



# WELL FED

Newsletter for Wellspring Farm CSA

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

September 8, 2009

Our regularly scheduled Monday pick up this week is **Tuesday, Sept 8, 4-6pm** due to Labor Day

## Harvest Fest!

**This Sunday, Sept. 13, 2-5PM at the farm**

Hayrides! Funky music! Face Painting! Auction!  
Crazy Farm Games!

Please bring a potluck dish, friends and family, and a blanket to sit on.

Volunteers wanted to run the bread oven. Email [mimi@wellspringcsa.com](mailto:mimi@wellspringcsa.com) if you can help out.

Cancelled if it rains.

## We need your talents and gifts for our SILENT AUCTION

To benefit our subsidized share program  
Fill out our form (attached to this email) and bring items to Harvest Fest by 3pm.

Come on out and bid!

Some of the donations received so far: 90 minute massage, dog training consultation, 9" tart, original watercolor painting.

Be creative and thank you for your participation!

## In this week's share:

- **Mix-n-Match:** beets, carrots, sweet onions, summer squash, zucchini
- **Sweet Dumpling Winter Squash** – see cooking ideas below
- **Choice:** Broccoli, cabbage (3 kinds), leeks, maybe cauliflower
- **Sweet Corn**
- **Watermelon and maybe honeydew**
- **Lettuce or Salad Mix and/or Spinach** – We gave you one week off without greens because it seemed many folks weren't taking them the week prior, but now they're back. We missed it.
- **Cilantro or parsley or garlic**

## Pick Your Own

Beans, flowers, basil, hot peppers, tomatillos

## Thank You Volunteers

The red and yellow onions are curing in the greenhouse and barn; and many colorful varieties of winter squashes are coming out of the field. Thanks to our wonderful volunteer farm hands!

**Elissa Campbell**  
**Claudia Clark**  
**Carolyn Grodinsky**  
**Lu Van Zeeland**  
**Dan Zucker**

## Senior Farm Shares Visit

Last week we were thrilled to host local assisted-housing residents at the farm. Each week we provide 85 seniors and others a \$5 share of produce, thanks to a program administered by NOFA-VT. Two ears of corn, a pound of potatoes and a sweet onion...a little CSA sample. We love hosting this group of enthusiastic shareholders who really seem to appreciate coming out to the farm to pick a few flowers and cherry tomatoes and sample a yellow watermelon or two. Together we had a blast and we thank them for their involvement with our farm.



**Bringing in the winter squash.**

**September 2, 2009**

**By Member Lu van Zeeland**

Sitting here gently  
at my desk,  
what wants to speak  
from within  
at 5:30,  
before I cut the onions  
and potatoes  
for dinner?

My body relaxed  
from an afternoon  
in the soft September sun  
bringing in the winter squash  
from the fields  
of Wellspring Farm.  
I liked the kindness  
of working side by side  
with Jillian, and Mike, and Noah.  
They're young,  
all of them.

I brought home a barnacled old  
buttercup squash.  
My favorite,  
with the dry, sweet  
dark orange  
inside.

Happy thinking  
about making soup  
in a couple of weeks,  
when it is cured.  
Maybe I'll have a fire  
in the wood stove  
then.

Is time curing  
this sadness in my heart,  
too?  
I think so.

**Farmer's Report**

This past week, after hearing numerous late blight reports from local gardeners, I knew we were in for it. Only one bad night's sleep with late blight nightmares for me, and then I spotted the greasy black spots just beginning on the cherry tomatoes. We moved swiftly to protect the nearby potatoes, harvested what was left in the tomato greenhouse and finally disc harrowed in the cherry tomatoes in order to stop the disease from moving further. I regret we ultimately succumbed to the disease of course, but mostly I'm very grateful that we avoided it this far into the season. We've had a good five weeks of tomatoes for our shareholders, cherry tomatoes got picked for Montpelier members just days before the disease, and our potatoes will most likely escape unscathed. Not bad at all! Many other commercial growers did not fare as well, so I view our fate as a success. Tomatillos still look okay, but they may go too so please come out to the farm and pick them if you'd like for green salsa or cornmeal-battered and fried treats.

**Tomatillo Salsa**

about 1 cup

8 - 10 tomatillos  
1 jalapeno, seeded and de-stemmed  
1 small handful cilantro  
1/2 small white onion  
1/4 tsp. salt, or to taste

Remove papery skins from tomatillos (discard skins). Wash tomatillos under warm water to remove stickiness, then quarter them. Combine with rest of ingredients in a food processor and process almost to a puree (it helps to coarsely chop everything before adding).

**Sweet Dumpling Squash – a tidy bundle of yummy carotene**

(excerpted from a 1999 internet posting by Betsy Kline of the Post Gazette)

"Squash. People love it or hate it. But how can you hate a little green-and-cream-colored orb called a Sweet Dumpling? This tiny squash – they often weigh in at less than a pound – is true to its name: It's so sweet that it needs no seasoning, unless you prefer a shake of salt and pepper. Butter? Who needs it? This little gem is buttery by itself. One small squash is a perfect 2-serving size. And it's a snap in the microwave. We like to serve it as is, in the skin, as a side dish with chicken or fish. The flesh is a bright orange. Just take a spoon and dig in. Or scoop it out and mash it with a little salt and pepper. It doesn't get any simpler than this. Nutritionally, it's a bundle of vitamin C, a range of B vitamins and beta carotene