



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 29, 2008

In This Week's Share:

- Broccoli/cauliflower/cabbage choice – The Brassica-family of crops grows best in the cool weather of fall. The blue-green of broccoli, white of cauliflower, and purple cabbage look so beautiful in a wooden tote together.
- Celeriac – A special root crop this time of year. It may look peculiar, but it tastes great when added to soups, coleslaw, or roasted. Peel off the outer layer with a paring knife, cut into cubes, and toss with olive oil and roast with other veggies or with a chicken.
- Kale/Chard/Collards choice – Collards are reappearing this season by special request from southern specialty lovers. Kale is tasting better with every passing cold night.
- Acorn winter squash – One of the longest storage varieties and a favorite of many.
- Baby salad mix – Cutting baby greens on cold mornings is one of those rites of passage for our apprentices. Numb fingers!
- Cilantro and dill choice
- Mix-n-Match: baking potatoes, carrots, beets, red onions – The baking potato variety is called Elba. Some of them are as large as Mr. Potatohead! You may find a small hollow spot inside some of the larger potatoes; this is called “hollow heart” and happens when tubers grow rapidly due to heavy rains. Remember those days? Hollow heart doesn't lead to rot or any other storage problem, it's just a marker of the season.

Coming in our *last* pick-up next week, **Monday, October 6 and Thursday, October 9:**

- Boc choy
- Spinach
- Butternut squash
- Pie pumpkins and more

SPECIAL VOLUNTEER NEEDED

Do you drive past the farm en route to Montpelier on Tuesday mornings? We are seeking a volunteer to deliver produce to Two Rivers Center on Rt 2 (next to Agway) before 9am on Tuesday mornings for the next 2-4 weeks. From there, our produce gets distributed by Food Works to local schools and food shelves. You would need to be able to fit 5-6 boxes in your car and to assist in unloading.

RENEW NOW

We trade early deposits for carrots. See yellow card distributed at pick-up for more info.

Share the Harvest:

This Thursday, October 2

A NOFA-VT fundraiser for limited-income Vermonters

Up to 15% of sales on this day at participating restaurants and co-ops will be donated to NOFA's subsidized CSA program. These funds go to farms like ours to support low-income shares.

Local participating stores: LACE, Mister Z's, Capitol Grounds, Langdon St Café, Rhapsody, Sarducci's, Black Door, Positive Pie, Hunger Mt Café, Claire's Restaurant, Buffalo Mt Co-op. Mark your calendar!

Eat local this winter...

- ❖ **WINTER SHARES**– See our flyers at pick-up.
-or-
- ❖ **INDIVIDUAL BULK STORAGE CROPS – Wholesale prices**
Got storage capability? Then bulk produce is for you!
25 LB and 50 LB bags available of: carrots, beets, potatoes or winter squash (\$35 for 25 lbs or \$60 for 50 lbs)
Garlic by the pound (\$7.50/lb)
(If you prefer a mix of crops, try our Winter Share instead)
- ❖ Both Winter Shares and Bulk Produce can be picked up *at the farm* on Mon, 10/13 or *Montpelier* on Thurs, 10/16, 4-6PM. Other arrangements possible.

Celeriac, Carrot and Apple Salad

- 1 small celeriac
- 2-3 large carrots
- 2 small apples
- 1/4 c. mayonnaise
- 1/4 c. sour cream
- 3 TB lemon juice
- salt, pepper to taste

Peel and grate celeriac, apples and carrots. Toss with lemon juice. Mix together sour cream, mayonnaise, salt and pepper, toss with salad.

I chose these recipes this week because local apples are delicious and abundant right now. Happy Fall!

Baked Winter Squash with Apples

from Rolling Prairie Cookbook
serves 4

- 1 1/2 lbs. uncooked winter squash, peeled & cut into cubes
- 1/2 lb. fresh cranberries (optional)
- 2 to 3 apples, chopped
- 1/4 C raisins
- juice & grated peel of 1 small orange
- 1 1/4 tbsp. maple syrup (or honey)
- dash each of salt & cinnamon

Preheat oven to 350 degrees F. Combine squash, cranberries, apples and raisins in a small buttered casserole dish. Combine juice, peel, syrup and salt, and pour over squash mixture. Lightly dust with cinnamon, cover, and bake until squash is tender, approximately 30 to 45 minutes.

Sautéed Greens with Apple

- 3 slices bacon
- 1 large bunch greens (kale, chard &/or beet greens); chop stems & leaves separately.
- 1 apple, cored & chopped
- 1 onion, chopped
- 2 T pine nuts
- salt & pepper
- 2 T vinegar

In large skillet fry bacon until crispy. Drain on paper towels. Pour off all but 1-2 T of fat. Sauté onion, apple & greens' stems in fat until onions are lightly browned. Add chopped greens & sauté until wilted. Stir in pine nuts, crumble in bacon, salt & pepper to taste, dress w/vinegar & serve.