



# WELL FED

Newsletter for Wellspring Farm CSA

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

September 21, 2009

## In This Week's Share:

- **Broccoli or Cauliflower Choice** – Both make great cream soup.
- **Purple Top Turnips** – This wonderful fall vegetable is delicious roasted in the oven with other roots or glazed on their own. Or boil, mash and add to mashed potatoes for a zippy flavor.
- **Cooking Greens Mix-n-Match: Chard, Collards, Kale** – Now that we've had a few frosts this weekend, these greens are sweeter and richer tasting.
- **Head Lettuce or Arugula Choice** – A spicy option for you this week. Arugula's nemesis, the flea beetle, is nowhere to be found this time of year.
- **Roots Mix-n-Match: Beautiful Beets, Polished Potatoes, Crunchy Carrots and Opulent Onions**
- **Delicata Winter Squash** – A favorite of many because it is so sweet. You can even eat the thin skin once cooked. Cut into 1" slices and roast with other veggies in the oven. Store in a cool, dry spot like a kitchen cupboard and it will hold 1-2 months.

## PYO:

Cut corn stalks for decorating, beans, flowers, hot peppers.

Dear Farmer Mimi,

When the day are short and the nights are chill,  
Geese fly over and the wind is still,  
Winter's whispering around the bend,  
Think of me when the corn stalks are dry,  
And call me up so I can swing by . . .  
I'll put them to a useful end.

Tracey Hambleton

## Renew Now!

Reserve a spot for next season now and **receive 5 lbs. of carrots FREE!** It's our carrot method of enticement. Your early deposit will help pay for seeds this winter. Simply fill out a form at pick-up and pay \$30.



## Winter Shares for Sale \$65

Potatoes, Garlic, Carrots, Onions, Winter Squash and More.

Easy to store at home

Pick up Oct 12 at the farm or Oct 15 in Montpelier

## Get local cider!

### Lost Meadow Cider Mill

Open weekends September 12 - October 31

Lost Meadow Cider Mill produces two main juice products. Sweet Juice ('Cider') and fermenting stock ('Cidre') which is made from specific juice blends intended for making hard cider. The mill is located on Wheeler Road in Calais, VT just off County Road, two miles south of Maple Corner or about seven miles from the Main Street rotary in Montpelier. When open, signs can be followed from Main Street in Montpelier.

Customers who wish to reserve juice or schedule a pick up time can call owner Terry Bradshaw at (802) 922-2591 or email

[terryb@lostmeadowvt.com](mailto:terryb@lostmeadowvt.com)

**Name:** Pam Quinn  
**Town:** Marshfield Village  
**CSA Member since:**  
Since the beginning, 2003



**When not at CSA pick-up, I'd rather be...**

Cooking or spending time outdoors

**What is the best thing that happened today?**

I went to the Tunbridge Fair with my family and it was a beautiful Vermont day that started out cool and ended cool. In between I was over dressed and so appreciate the warm sun.

**Favorite vegetable and why**

Broccoli, because I can make so many things with it and I always love the way it tastes.

**Name one thing you are looking forward to this fall.**

Hiking with my family and biking through the fall foliage

**Asian Broccoli or Cauliflower**

1 bunch broccoli or cauliflower  
1 teas. minced garlic  
1/3 c. chicken or vegetable broth  
2 tbl. soy sauce  
1/4 tea. sesame oil

1. Cut the tops into florets.
2. Heat a wok or large skillet until very hot. Add the oil and immediately add the garlic. Let sizzle for 15-20 seconds.
3. Add the remaining ingredients and give everything a quick stir. Without turning the heat down, cover the wok and let steam for 4-6 min., until the broccoli or cauliflower is done.

**Curried Chickpea, Lentil, and Greens Stew**

Adapted from *Vegetable Harvest, Vegetables at the Center of the Plate* by Patricia Wells

1.5 cups dried French Lentils rinsed and drained  
2 Tablespoons extra virgin olive oil  
1 onion and 1 carrot chopped  
S & P to taste  
2 quarts vegetable or chicken stock  
2 teaspoons curry powder  
½ teaspoon cayenne pepper  
1 large bunch of cooking greens (e.g. kale, chard, collards, turnip greens)  
2 cups canned chickpeas, drained and rinsed  
2 teaspoons cumin seeds  
1 cup style yogurt for garnish

1. Place lentils in a fine-mesh sieve and rinse until cold running water. Set aside
2. In a stock pot, combine the oil, onion, carrot and 1 teaspoon salt. Sweat-cook, covered, over low heat until soft but not browned- for about 3 minutes. Add the stock and bring to a simmer over moderate heat. Add the lentils, curry powder, and cayenne and stir. Simmer, covered, until the lentils are tender, about 20 minutes. Add the greens and the chickpeas and cook until the leaves are wilted, about 5 minutes more. Add salt and pepper to taste
3. While the stew is cooking, toast the cumin. Place the cumin seeds in a small, dry skillet over moderate heat. Shake the pan regularly until the cumin seeds are fragrant and evenly toasted, about 2 minutes. Watch carefully! They can burn quickly. Transfer the cumin to a large plate to cool. Set aside.
4. Divide soup and garnish each bowl with a spoonful of yogurt and a sprinkling of toasted cumin.