



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 3, 2009

In This Week's Share:

- Tomatoes! – Just starting.
- Cucumbers
- Fresh garlic
- Salad mix – spicy and mild
- Mix-n-Match: beets, carrots, bulb fennel, Swiss chard, 'taters
- Summer Squash & Zucchini
- Broccoli? Peppers?

PYO

- Beans
- Flowers
- Basil

PYO-ers: Please return your green quart and pint containers. We will reuse them. Thank you!

Volunteers Wanted Garlic Harvest!

Tuesday, Aug 4 and Wednesday, Aug 5. 9am-2:30pm

Cancelled if it rains.

Alternate Rain Date: Friday, Aug 7.

See how garlic grows and learn tips on how to grow it at home. Come for an hour, two, or the whole day.

We will light our clay oven at noon to roast some garlic & veggie snacks.

Please email mimi@wellspringcsa.com if you plan to join us.

Lettuce Give a Hand to a star volunteer, Michael Paladino. Michael, aka Junior, joined us a few weeks ago on hiatus from his urban life in Long Island to work in the fields. Working side by side, he has gotten as dirty, mosquito-bitten, sunburned and muscle-y as the rest of the farm crew. We expected him to help out for half days only, but no, he was ready to be worked hard. He has had the joy of getting "in the zone" while hoeing weeds, mastering pizza in our clay oven, using machete skills to harvest broccoli, having a fire (the good kind) and cooking a meal over it, and getting clean in the river. We have had the pleasure of laughing at his city stories (plus marveling as he detached from his Blackberry), and the blessed ease of a lighter work load thanks to him. Thank you, Michael, and please come back!!



Member Feature: Paul Markowitz

From: Montpelier Wellspring CSA

member since: 2009

Thank you to Paul for baking in our clay oven last week. We are seeking more volunteers to light up the oven!

Why you joined the CSA: I love supporting local organic farms! It is such a total win-win-win for everyone. We get great organic produce, we support local farmers, and we reduce our dependency on imported foods that are heavily fossil-fuel dependent. What could be better?

Baking is special because: For me, bread is symbolic of sustaining of life! The sourdough starter I use is almost 30 years old and I started it when I used to live in Hinesburg in the early 1980s. I feel like the ancient Hebrews who carried their starter on their backs as they traveled the desert. I am more than glad to share the starter with anyone who is interested.

If you could meet one famous person who would it be and why? Mahatma Gandhi. I think the biggest challenge facing the planet is violent conflict. Gandhi really showed us how to resolve conflicts peacefully. No more of our children sent to wars over the fight for resources and power!

On baking bread in the CSA oven: Thanks for the opportunity. I have been baking my sourdough bread for close to 30 years - and it never tasted as good. The texture is unbelievable. There is something magical about the outdoor bread oven. I will be back to bake again!

Senior Shares: Each week we send mini-CSA shares to **85 seniors** in central Vermont. It's very meaningful to provide fresh, local produce to those who might not otherwise receive it. Some of these folks grew up on farms, and many of them know all about canning, preserving and raising vegetables themselves. This program is administered by the Northeast Organic Farming Association (NOFA-VT) in partnership with Vermont vegetable farms around the state. This week we got some thanks from the seniors and it warmed my heart. *Thanks to YOU* for making our community supported farm possible.

Hi Mimi!

The seniors at Pioneer Apartments LOVE the vegetables. On that first Monday, the pure pleasure on one man's face as he ate the peas told the whole story. Everyone looks forward to their arrival and wonders what they are receiving this week. There are many exclamations about "how beautiful the carrots look", or "OH, lettuce!" I've had several people tell me how much they enjoy receiving the fresh food. It's a pleasure to be handing it out!

So thank you, from the Pioneer faction!

Julie Hand



Photo of her CSA share
by member
J. Emily Bandru

On special request: Our Pizza Pesto Recipe

All measurements are approximate.

Combine in a food processor:

5 cloves garlic or 8 garlic scapes (whole)

2 handfuls basil

1 handful parsley

2 Tbsp lemon juice

2 tsp salt

Pepper to taste

½ cup parmesan

For a richer pesto, add 2 Tbsp melted butter

Cucumber & Tomato Salad

2 cucumbers, sliced thinly

1 medium tomato, coarsely chopped w/ juice

3 cloves fresh garlic, chopped

1 scallion or ¼ onion, chopped

fresh herbs like basil or parsley

Generous amount of balsamic vinegar

Generous amount of olive oil

Salt & pepper

Optional: feta cheese

Combine all ingredients. Dip pieces of sourdough bread in the soupy dressing too.

Beet Carrot Burgers

makes 6 - 8 burgers

2 C grated beets

2 C grated carrots

1/2 C grated onion

1 C cooked rice

1 C toasted sunflower seeds

1/2 C toasted sesame seeds

2 eggs, beaten

2 tbsp. soy sauce

1 C grated cheddar cheese

3 tbsp. flour

1/4 C oil

minced fresh or dried garlic, cayenne, and fresh or dried parsley to taste

Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350 degrees. Unless patties are very large, it should not be necessary to turn them.