



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

June 22, 2009

Farmer's Greetings

Welcome to Wellspring's 2009 CSA season! We're excited to be harvesting again for our community, and are looking forward to seeing everyone at the CSA pick-up this week. Your weekly vegetable share mimics the season -- starts out cool and quiet, builds with the heat into a roar, then slowly tapers off with the deep colors of fall. We begin with greens -- salad greens, herbs, and cool-loving Asian treats. These crops have enjoyed the cool weather we've had this spring and are now coming on strong. The heat-loving crops are tucked under row covers in the fields to both increase the soil temperature and to keep pesky pests away. I think everyone is hungry for some good hot summer weather, and so are these crops. Still, they've moved from the 2-leaf stage to the 5-leaf stage nicely, and will soon begin flowering. Then our four honeybee hives will move into action, pollinating on sunny days.

In this, our weekly email newsletter, you will find out what is in your share, farm announcements, reports from the field on how your crops are growing and other musings from the farmer; also weekly recipes, photos and features on staff and our members. Please send submissions (any poets out there?), recipes and ideas. We want to hear about your CSA experience! Each newsletter is put on our website, so if you want to look up a past recipe, it's easy. A very special thank you to CSA member Pam Quinn for hunting down recipes and doing the newsletter layout each week; and to member Shawn Bryan, our volunteer webmaster for making our website so vibrant.

In This Week's Share:

In this weekly newsletter, we tell you what to expect in your share. Reliability is fairly good, but sometimes we may substitute items if they aren't quite at their peak.

All harvested for you on your CSA pick-up day, fresh from the fields. Enjoy!

- **Fresh Spinach** - one of my favorite crops because it is one of the first gorgeous deep green shoots to emerge from the soil, and it is so good for you. I like it best as a salad with orange wedges and a sesame dressing.
- **Baby Lettuce Mix** - a riot of colors, speckles, and shapes. So delicate and tender that we strongly suggest "spinning" or adding a paper towel to your bag of baby lettuce in order to dry it out and thus prolong its storage.
- **Easter Egg Radishes** - one look and you know why this variety mix is called "Easter Egg." Imagine how mesmerizing it is to harvest these from the dark ground, pulling each one out like a precious jewel. Chop and add the mustardy greens to salads if you like a spicy bite.
- **Herb choice:** Cilantro or Dill -- Add to morning eggs and to salad dressing.
- **Boc choy** - Crunchy and fresh. Be brave and give it a try if you are new to this Asian vegetable. Easy recipe below.

Recipes for This Week's Share

Braised Bok Choy (goes nicely over rice)

Ingredients

- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 tsp. grated fresh ginger
- 1 medium bok choy
- 1/4 cup vegetable broth
- 2 Tbsp. minced garlic
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. brown sugar

Directions

- 1 Heat the canola oil and sesame oil in a large skillet or wok over medium heat. Add grated ginger and cook 1 to 2 minutes, until ginger perfumes the oil.
- 2 Wash and chop the white bok choy stalks into 1-inch pieces. Add to the skillet. Stir-fry until the bok choy becomes lightly cooked, about 2-5 minutes. Add the chopped greens to the skillet and cook for one minute more.
- 3 Remove bok choy to a serving plate.
- 4 Add broth, garlic, soy sauce and brown sugar to the pan. Cook another 2 minutes or so to allow flavors to meld.
- 5 Pour over bok choy. Serve immediately.

Salad Greens, Radishes and Cilantro Dressing

Baby salad greens or spinach

3 tablespoons lime juice

2 tablespoons extra-virgin olive oil

1/2 cup chopped fresh cilantro

1/4 teaspoon salt

Freshly ground pepper to taste

1 bunch radishes, trimmed and thinly sliced (about 10)

1. Put lime juice, oil, cilantro, salt and pepper in a jar and shake it up.
2. Toss the washed salad greens with thinly sliced radishes in a large bowl.
3. Toss with the salad dressing and enjoy

