



# WELL FED

Newsletter for Wellspring Farm CSA

[www.wellspringcsa.com](http://www.wellspringcsa.com)

September 8, 2008

**HARVEST FEST  
THIS SUNDAY, SEPTEMBER 14  
2-5PM at the farm  
COME ONE, COME ALL**

Bring a potluck dish, blankets or chairs, friends and plan for a good time!  
Hayrides, face painting, tile mosaic project, farm games, carrot cake competition, and  
Contra dance featuring The Seconds Bucket Band!  
Check our website in case of rainy weather for update.

**Make Sauce or Salsa for Winter!**

“Seconds” Tomatoes for Sale  
\$1.50/lb (one bucket is 15-20 lbs)  
Place your order via email  
[mimi@wellspringcsa.com](mailto:mimi@wellspringcsa.com) or  
at pick-up.

**Peddle Your Wares to Support More Shares  
At Harvest Fest, 3-4pm**

**Bidding will begin at 3pm. Highest bidders will be determined at 4pm.**

Please donate to our silent auction to help subsidize low-income CSA shares.  
Donations accepted through this Thursday, Sept 11. Fill out a form at pick-up.  
Get ready to bid at Harvest Fest! We are so pleased and grateful for your donations so far. Some highlights to lure your bids:

- 90 minute massages
- A night at the Marshfield Inn & Motel
- Pineapple upside down cake
- Hand made earrings
- African hand drum lesson
- Keg of homebrewed beer
- Portrait sitting with professional photographer

All this from our community!!! Every dollar from the auction reaps \$2 for our subsidized shares due to a matching grant from NOFA. Thank you for helping to make local produce accessible to all!

**In this week's share:**

- Potatoes
- Onions
- Rainbow chard and kale
- Eggplant and peppers
- Melons – watermelon and some honeydew coming
- Buttercup squash
- Corn? Cabbage?
- Tomatoes

**Pick Your Own**

- Now featuring beans!

**Coming Soon:**

- Dill and cilantro
- More spinach and lettuce
- Carrots, beets, potatoes
- Winter squashes
- Cut your own corn stalks – decorate for fall!



**Harvest Fest Art**

### **Ecuadorian Quinoa & Vegetable Soup**

from Moosewood Daily Special

serves 4 - 6

1/2 C raw quinoa (see note)  
2 tbsp. olive oil  
2 C chopped onion  
1 tsp. salt  
1 C diced potatoes  
1 C chopped red or green bell peppers  
1 tsp. ground coriander  
1 tsp. ground cumin  
1 tsp. dried oregano  
1/2 tsp. ground black pepper  
3 C water or vegetable stock  
1 1/2 C chopped fresh or undrained canned tomatoes (14 1/2 oz. can)  
1 C diced zucchini or yellow squash\* \*\*  
1 tbsp. fresh lemon juice \*\*  
chopped scallions, fresh cilantro, crumbled tortilla chips and/or grated Cheddar or Monterey Jack cheese (optional, for garnish)

Thoroughly rinse quinoa in a fine-mesh strainer under cold water. Set aside to drain. Warm oil in a nonreactive soup pot, add onions and salt, cover and cook on medium heat about 5 minutes, stirring occasionally. Add the quinoa, potatoes, peppers, spices, water or stock, and tomatoes. Cover and bring to a boil; reduce heat and simmer gently for 10 minutes. Add squash, cover and simmer 15 - 20 minutes, or until all veggies are tender. Stir in lemon juice. If desired, serve with a sprinkling of scallions, cilantro, tortilla chips and/or grated cheese.

### **New Favorite Green Soup**

from "The New Laurel's Kitchen"

1 onion  
1 tbsp. oil or butter  
2 or 3 potatoes, cut up  
  
6 to 8 cups chopped fresh greens (*chard and Kale*)  
broth or milk  
salt & pepper

Sauté onion in oil until very soft. Add potatoes and water/broth to cover. Cook potatoes until tender and peel if you desire. Add greens and simmer until they wilt. Puree all. Add broth or milk to thin and extend as desired. Salt and pepper to taste.