



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 21, 2008

Farmer's Report:

We are officially in mid-summer on the farm. All of the major crops are planted and growing strong, the greens surge is over as we've started to harvest more "hard" vegetables like cukes, zukes and some roots. We are well into the weeding phase of things, and looking forward to the plants getting large enough that they begin shading new weed germination. Some days we've had our 1950's cultivating tractor going all day to throw soil up against the plants and dislodge the weeds. The recent heat has been very welcome; even though it makes work hotter, the plants just love it and finally our fields have fully dried out from what felt like 3 weeks of wet weather in June. The winter squash plants are growing by leaps and bounds and the melon plants have almost covered the bed's pathways with their trailing vines. Tomatoes in our greenhouse will ripen soon; full shareholders have received the few earlier fruits, and we're waiting for greater quantities to give tomatoes to all. It was great to see so many shareholders in the field last week with our PYO pea special hours. I'm thrilled that we provided some the excuse to leave work early! Because this was so popular, I'm going to try to offer larger picking quantities with extended hours when the beans come in strong too.

In this week's share:

- New potatoes
- Fresh garlic
- Spinach
- Cukes
- Zukes & Summer Squash
- Carrot and Beet choice

Pick Your Own

- Beans
- Flowers
- Basil
- Maybe some peas

Coming Soon:

- Broccoli
- Cherry tomatoes

Handicap Help at the Farm:

If you have a medical condition that makes walking difficult, please pull your vehicle up to the barn with the silo in our farm yard so your walk is shorter. A reminder that we harvest PYO crops for you too. Just ask. Always let us know if you need a hand!



PYO Special Hours – again!

BEANS need you. And you need BEANS.

(also pick flowers & basil while you're here)

**MONDAY and THURSDAY,
8AM-6PM this week.**

**Full: unlimited
Small: 3 quarts**



My name is Mike Keenan and my wife is Jeri. We live in the village of Plainfield with our children, Bob, Lilah and Zarah. We have been members of Wellspring Farm for 4 seasons and enjoy the people and the awesome organic vegetables that the farm provides for us. Lilah and myself thoroughly enjoy distributing the vegetables to the Montpelier site on Thursdays. We look forward to a bountiful and splendid growing season. We look forward to spending time visiting with all of you this summer. And don't forget to grab yourself a slice of yellow watermelon.



What to do with that fennel that's still in the fridge?

Here's one to WOW them. I promise.

Put 1 ½ T. butter in a fry pan. Add a glug of olive oil. Cut off fennel top and discard. Thinly slice bulb (wash pieces in a colander to remove any soil). Toss in fry pan. Add ½ T brown sugar or honey or syrup. Sauté on medium heat 3-5 minutes. Optional: add one very thinly sliced carrot. Add pinch salt. Cook until veggie edges are golden brown and soft, about 10 minutes or longer (you can't really overcook this). Taste to adjust flavor.

Potato and Green Bean Salad

from "Jane Brody's Good Food Book"

serves 6

1/2 lb. green beans, cut and steamed until tender-crisp; keep warm
4 med. potatoes, peeled (optional) and cooked until just soft, then cubed (appx. 2 C); keep warm
2 scallions, sliced

dressing:

2 tbsp. olive or salad oil
2 tbsp. white wine vinegar
1 lg. clover garlic, crushed
1 sm. red onion, thinly sliced into rings
1/2 tsp. oregano
1/2 tsp. salt
1/8 tsp pepper, or more, to taste

Place beans, potatoes & scallions in a medium bowl. Combine all dressing ingredients in a jar. Shake well & pour over the vegetables. Toss gently, mixing well. Cover and refrigerate for several hours or overnight.