



# WELL FED

Newsletter for Wellspring Farm CSA

[www.wellspringcsa.com](http://www.wellspringcsa.com)

July 13, 2009

## In This Week's Share

I remember a few years ago, before I published what was likely to be in your share, member Julia Kaptan commented about her weekly share, "It's like Christmas every week!" She loved the surprise. But others started to ask for a heads-up so they could plan their meals and shopping. What do you think? Would you rather be surprised or know? Tell us what you think.

- **Zucchini!** -- I don't know how it happened with all this rain, but the zukes have grown. Hallelujah.
- **Bunched Baby Carrots** – This is one of my favorite crops, and I think the difference in flavor between our carrots and store bought carrots (especially those poser "baby carrots" in the bag which are merely large carrots cut up with the ends sanded down) is among of the most dramatic. Our carrots still have the smell of earth about them, and the flavor is nutty and fresh. Pulling baby carrots is a sure sign, and smell, of summer on the farm.
- **Parsley** – Vibrant and pungent, this underappreciated herb is outstanding in nutrition with more vitamin A than carrots and more vitamin C than oranges. Eat your parsley! Add chopped purple scallion, hard boiled eggs, chickpeas or other beans, olive oil, chopped garlic scapes, fresh lemon juice, salt and pepper and you've got a kickin' salad. See our Green Dressing recipe too.
- **Head Lettuce** – Choose from red, green or Romaine
- **Choices:** full shares choose 3, small shares choose 2 from the following: beets with greens, Bright Lights chard, mixed kale varieties, purple scallions, maybe fennel

### Farmer's Note

We're still hoping for some more sun and heat to speed things up. Right now we are very much in the recovery stage from the 4+ inches of rain during the past two weeks. However, the beans are in flower with their precious, delicate purple buds and that makes me smile. On another note, thank you to our weeding warriors from Champlain College, plus CSA members Dan Zucker, David Swedick, Diana Batzel and Tracey Hambleton. You are vegetable saviors!

### This Week's Pick-Your-Own (PYO)

*Montpelier members: Receive a double PYO share when available. We know it is hard for many to come out regularly and we want to make the trip worthwhile. Please come out to the farm for an outing!*

**Flowers** – Cut your own bouquet.

**Snap Peas** – This is the edible pod kind that you received last week. We will try to pick for Montpelier again. We should have PYO peas for another 2 weeks.

**Basil** -- Just starting to size up. There will be basil available throughout the summer. We will pick for Montpelier this week.

**Culinary and Medicinal Herbs** -- Always available.

### Cleary Family Farm Meat for Sale

**This week: Cleary Family Farm will be at our Montpelier site on Thurs., July 16.**

Hello Wellspring Farm CSA Members. We are John and Lauren Cleary, owners and operators of the Cleary Family Farm. Some of you met Lauren last week at your CSA pick-up. We run a grass-based diversified livestock operation on Gray Rd in Plainfield. We raise beef, pork, lamb, chicken, eggs and by the fall will have milk from our 3 Jerseys (available from the farm only). All of our products are either certified organic or managed organically. Thanks to Mimi, we are excited to be able to establish a relationship with you and will now be selling our products by the cut during scheduled visits to the CSA pick-ups. We also encourage customers to order bulk packages at significant savings. **We are currently taking orders for pork and lamb going to butcher on July 30th and for whole chickens ready on August 26th.** Please order early to ensure availability and to make decisions about custom butchering. Order forms will be available at CSA pick-up. Look to future newsletters for when we'll be at your CSA pick-up location.

## New! Wellspring Member Feature

This year we will periodically feature our membership, with their answers to both straightforward and random questions. Watch out! You could be next.



**Member:** Dan Zucker

**From:** Danville (but grew up in Monsey, NY)

**Wellspring member since:** 2008

**Why did you Join Wellspring CSA?:** We heard Arnstein and co. were awesome and had awesome produce. That turned out to be an understatement. Also, since my wife Susan and I are vegetarians, we wanted a local source of high quality, varied produce to provide a substantial portion of our diet. Our chickens and our own gardens supplement that, but Wellspring is part of our larger plan to keep as much of our outside purchases local. We always ask ourselves, "If we have to spend money, is there somebody nearby we can purchase from?"

**If you were a vegetable, what would you be and why?:** That's an easy one: kale. It's the food to eat when you want to graduate from broccoli (which I love, but is kind of high school) and is a great alternative to Brussels sprouts which I eat on days containing the letter "a". Swiss chard is awesome too.

**If you hosted a costume party, what would the theme be?:** I'm not really a costume party type of person. I think a more fascinating party would be to adopt a personality. I don't mean impersonate a celebrity, I mean "be different from your daily persona"... it's more than just a party theme. For instance, I once went to a party with the intent of being as compassionate as possible to everyone regardless of their perspective. Compassion is hard to fake so the theme would be "adopt a theme or perspective but you gotta really BELIEVE." I think all humans benefit enormously from stepping away from their daily ritual.

### Parker's Basic Zucchini Wow-Em

*My husband Parker is the main cook around the house. He says, "You grow it and I'll cook it!" I feel like it's a great deal for me. This recipe takes all of 5 minutes and gets gobbled up in 4.*

1 zucchini                      Salt  
Up to a pint of peas      Fresh herbs  
Butter

Slice zuke very thinly. Add 1-2 T butter. Saute at medium-high heat in a frypan. Add liberal amount salt. Saute a few minutes. Add destemmed whole snap peas. Saute til peas are bright green and zuke is cooked through, about 3 minutes. Chop and add 2 tablespoons diced herbs of your choice, like parsely, dill, thyme, chives, even scallions. Add freshly grated parmesan cheese. Serve immediately, hot. Optional: Top with generous dollop of "Kiwi Green Gold" (recipe below).

### Look what a Community-Supported farm can do!

Hey Mimi and Crew,  
I just wanted to say a big thank you for all the delicious fresh food so far this year! We particularly have loved the Easter Egg radishes, and the Hakurai turnips were a stupendous new treat, which we will definitely be incorporating into our own garden plan in the years to come. It was pretty wonderful to be out in the field picking snap peas last week...Thank you all for all of your hard work and care. It translates out into wonderful food to make healthy happy people.

~Alison Pyott and George Baskette

### Kiwi Green Gold Dressing

*My husband Parker and I had this thick dressing on a winter trip to New Zealand and it is amazing on salads and steamed veggies with rice, also on fish, eggs, grilled chicken or drink it straight from the jar like an early season gazpacho. It's a great way to use lots of your share this week too.*

1 handful parsley                      1 T mustard  
1 small handful green herbs like chives, basil, oregano, or even a few scallions (anything green works)  
½ c cider vinegar                      1 tsp salt  
2 small pickles (gherkin size)      double handful of chard, kale or spinach, chopped  
2 cloves garlic or garlic scapes      ½ c olive oil or any other good quality oil  
1 pint snap peas

Place all ingredients except the oil in food processor and blend into a smooth paste. With the machine still running, slowly add the oil and blend until it is emulsified to a thick, creamy sauce. Makes 3 cups.