



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 4, 2008

In this week's share:

Despite the rainy weather, this week's share shows that it is indeed summer. Good time to make gazpacho and ratatouille!

Broccoli and/or cauliflower – Both of these crops are long-season, heavy feeders and so it always feels like an accomplishment to harvest them.

Carrots and/or potatoes – The digging has been tough with all this rain – done by hand instead of with help from the tractor -- but the quality is looking great.

Eggplant or Fennel choice – Last year we had no eggplants due to tarnish plant bug damage, but this year we delayed mowing near the eggplant to keep the bugs happily living in the tall grass and thus not seeking new homes. No spray needed! Now that's organic.

Tomatoes – Starting to come on strong now in the greenhouse; you can expect tomatoes weekly for some time to come. Growing them in the greenhouse means they ripen earlier, plus the plants have much less disease pressure than they would if grown in the field where they are subject to rain. Again, no need to spray.

Garlic – read our garlic's story in this newsletter

Cukes – for our CSA members, we are now taking orders for additional cukes, sold by the pound at wholesale prices (\$1.50/lb.) for you pickle makers. Ask Mimi if interested – mimi@wellspringcsa.com

Zukes and summer squash – Had enough? There's more!

Coming Soon:

Sweet corn!
Red onions
Head lettuce
More cukes, zukes, carrot, beet,
potatoes, tomatoes



PYO:

Cherry tomatoes - maybe
this week
Hot peppers
Basil – enough for pesto
making
Flowers

Garlic Saviors Save the Garlic!

Last week the rain was coming down, and more was predicted. The botrytis in our onions had spread to the garlic tops due to so much moisture, and suddenly the garlic – over 2,000 bulbs – were screaming to be plucked from their wet and muddy existence. Usually I use a bed lifter on the tractor to loosen the soil which makes it easy to pull garlic bulbs out, but under such wet conditions this would harmfully compact the soil. So the harvest had to be done by hand, pitch forking each individual bulb, and then painstakingly loosening the mud from each bulb's roots so they'd dry properly and the disease would not spread further. Needless to say, this was a daunting task to face particularly with lots of other farm work needing to get done. But, no fear! Community supported agriculture is such a blessing. To the rescue came CSA members Toni Ceckler, Lu Van Zeeland and 2007 farm apprentice Liza Earle to join our crew at harvesting, cleaning, bundling and hanging the garlic in the barn to dry out. Whew, over the course of three days, we finished the job, and with fans blowing on the garlic and some hopeful dry days ahead, we should all be enjoying the fruits of this group effort.

This red Rocomboli garlic is from cloves we've been growing on our farm for the past five years. Each early-October we plant the cloves and bed them down with hay from the Bickford's farm across the road. With the planting of the garlic cloves, we (there's always a group of us) declare our hopes for the coming winter for ourselves, friends, community and beyond. It's a meaningful ritual to plant as the cold is coming on; sowing our seeds of intentions. Come join us this fall!

Summer Squash Salad

(modified from a recipe by Narsai David, a food guy on KCBS radio)

1 lb. sm. or med. summer squash, sliced
into thin rounds

1 med. onion, thinly sliced

1 tsp. salt

4 tbsp. sugar

½ C white wine (or similar) vinegar

¼ to ½ tsp. crushed red chilies

2 tbsp. fresh tarragon or dill, chopped

1 C plain yogurt or sour cream

Combine 1st 6 ingredients in a bowl. Set aside to macerate 2 to 3 hours (or overnight). Drain mixture in a colander and squeeze dry. Stir in herbs and yogurt or sour cream.



Maria Smart and children Jessie, Matty, Bradley & Hannah on their weekly farm outing.

Eggplant-Cheese Pie with Zucchini Crust

from Jane Brody's Good Food Book

6 main-dish servings

"The pie can be prepared in advance for baking. Or it can be baked through and reheated at serving time," says Jane.

1 1/2 tbsp. butter or margarine

1 med. onion, chopped (about 1/2 C)

2 cloves garlic, minced

1 lb. eggplant, unpeeled, cut into 1/2" cubes (about 4 1/2 C)

1/2 tsp. salt, or to taste

3/4 tsp. oregano

3/4 tsp. dried basil

Dash or 2 of cayenne

1 small zucchini [summer squash], sliced

2/3 C (1 sm. can) evaporated milk

1 egg

8 oz. mozzarella, grated (about 2 C)

In a large skillet, melt the butter or margarine and sauté the onion, garlic and eggplant for 2 minutes. Cover the skillet, and continue cooking the vegetables for about 5 minutes or until the eggplant is soft, stirring the mixture a few times.

Add the salt, oregano, basil, and cayenne, and stir mixture well.

Line the bottom and sides of a greased 10-inch pie plate with the zucchini slices. Carefully spoon the eggplant mixture over them.

In a bowl, combine the evaporated milk, egg, and cheese. Pour this mixture over the vegetables.

Bake the pie in a preheated 375 degree F oven for 30 minutes.