



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 20, 2009

Farmer-With-a-Philosopher-Hat Message

Life is constantly offering up hard lessons. So does a farm. Running a farm actually provides more opportunities for hard reflection than I'd like these days. We begin each season with hope. Hope that the farm will thrive, that vegetables will grow bounteous, that the community will want those vegetables and be happy. We move on to planning. Planning how much corn and lettuce and carrots to grow and when, how many seeds to order and what varieties, how many people to hire and with what skills. We then put the plan into action, tilling the soil, training the crew, planting the seeds, paying the bills (it used to be that every item seemed to cost \$30, and now it has gone up to \$100). And so with hope and a good plan we work hard toward the vision. Then nature, perhaps our greatest friend and foe, does her thing.

The saying goes, "Man plans and God laughs." This has been running through my mind often lately. The past three weeks have been nothing but a soggy disappointment. Too much rain, cold nights, not enough sun. This leads to stunted growth, nutrient leaching, root rot and disease, even a few mushrooms in the field. *I do not want to grow mushrooms!!!* But hope surges, the plan remains, and the crew is ready to work hard. Still, we all have our limits. Lately, when in the evening I hear another torrential downpour slamming against our roof, I have to close all the windows and turn on some music so I don't have to listen to that awful sound. The sound of hope chipping away, my morale sinking, my plan shot through with holes.

Ah, but here is one of life's larger lessons, and all I need do is wake up to it. The lesson is the necessity of acceptance and of letting go. The lesson is to not get too attached to any particular outcome, because therein lies suffering and self-imposed torment. These are big lessons, and it feels like I'll be learning them all my life. But I know I'm in good company and this helps. We all face these lessons -- in our work, relationships, parenting, even in a traffic jam; in both the big and small issues of life, ultimately preparing us for the biggest letting go of all.

In This Week's Share:

- **Dark Red Norland New Potatoes** – Gorgeous pink potatoes, smooth and creamy
- **Fresh Garlic** – A hot and spicy sensation; juicy and pungent. You won't find this at the supermarket! Peel off the outer skin layer to reveal the cloves. This is the layer that turns papery once garlic is dried.
- **Zucchini & Summer Squash** – Slice, brush with oil and salt, and toss on the grill.
- **Young Carrots** – You know what to do with these.
- **Salad Mix** – Choose between mild baby lettuce mix and spicy which includes baby arugula, mizuna, tatsoi & kale
- **Bulb Fennel or Cooking Greens or Broccoli Choice** – I love *growing* fennel because it is beautiful. I love *eating* fennel when it is cooked right; caramelized til soft and sweet. Taste it as you cook and if it is still has a licorice flavor, keep cooking. The delicate, fan-like leaves can be used as an herb in salads and dressing if you like anise flavor.

Pick Your Own

- **Snap Peas** – This could be the last week. Lots to pick
- **Shell Peas** – Best eaten raw, and right in the field. This crop turns over fast, as the sugars turn to starch in a week. Come on out and pick this week! Lots avail.
- **Basil** – Now available each week throughout the summer
- **Flowers**



Coming soon:
broccoli,
cucumbers

*Photo by member
J. Emily Bandru*

"I feel like the vegetables I've had all my life have been a lie."

–Champlain college freshman volunteer; exclaimed after an afternoon of working on the farm.

Clay Oven Baking with Member Paul Markowitz

On the farm, Monday, July 27, 4-6pm

Paul will bake bread using his beloved sourdough starter. Come by for a sample and to see the oven in action.

Coming Soon: Volunteer Event Garlic Harvest!

Help us pull up the garlic and hang it in the barn to dry. Take home small or damaged garlic as a thank you. We'll light the oven to make some lunchtime snacks.

Date: TBA. Likely Tuesday, July 28 or Wed, July 29

This week's CSA Member Feature!

Barbara & Kenny Saxe



CSA Site: Montpelier

From: Montpelier for almost 19 years; originally Montreal (Kenny) and Cherry Hill NJ (Barbara)

Wellspring CSA member since: 2009

Why you decided to join the CSA: To have local organic veggies and to support local growers

What is the best thing that happened today? The sun is shining (so far).

How did you meet? You don't have room for the whole story, but the short version is I saw a photo of Barbara while visiting a cousin in Berkeley CA. The cousin played matchmaker, we became penpals, then phonepals.... and the rest is history (28 years).

Who does the cooking in your household? Barbara when we are in a hurry, me when time is not an issue....mostly Barbara. We are both pretty adept in the kitchen.

What do you appreciate most about Wellspring CSA?

Trying out the unfamiliar & the fresh quality of all your produce.

Sautéed Fennel & Zucchini

Serves 2-4

1 tbsp. olive oil
1 lg **fennel** bulb, thinly sliced
1-2 **zucchini**, sliced thin
1 tbsp. chopped fresh **oregano**
1 tbsp. balsamic vinegar
1/4 cup pine nuts
Salt & freshly ground black pepper

First, toast your pine nuts in a dry skillet (stir, or shake pan often) until lightly browned and fragrant. Transfer to a small dish and set aside. In a large skillet, heat the oil over medium-high heat. Add the fennel and cook, stirring often, until cooked through about 10 min. Add zucchini and cook further til tender, about 6-7 minutes. Stir in the vinegar and oregano, and season to taste w/salt and pepper. Add pine nuts and heat a minute or two more. Serve hot.

New Potatoes with Garlic

Amounts are flexible: Steam or boil truly **new potatoes** until they are barely done. It takes less time than 'regular' potatoes because they are so fresh. Heat some oil or butter in a frying pan big enough to easily accommodate the potatoes. Add quite a bit of chopped **garlic** and another herb such as **rosemary, scallions or thyme**. Add potatoes and cook for a little while until the potatoes begin to brown, eat them up when they look like they are ready. You can add salt and pepper if you like.