



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 11, 2008

Farmer's Note

I want to thank you for being such a supportive community. While I'm still hoping for sun, I am also becoming resigned to the rain. Your words of understanding and support for our farm make a big difference. I know our farm is not alone certainly. Farms all over Vermont are experiencing the same thing that we are: slow ripening of crops, disease spreading throughout crops, early harvests of crops to escape disease, the pain of watching a gorgeous planting bite the dust. I repeatedly recognize that farming is a true metaphor for life – the ups and downs, the lack of control, the need to learn to go with the flow, the importance of hope and dreams and plans, and also the importance of letting go. Hard work. Rewards. Beauty. Cruelty. Birth and death. The inter-relation between all things. Patience. Cycles. Thanks for appreciating all of this with me.

On a positive note, our greenhouse tomatoes look great and will continue to be part of the share into October. Our winter squash crops looks strong too; lots of fruit set and healthy plants miraculously. Fall carrots and beets look good, potato harvest has begun and though we have had some rot, on the whole the crop is sizing well. Most of the flower varieties in the pick-your-own are doing well, as are cucumbers and peppers. It's all in your attitude. right? Til next week...

In this week's share:

Sweet corn – Delicious! "Luscious" is a new variety for us this year, so let us know what you think. We use beneficial insects (trichogramma wasps) to deal with European corn borer, a small caterpillar that works its way into corn ears. We hope it has done the job by parasitizing the corn borer, but if you do find a few caterpillars this is proof that your corn is not sprayed!

Tomatoes – The greenhouse is a great place to escape the rain, and these tomatoes show what a good investment a greenhouse can be. Enjoy!

Broccoli –The rain has led to lots of cosmetic dark spots on the broccoli crowns. It's not rot, just the affect of too much rain.

Red onions – The rain has really impacted our onions this year, but we hope you won't notice it. ☺

Greens – lettuce or salad mix or chard or kale. We can't make up our minds.

Potatoes/carrot/beets – Don't be afraid of the big beets! They are just as tasty as the small ones.

Cukes – Still coming on strong.

PYO:

- Hot peppers
- Cherry tomatoes

Coming soon:

• More sweet corn



Greenhouse Tomatoes



Broccoli Harvest

Harvest Fest Plans on the Move!

We've got a contra dance, silent auction, hayrides and local wine tasting in the works for this year's farm bash.

Save the date and invite your friends:

Sunday, September 14, 2-5PM at the farm.

More info coming soon.

Port-a-John on the Fahm

If you or your children need a place to pee at the farm, we recommend the tall grass in the pasture, but if that isn't your style, use our port-o-let on the far side of the pick up shed.

A Farm Ditty written by apprentice Dana Berge
(To the tune of Allan Sherman's "Camp Grenada")

hello daddy
hello kimmie
here I am with
farmer mimi
now I've started
farmer training
mimi says there's work to do if it stops raining

there's a lot of
must-do-laters
weeding carrots
digging taters
parker's yet to
share some honey
did I mention I might need to borrow money

on the farm
oh muddah faddah
on the farm
I don't know if I'll ever learn
that sunscreen keeps my face from getting burned

call the blacksmith
tractor's broken
and the hornworm
has awoken
so much hoeing
new weeds showing
and there's certainly no sign that they are slowing

on the farm
oh muddah faddah
on the farm
do you remember my hurt wrist
it's been some time since I could make a fist

no more college
no way grad school
friends with real jobs
think I'm so cool
please don't let it
sound alarming
when I tell you, mom & dad, that I love farming

Roasted Carrot & Tomato Soup with Fresh Basil

serves 6

1 lg. onion, thinly sliced
2 lbs. tomatoes, halved lengthwise
1 lb. carrots, peeled and cut in 1/2" thick rounds
2 lg. garlic cloves, unpeeled
1 tbsp. olive oil
2 1/2 C water, divided
~2 3/4 C milk
1/2 C thinly sliced fresh basil leaves

Preheat oven to 400 degrees. Toss onion, tomatoes, carrots & garlic with olive oil and arrange on a lightly greased, large rimmed baking sheet. Sprinkle w/salt & pepper and roast, turning occasionally, about 55 min. Remove veggies (do not clean baking sheet!), and peel garlic. Add 1 C water to baking sheet, scraping up browned bits; put into a blender with half the veggies & puree. Puree the rest of veggies w/the remaining 1 1/2 C water. Transfer both batches of puree to a saucepan; gradually add enough milk to thin to desired consistency. Stir in 1/4 C basil, simmer 10 min. to blend flavors. Ladle into bowls & garnish w/ remaining 1/4 C of slivered basil.

Broccoli Stir-Fry

Broccoli florets and peeled stems, both cut into bite sized pieces
1 C chicken or veggie stock
1 tbsp. sesame oil
2-3 tbsp. soy sauce
2 tbsp. dry sherry (optional)
1-2 tbsp. minced garlic cloves
1-2 tbsp. minced fresh ginger
1 tbsp. cornstarch dissolved in 1-2 tbsp. water

Combine the stock, sesame oil and soy sauce, and set aside.
Heat a non-stick wok on high for 2 minutes, then add 1 tbsp. oil (canola, peanut, safflower), garlic and ginger and stir-fry for 30 seconds. Add broccoli and stir-fry for 30 seconds. Add sauce and cover, turning heat down to medium-low. Cook for 3 minutes, or until broccoli is tender and bright green. Remove cover and whisk in cornstarch mixture. Return to boil until sauce thickens, 30-60 seconds. Remove from heat, serve w/rice.