



WELL FED

Newsletter for Wellspring Farm CSA
www.wellspringcsa.com
 August 25, 2008

In this week's share

It's local! It's fresh! It's organic! And it's all grown right here. Isn't it great?! Sometimes I am struck by the wonder of it all – watermelon from Marshfield?! Most excellent. YAY local farms and YAY CSA members! Recently we've been enjoying the height of the season with heavy CSA shares and lots of eating to do. Before we know it, we'll be on the other side of the summer harvest crest.

- **Beet/carrot/potato/pepper/squash/cuke mix-n-match choices** – Everyone likes options. Take your pick of these crops. My informal poll regarding whether members had had enough summer squash and cukes was split evenly between the yays and nays, so the choice is yours with mix-n-match.
- **Cilantro/parsley** – With the cool nights recently, the cilantro will grow nicely. It bolts too quickly mid-summer, so we only grow it for spring and fall. We have 3 succession plantings in store for fall for you cilantro lovers. Choose our parsley option if you don't like cilantro.
- **Sweet corn** – Members have told me that even when they eat our corn days after harvest, it still tastes luscious; true to its name.
- **Head lettuce** – Hurray, it's back!
- **Melons** – Choose from yellow and pink watermelon, cantaloupe and honeydew. The birds have been, so why not you? New scarecrow in the field, metallic bird scare tape, and row cover should make the damage cease.
- **Onions** – red and yellow options. Smaller size than we're used to this season, but you know why...
- **Tomatoes** – Still pumping out, bold and beautiful.

Pick Your Own

- Beans
- Cherry tomatoes
- Flowers
- Basil – Now is the time to freeze pesto for winter if you haven't done so already.
- Hot nenners

Coming soon

- Spaghetti squash
- Cabbage
- Spinach

Volunteer Opportunity

Help Harvest Winter Squash and Potatoes

We're bringing the crops out of the fields now – beets, carrots, potatoes, winter squash. Many pounds of natural beauty. Harvest veggies surrounded early morning by the lifting fog, and enjoy the cool breezes and sun of late August afternoons (some mosquitoes too). Come join us on any fair-weather Tuesday, Wednesday or Friday, between 8AM and 5PM in the coming 2-3 weeks. Please email or call 1 day in advance so we can plan accordingly. Supervised children welcome.

Labor Day Weekend Schedule

No CSA pick-up on Monday, September 1.
 Instead it will be on Tuesday, September 2.
 Thursday pick-up remains the same.

CSA working member Lu van Zeeland had the crew over last week for a deep frying party. Even we get sick of eating healthy vegetables. We deep fried just about everything – onions, carrots, cauliflower (my favorite), even watermelon chunks. But the ultimate break from fresh, local organic food was the fried Mars Bar. You've got to try it.

Deep Fried Mars Bars

Batter: corn meal, flour, milk, egg, beer, maple syrup. Dip Mars Bar (or bite sized vegetables) in batter. Fry covered in hot oil til it looks like a golden turd. Enjoy guilt free. Heck, you've been eating vegetables all summer long.



The mosquitoes can drive us crazy. Bug nets help.

Question of the Week:

Qu: *When does the CSA end?*

Answer: We will go through the first or second week of October. Winter squashes, cabbage, broccoli, cauliflower and more roots to come still. We will also post flyers soon about our winter shares if you'd still like to get one. It's a one-time pick-up on the last CSA day. For \$65 you get a mix of winter squashes, potatoes, carrots, beets, garlic, and onions. Some mix-n-match. Easy to store at home and we give you tips on how to best do so.



Farm Apprentice Morgan and Working Members Mike and Lyla do a great job running the Montpelier pick-up site.

Marinated Cherry Tomatoes 4 servings

- 1 pint Cherry tomatoes, cut in half
- 1 small onion, coarsely chopped
- 1/4 cup Finely chopped parsley
- 1 Tablespoon Finely chopped rosemary
- 3 Garlic cloves, minced
- 1/3 cup Extra-virgin olive oil
- 3 Tablespoons Balsamic vinegar
- Salt & freshly ground black pepper to taste

Mix tomatoes, onions, parsley, rosemary, garlic, olive oil and vinegar in a shallow bowl. Season with salt and pepper. Cover the bowl and let tomatoes marinate at room temperature at least 1 hour, but preferably 3 to 4 hours or overnight. Stir occasionally. Enjoy with crostini or as a side dish.

SUMMER CORN BREAD

- 3 tbsp. butter
- 1 1/2 cups milk
- 2 eggs
- 1/4 cup vegetable oil
- 1 cup corn kernels
- 1 tbsp. fresh sage, finely minced
- 3 tsp. baking powder
- 1 tbsp. sugar
- 1 tsp. salt
- 3/4 cup yellow cornmeal
- 1/2 cup flour

Preheat oven to 400 degrees. Put butter in a heavy cast iron skillet and place skillet in the oven for at least 10 minutes. In a bowl, whisk together the milk, eggs, and vegetable oil. Stir in corn kernels, sage, baking powder, sugar and salt. Stir in cornmeal and flour to make a batter. Remove the skillet from the oven and place on a padded surface. Swirl the melted butter to coat the sides of the skillet. Pour batter into hot skillet and bake for 30 to 35 minutes, until bread is golden and sides are crispy and pull away from the pan.