



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

June 29, 2009

In This Week's Share:

- **Napa Cabbage** – Shred for stuffing vegetable eggrolls; use as a bed of greens under rice noodles and cubed grilled chicken with cilantro and salad dressing.
- **Baby Beets with Greens** - Gorgeous, sweet jewels plus so-good-for-you greens
- **“Deep Purple” Scallions** – You won't find these in the supermarket!
- **Baby Salad Turnips with Greens** – A rare treat: slice thinly and sauté with butter a few minutes, then add a few tablespoons of maple syrup and cook 2 minutes more. Like candy! Add the spicy greens to a salad.
- **Head Lettuce** – Choose from leafy red, green, or Romaine
- **Herbs** – Choose cilantro, dill or possibly garlic scapes

The Pick-Your-Own Low-Down

Throughout the season, we will have some crops that you can harvest yourself, like snap and shelling peas, cherry tomatoes, basil, hot peppers, flowers and beans. We will publicize your PYO options at CSA pick-ups as the crops become available. All members are welcome to harvest on Mondays or Thursdays, 4-6PM. Quantities for full and small shares will be posted at the farm's pick-up shed, and we can point you in the right direction. Right now we are waiting for the peas to mature, but in the meantime we have culinary and medicinal herbs available. Members can take small quantities of oregano, chives, lemon balm, thyme, anise hyssop, bee balm, catmint and sweet cicely. The latter four options make a calming tea. All of these herbs will be available throughout the season. In past years, we have had some of PYO crops planted near the farm's pick-up shed, but this area was in need of a break to rest the soil, so this season it is planted in winter rye and annual and perennial grasses. The PYO crops are now up in the fields behind the barn; a short walk and clustered together where they are easily accessible. If you have mobility issues, we are happy to pick for you. Please let us know if you need assistance.

Thank You Volunteers

In early June we plant a majority of our crops because the threat of frost is finally over. Thanks so much to the energetic volunteers that came out to set little transplants in the soil: Robb Kidd, Carolyn Grodinsky, Dan Zucker & Travis and Diana Batzel. Many hands made light work. Soon I'll publicize another volunteer date. Please join us if you like to get dirty!

Eggs for Sale

Marshfield grower Robin Taylor will be supplying eggs for sale weekly \$3.50/dozen. Self-serve at the CSA pick-up.

Wellspring Staff Feature: Jillian Abraham

Jillian is this year's Farmer Apprentice and also the co-host of the Montpelier pick-up site (along with working members Mike and Lyla Keenan). Jillian has worked on farms from Waitsfield to Hawaii, and we are lucky to have her with us this season as she prepares to start her own farming operation next year. She also has experience cooking with clay ovens, so she will be spearheading the use of our oven at the farm. More info on that coming next week...In her own words, Jillian introduces herself below:



Because who doesn't love a good transplant?

As this season's Wellspring Farm apprentice, Jillian is eager to explore another beautiful pocket of Vermont soil and sunshine. A native of New Hampshire's White Mountains, Jillian studied Natural Resources and Community Development at the University of Vermont. Her passion for good food, friends, live music and all things green and growing has kept Jillian in Vermont, where her off season pursuits include telemark skiing, creating pottery, and fine dining. A rising food critic and produce connoisseur, Jillian feels at home as her hands once again enter the soil, now at Wellspring Farm. In her free time, Jillian enjoys indulging in micro greens, micro brews, and artisan cheese.

Roasted Baby Beets with Greens

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

DIRECTIONS

1. Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.