



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 14, 2008

In this week's share:

- Bunched carrots – one of my most favorite crops. Early summer carrots are a sweet delight. More to come!
- Rainbow chard and Lacinato kale choice
- Cucumbers – if all goes according to plan, we will commence the cuke season!
- Bulb fennel – see ideas in this newsletter and posted at pick-up
- Zucchini – brush with olive oil, salt and pepper and grill it til edges brown.
- Summer squash
- Salad mix

Pick Your Own

- Snap peas
- Beans – we will do our best to pick for our Montpelier members this week
- Flowers
- Herbs

How did we choose the name *Wellspring Farm*?

The name Wellspring has an illustrious history. A couple of generations ago, back when dairy cows lived in our barn, Luvia Lefferrier lived on this farm. Luvia was a woman with clairvoyant visions. Folks throughout central Vermont tell stories of getting their fortune told or finding a lost pet with her help. Apparently even the police came to Luvia for assistance! She claimed to get her powers from a spring on the farm; hence our chosen name, Wellspring. The land here is rich indeed! Let us know if you have any stories about Luvia to share with us.

Coming soon:

- New potatoes
- Fresh garlic
- Broccoli

This Week's Question is from Sarah Alberghini

Qu: Mimi, thanks for the great newsletter! I know how much work those can be so I appreciate your weekly efforts! (*Editor: Thank you!*)

I wanted to ask you about the timing of the newsletter. Because we are Monday share picker-uppers, when we get the email we've already gotten our share. Is there any way you can delineate in the "This Week's Share" section between what was picked up this week (Week of 7/7) and what is hopefully coming up for the next week (Week of 7/14) This would be helpful in our planning. We shop on the weekend and not knowing what we'll be getting at the share the next week makes it tricky to plan.

Answer: I've been asked before if we can send out the coming week's share earlier, and I know this would be particularly helpful for Monday shareholders. However, I don't know exactly what we'll be harvesting until I scout the fields on Sunday night, because we only want to include crops at their peak freshness and flavor in your share. This means that I can take a good guess about what will be in the coming share earlier, but due to weather changes, pests and other unknowns, my accuracy is limited. We will plan each week to post at pick-up and in the newsletter what we *expect* to be coming the following week. You can generally rely on salad greens weekly, and pick-your-own crops extend for a few weeks once they are offered. Life is full of surprises, and the farm presents but one more. Please take our "coming soon" list with this caveat, and I hope this helps with your meal planning.

CREAMY FENNEL SOUP

2 cups stock (chicken, beef, vegetable....)
1 bulb fennel, about 1 pound
1 sliver garlic
2 tbsp. chopped onions
1 tbsp. lemon juice (or more to-taste)
1 tsp. lemon zest, chopped
1/2 tsp. dried dill weed (or 1 1/2 tsp. fresh)
1 tsp. ground coriander
1 quart nonfat yogurt



Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and shallots until soft. Puree in a blender with the lemon juice and zest, and the spices. Strain the puree if you wish a smoother texture. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.

Look Like a Farmer

Wellspring Farm organic cotton t-shirts (\$16) and baseball caps (\$12) look good when you're clean *and* when you're dirty. For sale now. Ask at pick-up.

Or get one for free next year! These CSA members got a free t-shirt for bringing new shareholders to the farm this year: Amanda Moran, for bringing in Trisha Clark and Shawna O'Neill

Julie Hendrickson, for Cameron O'Conner and Melissa Tanner

Carrie Fischer, for Callie and Bryan Weller

Thanks for helping to spread the word!



Introducing Lu Van Zeeland, Tuesday Field Worker (working member)

I am proud to be the first working member of Wellspring Farm, having come to the farm as a volunteer four years ago. I live in Montpelier and do consulting work with area high schools around education renewal and sustainability. Here are a few of the many benefits for me of being a working member at Wellspring: The early morning mist rising from the fields, the calm that settles into my body after working hard with the land, the camaraderie and laughter and connections I build working side by side with others, the magnificent share of produce, and the sense in my heart at the end of the day that I have been a support to this dedicated farmer and magical farm



Introducing Jeff Swift, Monday Harvester (working member)

Jeff remembers fondly the summer trips to his grandfather's dairy in western NY when he was young. Agriculture has always interested him, and since moving here and witnessing the supportive culture of central VT he has decided to pursue farming as a career. He is happy to have found Wellspring Farm as a place to practice, learn, laugh, and grow.