



# WELL FED

Newsletter for Wellspring Farm CSA

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

August 24, 2009

## In This Week's Share:

- **Melon** – Choose from cantaloupe, yellow watermelon and pink watermelon
- **Sweet Corn** – We harvest your corn just a few hours before CSA pick-up, so you can rush home and eat it at its sweetest.
- **Tomatoes** – We are trying our best to clean the copper spray off the skins, but some of it seems to remain despite our effort. They are easy to peel by hand. On another note, this recent heat made the tomatoes ripen very quickly and so they were super ripe at harvest. This week we will try to harvest them less ripe so they do not split as easily and drip juice all over (oh, what troubles).
- **Peppers & Eggplant choice** – Growing well in this heat.
- **Sweet Onions** – This variety is called Ailsa Craig. An oblong onion known for its mild, sweet flavor. Caramelize and top a pizza with it.
- **Head Lettuce**
- **Herbs** – Possibilities are parsley, cilantro, dill & garlic
- **Mix-n-Match:** beets, cukes, zucchini, summer squash

## PYO

- **Cherry tomatoes**
- **Hot peppers**
- **Basil**
- **Flowers**

## Clay Oven Baking with Paul Markowitz

Monday August 24, 4-6PM  
at the farm  
Sample Paul's bread, see how our oven works and bring your own dough to bake.

## LABOR DAY SCHEDULE

We will not have a CSA pick-up on Labor Day, September 7. Instead, *Monday shareholders will pick up on Tuesday, September 8.* Thursday CSA remains the same.

## Canning Time FOR SALE

- Cucumbers for pickling
- Zucchini for relish and other fine canned recipes

Wholesale price: \$1.25/lb  
Minimum order 5 lbs per crop

## Farmer's Message

We went from wet and cold to hot and dry, and boy what a welcome change! At long last it seemed crops are performing how I always hoped they would. Suddenly the cukes and zukes are pumping out, and the eggplants, peppers and tomatoes are ripening quickly. What a difference the heat makes. As in the rest of New England, crops were reportedly about 10 days behind schedule this season, and so after a long wait our sweet corn and melons are ready for harvesting. We have a gorgeous stand of corn. I can smell the corn's warm, sugary aroma just by walking by our patch. It wafts through the air, attracting not only me, but the red winged blackbirds that like it too. We string up metallic streamers above the corn to confuse and distract the birds. So far it is working. The trick is to get the "bird scare tape" up before the birds figure out what is going on, because once they do, it is much harder to stop them from destroying a surprisingly large amount of corn. They're no fools. Same goes for the melons. Oh, it irks me to no end to have a perfectly round, large ripe melon get destroyed by some persistent pecking by the birds. Aaargh. You probably hear me hollar and groan all the way at your house when that happens.

Enjoy these last August days of summer.



**Featured Member:** Joah Star Byers

**Town:** East Montpelier

**Wellspring member since:** my whole life!

**What is your family's favorite vegetable?** Greens & garlic...and pick 'em peas...

**What do you appreciate most about the CSA?** Zede the stead (*on-farm horse*) & I like greens & the sandbox & mama's flowers

**If you planned a costume party, what would the theme be and why?** A fancy dress party for my birthday.

**What is the best thing that happened today?** Helping mama feed my baby chickens.

### **Peddle Your Wares to Support Shares!**

Silent Auction at Harvest Fest

Sunday, Sept 13, 2-5PM

All proceeds support subsidized CSA shares for low income families.

**Our goal:** raise \$750 which NOFA-VT will match for a total of \$1500 to support 10 families in 2010.

#### **How can I participate?**

- Donate a service, experience or craft item to be bid on at the auction.  
Requested value: \$15 and up.
- Bid during Harvest Fest!

#### **Examples of services or experiences:**

cooking lesson, baby sitting, massage, one-on-one yoga session. Be creative.

**Examples of crafts:** baked goods, pottery, photographs, homebrew beer, canned goods

**How do I sign up?** See sign up form attached here or get a form at pick-up. Please return forms by Sept. 10.

### **Summer Squash and Corn Soup**

**1 tablespoon extra-virgin olive oil**

**1 medium shallot or 4 cloves garlic, chopped**

**2 medium summer squash (about 1 pound), diced**

**3 teaspoons chopped fresh herbs, such as thyme or oregano, divided**

**1 14-ounce can reduced-sodium chicken broth or vegetable broth**

**1/4 teaspoon salt**

**1 cup fresh corn kernels**

**1 teaspoon lemon juice**

**1/4 cup crumbled feta cheese**

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes.

2. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.

Find similar recipes at [www.eatingwell.com](http://www.eatingwell.com)

### **Layered Eggplant Casserole from *Recipes from America's Small Farms***

2-3 TBS vegetable oil

1 large egg

2 TBS milk

¼ cup all purpose flour, more if needed

1 eggplant, peeled and cut into ¼ inch thick slices

1 large onion, finely chopped

4 large tomatoes, cut into ¼ inch thick slices

4 ounces Monterey Jack or other cheese, grated

1 TBS unsalted butter

Preheat the oven to 350 degrees. Oil a 2-quart casserole. Beat the egg and milk in a bowl and spread the flour on a plate. Heat 1 TBS of the oil in large skillet. Dip each slice of eggplant into the egg mixture, and then flour on both sides. Place the slices in the skillet in a single layer and fry until golden on both sides. Continue frying the eggplant in batches, adding oil as necessary, until done. Layer the fried eggplant, the onion, the tomato, and the cheese until they are all used up; the final layer should be the eggplant. Sprinkle any remaining flour (or use another 2 TBS of flour) over the top. Dot with the butter. Place in the oven, uncovered, for about 45 minutes, until bubbling and the eggplant is tender. Note: instead of frying the eggplant slices, you can drizzle them with oil and bake them on a cookie sheet for about 30 minutes in a 350 degree oven.

## **BREAD AND BUTTER PICKLES**

- 5 lbs cucumbers
- 8 cups of thinly sliced onions (about 3 pounds)
- 1/2 cup canning or pickling salt
- 4 cups of vinegar (5 percent)
- 4-1/2 cups of sugar
- 2 tbsp mustard seed
- 1-1/2 tbsp celery seed
- 1 tbsp ground turmeric
- 1 cup pickling lime (optional- for use in variation below for making firmer pickles)

**Yield:** About 7-8 pints

**Procedure:** Wash the cucumbers. Next, cut off about 1/16-inch of the blossom end and discard. Cut them into 3/16-inch slices. Combine cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours. Add more ice as needed.

Combine remaining ingredients in a large pot. Boil 10 minutes. Drain and add cucumbers and onions slowly reheating to a boil. Fill jars with slices and cooking syrup, leaving 1/2-inch headspace. Place your jars in a canner filled half way with warm (120° to 140°F) water. Then, add hot water to a level 1 inch above the tops of the jars. Heat the water enough to maintain 180 to 185°F water temperature for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes. Temperatures higher than 185°F may cause unnecessary softening of pickles.

**Storage:** After processing and cooling, jars should be stored 4 to 5 weeks to develop ideal flavor.

**Variation:** Squash bread-and-butter pickles. Substitute slender (1 to 1-1/2 inches in diameter) zucchini or yellow summer squash for cucumbers.