



# WELL FED

Newsletter for Wellspring Farm CSA

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

August 17, 2009

## In This Week's Share:

- Tomatoes
- Garlic
- Lettuce or salad mix
- Cucumbers & summer squash
- Cilantro or Parsley choice
- Potatoes
- Greens Mix n Match: Spinach, Swiss Chard, Kale, Collards
- The Unknown: Cherry tomatoes? Melon? Sweet Corn?

**PYO:** Flowers and Basil



## Featured Member

**Name:** Dan Carns

**Town:** Marshfield 1991

(originally a Georgia Boy)

**CSA member since:** 2006

**Why did you join Wellspring CSA?** Vickie and I joined the CSA for several reasons. Initially we were looking for organic and fresh, then local with no packaging. Finally, we wanted to support a local farm. I believe we have reached veggie heaven!

**What is your favorite thing about summer?** I can take my fishing pole to a sun filtered stream bank, splash my face with cold clean water & spend an hour or two alone, watching bugs, listening to birds and trying to trick a fish or two.

**Summarize your grandmother's house in 3 words.**

Tradition, culture and heritage

**What is the best thing that happened today?** I awoke ½ hour earlier than normal to the sound of a solo robin singing very faint at first and not into a whole song. All by herself a little louder and a few more notes minute by minute until this robin was letting her neighbors know that it was morning and she was ready for a great new day. I soon fell back to sleep to this sweet solo for a little more rest. I then woke to my alarm and had an amazing day at

## Zucchini with Quinoa Stuffing

Makes 4 servings , Hands-on Time: 0hr 20m. This recipe is: Kid Friendly.  
*Real Simple, September 2008*

### Ingredients

- 1/2 cup quinoa, rinsed
  - 2-4 medium zucchini or summer squash
  - 1 15-ounce can cannellini beans, rinsed
  - 1 cup cherry tomatoes, quartered
  - 1/2 cup almonds, chopped (about 2 ounces)
  - 2 cloves garlic, chopped
  - 3/4 cup grated Parmesan (3 ounces)
  - 4 tablespoons olive oil
4. Heat oven to 400° F. In a large saucepan, combine the quinoa and 1 cup water and bring to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes.

1. Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.
2. Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, 1/2 cup of the Parmesan, and 3 tablespoons of the oil.
3. Spoon the mixture into the zucchini. Top with the remaining tablespoon of oil and 1/4 cup Parmesan. Cover with foil and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.

# Recipes Wanted

Your Favorite recipes using farm vegetables  
are needed for the

## 1<sup>st</sup> Annual Wellspring Farm Member Cookbook



We are collecting recipes to post on the website and publish in a cookbook.

All of the profits from cookbook sales will be used to buy shares for families in need next season.

Please submit your recipes to  
[csacookbook@gmail.com](mailto:csacookbook@gmail.com)

Thank you for your support!

### SUPPORTED SHARES FUNDRAISER

Each season we offer half-priced CSA shares to families in need of assistance. In order to do this, we receive some funds from NOFA-VT and we also seek donations from our members. This year CSA member J. Emily Bandru has generously donated her time and expertise to take professional photos at the farm and is creating note cards for sale to raise funds for our Supported Shares. The photo note cards with envelopes (recycled paper) will be available at the CSA pick up site, coming soon! The price per card will be \$3.00. This will be an ongoing fundraiser throughout the season, with additional images from Wellspring as the season progresses.

If you are interested in specific photographs seen on the Wellspring CSA homepage being made into a note card, please contact Emily at [imartinaction@yahoo.com](mailto:imartinaction@yahoo.com). She will be happy to accommodate your requests. If you see her at the farm and would like a personal photo, just ask!

### Sample CSA Note Cards

