



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 22, 2008

Farmer's Message:

We escaped the frost that was predicted last week, but we are now ready for anything. The less hardy crops are covered with agricultural fabric (raising the temperature underneath a few critical degrees at night) and we harvested "hard" the night prior to save the last of the eggplants and peppers. Our onions, garlic and winter squashes are safely tucked away in the barn in large wooden crates. Many of the fall crops do just fine in cold temperatures, and some even become more flavorful, like kale, broccoli and spinach. Soups and stews are on the menu, and not coincidentally, it's warming crops like carrots, potatoes, cabbage and squash that are harvested this time of year. Despite our narrow escape from the frost, the crew and I proceeded with our planned post-frost celebration, starting our day with hot drinks and fresh cinnamon buns (baked by Dana) and indoor work. Before we knew it, we were licking the crumbs off our fingers and the sun was rising high over the hill, warming the earth and calling us outside for yet another fine September day. Ah, the life of a farmer is certainly bliss in fall when all that will be has been determined and there's nothing to fret over any longer. Control is relinquished and a peaceful acceptance of the season's victories and defeats lays on us like a blanket. Cold nights nurse thoughts of winter quiet, and the shortening days ring with more laughter because the end is in sight.

Purchase a Winter Share Now

Extend the CSA season with our warm and cozy winter share. A one-time pick-up in October of approximately 45 pounds of crops that are easy to store at home: winter squashes, potatoes, garlic, carrots, beets, onions. Mix-n-match some items (so if you don't like beets, you don't have to have them). Our share is designed to last about 2 months at home, and doesn't require much refrigerator space to store. Storage tips on our website at <http://www.wellspringcsa.com/pdfs/storage.pdf>. Pick up dates are the week following the summer CSA, Monday Oct 13, 4-6pm at the farm or Thursday, Oct 16, 4-6pm in Montpelier. We can box your share upon special request. To reserve your spot, send payment @ \$65/share.



In This Week's Share:

- Eggplant and pepper choice
- Garlic
- Broccoli and cauliflower choice
- Delicata winter squash
- Spinach and collard choice
- Lettuce or salad mix
- Mix-n-match: tomatoes, red onion, potatoes

Coming:

- Celeriac
- Acorn squash
- Cabbage

PYO – gleanings of whatever is left



Question: What is the best way to store winter squash?

Answer: Store winter squash in a cool, dark, dry place and it can last for months easily. A lower kitchen cabinet is a fine spot. Keep potatoes, garlic and onions in the same place.

**Last Summer CSA Dates: Monday, Oct 6
and Thursday, Oct 9.**

Garlic Honey: from member Lisa Mase

Chopped fresh garlic and raw honey, when mixed together, is one of the most potent natural antibiotics that exists. You can make this concoction, keep it in jars in the fridge, and spread it on toast when you start to feel sick. It tastes sweet and is so good for you!



Free Carrots! -- Renew Your CSA Membership Now

Reserve your spot for next season now with a \$30 deposit and receive 5 lbs of carrots free. Your early renewal will help provide money for buying seeds and supplies this winter, and those carrots will be a mighty tasty treat when the CSA comes to an end. Our renewal forms are available at CSA pick-up.

This Week's Veggies with Pasta in a Light Cream Sauce

It's a formula that has four basic steps. It goes fast so you cook the pasta first and have veggies cut and ready to go!

1. Sauté - veggies over medium high heat, adding long cooking things first. Leafy greens (if using) should be added last.
2. Flavor - add flavorings such as herbs and 1/3 cup broth and reduce by half. (It is such a small amount of liquid, so this happens quickly – maybe a minute at most.)
3. Enrich - add 1/2 to 2/3 cup cream and reduce a little bit.
4. Toss – veggie/cream sauce with pasta and a little grated cheese, if desired.