



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

October 6, 2008

Farmer's Message: FULL CIRCLE

And so the cycle comes to an end. Thank you for your wonderful support and involvement with our farm this season. It all began back in January with seed catalogs and supply ordering. Then came February and March in the greenhouse patiently planting tray after tray of vegetables while dreams of harvest danced in our heads. April and May bring soil turning in the fields, setting up our pick-up sheds and wash station, and putting the first crops in the ground. June, July and August are a blur of activity: planting, weeding, tractor work and the harvest. By September we are bringing in the crops by the bushel-ful, washing and stacking wooden crates of root crops in a rainbow of colors. Now October graces us with our first frost and we put the farm to bed. But one last task awaits: the planting of the garlic, which brings back those dreams of future harvests and the tending of hope.

Thank you to all of our members for your support. I very much hope to see you again next year! To my farm crew who deserves a nice long, quiet winter's rest with no 12 hour work days, no galinsoga, no mosquitoes, no laying Remay in wind storms at 5PM, and no sinking your boots into wet poultry manure, my deepest gratitude and hearty wishes for more laughter, more field trips and the best of luck in your coming adventures.

In This Week's Share:

- Butternut squash – Makes excellent squash soup and is the variety that will store the longest.
- Pie pumpkin – No need to wait until Thanksgiving to make a pumpkin pie. If your recipe calls for more pumpkin, substitute another winter squash like butternut or buttercup.
- Boc choy – Back by popular demand, try chopping the entire stalk and stir fry with sesame oil, onions, garlic and add toasted peanuts at the end. Serve over rice.
- Garlic – You know what to do with this.
- Spinach – Enjoy these fresh greens while we still can.
- Roots mix-n-match: yellow onions, beets, carrots, potatoes, tomatoes

WINTER SHARE & BULK STORAGE CROPS PICK-UP

Eat local this fall! We still have winter shares and storage crops available. The pick-up dates are as follows:
Farm pick-up site shareholders: Monday, October 13, 4-6PM
Montpelier pick-up site shareholders: Thursday, October 16, 4-6PM

2008 Share Value – 25-20% off!

Wow! This year's share was a great value, despite the record breaking floods of summer. Full shareholders received over 25% off farmer's market and food co-op prices and small shareholders received over 20% off. If you regularly took advantage of our pick-your-own crops, then your share value goes up even more. That means if you were to go to a local farmer's market or to a food co-op to purchase all that you received, you would pay 20-25% more than you paid for your share. So if you missed a week here and there, or didn't take some items now and then, you still received an excellent value for your money. Each year we hope to offer a strong share value because we want you to come back year after year, and because our members' commitment to our farm is extremely valuable to us. We recognize that your motivation goes well beyond getting a good deal – supporting your local farm, keeping land active, and participating in community building are the top reasons our members join – but who doesn't appreciate a good deal too?!



Sesame Bok Choi

1 cup of chicken or vegetable broth
3 tablespoon of unsalted butter
3/4 lb of baby bok choy
1/2 teaspoon of sesame oil

Bring broth and butter to a simmer in a deep heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered. Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy. Serve over brown rice

LAURA'S GLAZED PUMPKIN GINGER BARS

Adapted from Recipes from a Kitchen Garden by Shepherd and Raboff

1 3/4 cup unbleached flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt 1 tsp. cinnamon
1/2 tsp. ground ginger
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 cup butter, at room temperature
1 cup lightly packed dark brown sugar
1 egg
1 tsp. vanilla extract
1 cup cooked, pureed pumpkin
1/2 cup chopped walnuts or pecans
1/2 cup chopped candied ginger
GLAZE:
1 cup sifted confectioners' sugar
2 tsp. grated lemon zest
3 to 4 tbsp. lemon juice

Preheat oven to 350°F. Grease a 10x15-inch baking pan. Sift together flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, and allspice. Set aside. In a large mixing bowl, beat butter until creamy then add brown sugar, beating until fluffy. Add egg, vanilla, and pumpkin, beating well. Add dry ingredients, mixing until batter is smooth. Stir in nuts and candied ginger. Spoon batter into prepared pan. Bake for 15 to 18 minutes or until cake pulls away from sides of pan. Combine confectioners' sugar with lemon zest. Add lemon juice gradually to confectioners' sugar, adding just enough to give the proper consistency for spreading. Spread on the warm bars. When cool, cut into diamonds or squares and store covered for a day to let flavors blend before serving. Makes 4 dozen.