



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 27, 2009

In This Week's Share

- Broccoli – Such gorgeous broccoli; it does enjoy these cool temperatures.
- Spinach – Ditto on the spinach. Cold weather is good for this hearty green.
- Cucumbers?? – We HOPE we have enough cukes for all. If not, the good news is that the pollination is strong and they should be coming in as soon as we get some more sun. The crop is now blanketed by row covers to help them along. We have to remove them every few days however so the bees can get in and do their thing.
- New Potatoes – Home fries for breakfast!
- Head Lettuce
- Summer Squash/Zucchini – This crop is not as strong this season as all the old rural tales promise. Soon we hope to give out more, till you are begging for mercy.
- Beet/Carrot/Scallion/Fennel Choice

Pick Your Own

- Beans – We should have beans for picking for the next 3 weeks or so
- Snap Peas? – This crop is going by, but there may be some more to pick still.
- Flowers
- Basil & other herbs – We will harvest basil for our Montpelier members this week.

Reduce, Reuse, Recycle

- Please return your clean green quart and pint containers from pick-your-own crops back to the farm. We will reuse them!
- Bring your clean, full sized plastic bags to CSA pick up for all to use! We will store them happily. No paper bags, small newspaper bags or dirty Ziplocs please.

Farmer's Message:

How about that fresh garlic? Did you use it right away? Notice the fresh, juicy, spicy zing? This is one of my all time favorite crops. Each year we hold about 10% of the crop to plant in October for the coming season. We've been saving seed from our garlic crop for quite a few years now, and have selected for the tastiest and largest garlic. I'm very pleased with the results. We usually harvest this crop during the last days of July, but already the bulbs are impressive for their size. The sight of hundreds and hundreds of garlic bulbs hanging from the barn's rafters makes me feel kin to the squirrels in late fall. Next week we'll announce our volunteer date and hope you will come on out to pull some bulbs and see for yourself what this crop is all about.

Volunteer Date On Hold: Garlic Harvest

We're going to wait another week to see if the garlic can get any bigger. We'll keep you posted on the harvest date.

"We've really enjoyed all the fresh vegetables and are so pleased with our share. We should have done this years ago!"

-Wellspring CSA member Alyce Wood

This Week's Member Feature**Name:** Angie Barger**Town:** Marshfield**CSA member since:** 2004

What is the sexiest vegetable and why? Garlic, indeed. It has well balanced masculine and feminine qualities, there's no denying its potency, and our relationship continues to remain spicy over the long Vermont winters.

What is the best thing that happened today? My neighbors, my daughter and I played in the rain, relishing it. We picked wild raspberries. While the adults pondered summer and the current state of the Vermont rainforest, the kids splashed through puddles in full appreciation and got filthy dirty.

Describe a childhood food memory: Family Reunion. July in Pennsylvania. We pop the watermelon into the creek at 10 a.m. and stare it down all day long as it chills in the running water. Mid-day, we harvest the river's green striped trout. Ice cold watermelon juice drips down chins, necks, onto bathing suits. Slurps and smiles.

What do you appreciate most about your Wellspring share? While the veggies are clearly our main addiction to the CSA, and the 3 minute drive from front stoop to farm is appealing, I also really appreciate the kid-sized scissors so my daughter can help harvest culinary and medicinal herbs. My farmer thinks of everything!

Vegetable Storage Tips

- Never store potatoes or garlic in the refrigerator, as they lose their flavor. Keep in a dry, dark place at room temperature.
- Always store your vegetables in containers that maintain humidity like a plastic bag or glass or plastic containers. If you've ever just tossed your beets and carrots into the fridge and come back to find them limp and rubbery, then you know why.
- Spin your salad mix at home to prolong storage. Add a dry paper towel to your storage container to absorb extra moisture.
- Never put wet basil in the fridge or it will turn black. Instead, cut stems just like flowers and put dry basil in a glass of water or vase. Put a plastic bag over the top to keep some humidity in and store upright in the fridge to last a week (as long as you don't accidentally tip the glass over in the fridge!)

ROASTED-GARLIC BASIL SAUCE

4 large garlic cloves
1 medium zucchini
3/4 cup packed fresh basil leaves
1/4 cup packed fresh flat-leafed parsley leaves
1/2 cup water
2 teaspoons fresh lemon juice

Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into 1/4-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes about 3/4 cup.

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