese and dressing

Introducing Diana Batzel, Thursday Harvester (working member)

Diana Batzel returns for her second year as a working member. To get ready for all the weeding and harvesting at Wellspring she has been digging new gardens for her home, Marshfield Inn & Motel. When she's not moving giant rocks, planting irises or spreading compost Diana enjoys paddling her new kayak and new found hobby of playing poker with friends. Working on the farm, being outside, a team of good people, and great food to eat is like being dealt a royal flush. How often does that happen?