



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 6, 2009

Farmer's Report: Eating with *This* Season

It's been a darn wet July so far, with almost 3 inches of rain last week. I tried to keep my cool but by Thursday when we were all getting soaked at CSA pick-up, I could feel my sense of humor growing moldy. This much rain leads to diseases that fester and spread through the crops. Already many have heard on the radio and read in the paper about the dreaded "late blight" disease that is expected to reach Vermont this year. Also known as phytophthora, this disease was responsible for the Irish potato famine in the 1850s. Late blight can wipe out entire potato and tomato crops under wet conditions, and farmers who only grow these crops are at serious risk of losing their entire income for the season. News reports indicate that the disease has travelled this far north due to large commercial retail stores that bring infected plants up from the south and sell them here. Thankfully we do not rely on potatoes alone to fill our CSA shares and our bellies, and so we are not in danger of starving. However, late blight spreads rampantly in the wet conditions we've had, and is then carried on the wind to other locations. There is a serious scare now among vegetable growers; let's hope we all get lucky with some dry weather.

This leads me to think about the term "seasonal eating" and how it fits in with our CSA. By joining our CSA, you learn what eating seasonally means: you might want tomatoes and corn for dinner tonight, but they just aren't ready in central Vermont. So you pull a cookbook off the shelf and find recipes for beet greens, Napa cabbage and spinach because that's what is fresh from the fields. However, you aren't merely "eating with the season," you are in fact eating with *this* season. And *this* season has been cool and wet. So while I'd like to harvest zucchini and summer squash for our next CSA pick-up as much as you might like to be eating it, we both have to wait. The bees aren't out pollinating, the lack of sunshine slows plants' growth, and so we all have to sit tight. *This* season means more greens and more patience. But those plants want to live; they really want to grow. Sooner or later, we'll get there together.

Wellspring Bread Oven

This year we are excited to use our traditional clay oven at CSA pick-up and events at the farm. Recently we've lit a fire during pick-up hours and roasted some farm veggies for all to sample. We're looking for volunteers and ideas to maximize its use. Want to volunteer to run the oven for a few hours? Interested in helping to make pizza? Want to bake bread? Get involved and help us make the most of the oven. A big thank you to Devon, Joe and Joah Star Byers for creating a beautiful mosaic for our oven (pictured at right). What a gift for our farm!



In This Week's Share

- **Spinach**
- **Purple Scallions**
- **Garlic Scapes** - The tendril of the garlic plant. Chop the entire scape and use just like garlic cloves.
- **Baby Salad Mix**
- **Baby Beets with Greens or Napa Cabbage**
- **Pick-Your-Own Snap Peas** - We plan to harvest for our Montpelier site members this week. In general, you can PYO on Mondays and Thursdays, 4-6pm (see more PYO info below).

NAPA CABBAGE WASABI SLAW

We love this recipe from Madison WI Area CSA Coalition.

1 T wasabi paste	1 cup orange juice
1 T soy sauce	1 head Napa, thinly sliced
1 ½ T sugar	6 carrots, shredded
1 ½ T rice vinegar	3 chopped scallions
¼ c sesame oil	2 T sesame seeds

Whisk wasabi, soy sauce, sugar, vinegar, sesame oil and orange juice until thoroughly combined. Toss with vegetables and sesame seeds. Serves 6.

Pick-Your-Own Info

Pick-your-own crops can be harvested at the farm by all members on Mondays or Thursdays, 4 to 6 PM only. You will find pick-your-own crops posted at both pick-up sites to keep you informed. Note the following requests: 1) Pick only those items on the list. While other crops may appear ready they may be recovering or ripening. 2) Please only harvest the amount noted so that everyone gets a share. 3) We appreciate your walking carefully between the beds. Supervised children are welcomed. Please let us know if you are unable to harvest due to reasons of health when you arrive at the farm and we can harvest for you.

For our Montpelier members, we try to pick the PYO crops for you when we are able. To insure that shares are financially equitable, we provide more of the non-PYO crops to you throughout the season.

Volunteer Date: Free Wild Edibles

Yes, you can pick all the wild greens you want (we call them weeds). Please help us catch up on our weeding. We'll light the clay oven and provide some pizza snacks for lunch, 12-1. You provide the labor. Wednesday, July 8, 10:00-2:30. Please email mimi@wellspringcsa.com if you plan to join us. Bring hat, gloves, water bottle and sunscreen.

Wanted: Montpelier Storage Site

We're looking for a shed or garage to store some Montpelier pick-up supplies during the season so we can stop schlepping them to and fro the farm. Need covered space not too far from VT College for three 7' tables, a few scales and our awning. Please email mimi@wellspringcsa.com if you can help us.

Save the Date

Wellspring Farm Harvest Fest

September 13, 2-5pm

Wacky farm games, local music, potluck extravaganza, tractor hayrides and more.

Seeking members to help with Supported Share Fundraiser. Let us know if you have ideas!

SUGAR SNAP PEAS WITH LEMON, GARLIC SCAPES, AND BASIL

Serves 2

2 tablespoons olive oil
Zest of 1 medium lemon, sliced very fine, plus 1 tablespoon juice
1-3 T garlic scapes, chopped
1 recipe Blanched Sugar Snap Peas (see side recipe)
6-8 fresh basil leaves, chopped fine
1/2 teaspoon salt
Ground black pepper

Heat oil over medium heat in medium sauté pan. Add zest and garlic scapes; sauté for about 2 minutes. Add blanched peas, lemon juice, and basil; toss to combine. Cook until just heated through, 1 to 1 1/2 minutes. Season with salt and pepper to taste; serve immediately.

BLANCHED SUGAR SNAP PEAS

Have a bowl of ice water ready to "shock" the drained peas and prevent further softening and shriveling.

1 teaspoon salt
1 Pint sugar snap peas (about 1 pound), stems snipped off and strings removed if needed

1. Bring 6 cups water to brisk boil in 3 or 4 quart saucepan. Add salt and peas and cook until crisp tender, 1 1/2 to 2 minutes depending on size of peas.

2. Drain peas, shock in ice water, drain again, and pat dry.