



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

September 28, 2009

In This Week's Share:

- **Solana or "Nightshade" Choice:** Eggplant/Pepper/and a few Tomatoes – In preparation for this weekend's hard frost, we harvested the remaining eggplant and peppers from the fields and the last healthy tomatoes from the greenhouse. The peppers are a beautiful array of colors: red, green streaked, purple and orange. Try roasting and add to pizzas; or stir fry with onions and steak or sausage.
- **Garlic** – We are cleaning the last of the garlic that has been hanging from the barn rafters since August. We've got plenty for the winter shares.
- **Spinach** – This is spinach's time to shine. Cold nights makes it sweet, sturdy and deep green.
- **Brassica or "Cole Crop" Choice:** Cabbage/Boc Choy/Leeks – OK, leeks are not from the brassica family, but they are in this choice anyhow. Cooking ideas: Potato Leek Soup, Borscht, Boc Choy stir fried with peanut sauce (recipe below).
- **Acorn Winter Squash** – Good for stuffing with cranberries, nuts, wild rice, bread crumbs. Or just use butter and maple syrup.
- **Roots Mix-n-Match:** New this week: Red Onions, Celeriac, Red & Gold Potatoes
- **Herb Choice:** Cilantro/Dill/Parsley

PYO – Done for the season.

Featured Veg: Celeriac (aka celery root)

Don't be put off by this root's rough exterior. It's surprisingly delicious and versatile. Peel the skin with a paring knife before cooking. Roast it, add to soups, stews and stir fries, grate and include in coleslaw, boil and mash with potatoes.

Bulk Storage Crops Available

25 and 50 lb bags of onions, carrots, beets, potatoes, winter squash and smaller quantities of garlic for sale.

Sign up at CSA pick-up
(Winter shares still available too)

Share the Harvest: Thursday, Oct 1

Dine out or shop for hunger and help share the Vermont harvest with limited-income families.

Sponsored by NOFA-VT. Participating businesses will donate up to 15% of sales on Oct 1 to the Farm Share Program. See www.nofavt.org for a complete list.

Volunteer Date:

Onion Cleaning and other Fall Projects

Tuesday, Sept 29, 10-12pm and 1-4pm
Come join us for farm work and beautiful fall foliage views!

Email mimi@wellspringcsa.com

New Potato Varieties

This past Thursday and this coming week, we included two new potatoes in the roots mix-n-match options.

- **German Butterball** – A favorite heirloom variety, this potato has deep yellow flesh and a very smooth consistency. Good for scalloped 'taters, home fries, anything really. Dry texture.
- **All Red** – A gorgeous smooth skinned potato with light rose flesh inside. Beautiful in potato salads. Rich flavor. Try adding walnut oil in your dressing.

Farmer's Report

Currently accepting ideas for what to do with 4000 lbs of carrots and 3000 lbs of beets. So far Parker is in the lead with pitching them to Jamba Juice. Anyone want to bake 1500 beet-chocolate cakes? Help! Winter squash supply looks right on target. Many other local growers have suffered from poor yields of winter squash this year due to the early abundance of rain. In other goings on; our good neighbor Dale Bickford brought his large plow over this week to turn over a bit more soil for some minor expansion next year, and then he hayed the back field, making round bales for a beef cow farmer in Cabot who thought he might be short on his winter hay supply. While it might not make the greatest quality hay due to a good amount of goldenrod, Dale said it beats feeding snowballs to cows.

On another note, this past sunny Thursday afternoon, member Jonathan Matthews was quietly weighing out his Swiss chard when suddenly a series of loud beeps came over the CB strapped to his waist. Then came an announcement about a fire in Marshfield, and before we knew what was happening, Jonathan dropped his bags, energetically ran out of the pick-up shed and past the flowers, jumped in his truck (which was facing toward the road for a fast exit) and was out of here, headed to the emergency. We who were here looked out after the dust in the road, somewhat shocked into silence at first, and then we marveled at how grateful we felt to have such dedicated community members who volunteer to serve and help others. I'll tell you, if I had a fire at my house, I'd want Jonathan to be there. And I feel humbled and thankful that he would be. Thank you, Jonathan and all other EMT and emergency response volunteers!

Stir-Fried Bok Choy with Peanut Sauce

Ok, frankly this peanut sauce is to die for. We like eating it with nearly everything. I can't remember if I've included this recipe already, but I think it's worth printing again. Serve with rice.

½ to 1 c peanuts (or try cashews)	1 T minced ginger
¼ c white wine vinegar or any other similar vinegar	pinch red pepper flakes
¼ c sugar	1 ½ lbs bok choy
¼ c soy sauce	¼ c peanut oil

Toast peanuts in a dry skillet, tossing frequently until lightly brown and fragrant. Combine peanuts, vinegar, sugar, soy sauce, ginger, pepper flakes, and 2-4 T water in a blender or food processor; puree until smooth. Set aside. Wash bok choy stems and leaves well. Separate bok choy leaves from the stalks. Cut stalks into 1-inch pieces and roughly chop leaves. Heat peanut oil in a large skillet on high heat. Add bok choy stems and cook, stirring, until crisp-tender, 2-3 minutes. Add the leaves and cook until they turn bright green, 1 minute or so. Remove to a platter and cover with peanut sauce or serve sauce on the side.

Beet Soup or Borscht

Grate or shred in a food processor:

1 c carrots

2 c onions

4 c beets

Barely cover these ingredients with water, add 2 tsp salt, bring to a boil, then simmer covered for 20 minutes.

Add and simmer for 15 minutes more:

2 T butter

2 c bouillon or soup stock or miso soup

2 c shredded cabbage

2 T vinegar

Ladle into soup bowls, add dollop of sour cream, serve with roasted potatoes or sautéed kale, and yummy bread and a dark beer.

Coleslaw idea: Add grated celeriac to cabbage. If you like a crunchy slaw, toss in ingredients such as nuts and apple slices just before serving. This way they won't soften in the dressing.

Beet idea: Roast beets in oven. Cool and peel off skins. Add orange slices cut into smaller pieces, some chopped red onion. Whisk vinegar, oil and chopped garlic in a bowl, and then toss over beets to coat. Season with salt and pepper. Consider adding some blue cheese. Heaven?

<p>Spinach salad dressing: 1/3 c oil 2 T cider vinegar 2 T Dijon mustard 2 T sesame seeds 1 garlic clove, minced Fresh black pepper</p> <p>Toss spinach greens with dressing. Add orange pieces if desired.</p>	<p>Creamy Carrots – I love this one!! Sauté 2 c grated carrots in 3 T butter. Stir in 1/3 c cream, 1/8 c white wine or vermouth, tarragon, salt and pepper till soft.</p>
	<p>I brought this cabbage salad to a potluck this summer, and I got a few requests for the recipe. Here it is. Pam</p>

CABBAGE SALAD WITH RAMEN NOODLES

1 lg. head cabbage - chopped
5 green onions, chopped
1/2 sm. carrots, grated
2 pkg. Ramen noodles (broken)
1/2 c. sunflower seeds
1 pkg. slivered almonds
1/2 c. butter
Brown noodles, sunflower seeds, almonds in butter; set aside.

DRESSING
1 c. salad oil
2 tsp. soy sauce
1 c. sugar
1/2 c. vinegar
1/2 tsp. salt

Mix until well blended. Add dressing and noodle and nut mix to cabbage 15 to 20 minutes before serving.

Favorite CSA Recipes?

If you have any favorite recipes that you would like to share in the newsletter (for this year or next) please send them directly to Pam Quinn (Newsletter layout volunteer) at pambrendan@fairpoint.net