



# WELL FED

Newsletter for Wellspring Farm CSA

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

October 5, 2009

## In This Week's Share:

- **Butternut Winter Squash** – Makes a very smooth squash soup.
- **Pie Pumpkin** – One pie pumpkin is the perfect size to make one perfect pie. Now say that 5 times fast.
- **Big Greens Mix-n-Match:** arugula, kale, chard, spinach, collards, head lettuce. Make some of the last salads of summer this week; or sauté hearty greens for a nutrient-packed supper with hot soup and bread.
- **All-the-Roots Mix-n-Match:** Elba (moist and firm buff colored skin with white-flesh; excellent storer) and German Butterball potatoes, red and yellow onions, celeriac, purple-top turnips, beets, carrots
- **Brassica Choice:** Boc Choy or Savoy, Purple or Green Cabbage – Crunch! All hold well in the fridge for approx. 2 weeks. Make eggrolls, stir fry, coleslaw.
- **Herbs Choice:** Cilantro, Dill, Parsley – Take your cooking to the next level with herbs.

## LAST SUMMER CSA PICK-UP THIS WEEK

Thank you for a wonderful summer season! Have a spectacular winter and we look forward to seeing you in the springtime.



## WINTER SHARES & BULK PRODUCE PICK-UP NEXT WEEK

Monday, Oct 12, 4-6pm at the farm only

Thursday, Oct 15, 4-6pm in Montpelier only

\*\*Bring a few large boxes to hold 40 lbs of produce.

**Winter shares still available.** Sign up this week.

It's easy to store at home; really! Storage tips at <http://www.wellspringcsa.com/pdfs/storage.pdf>

## \$ Your Share Value \$

Despite the very-wet early months of this summer, we delivered a varied, high quality, fresh-from-the-fields share each week and for this we are very proud. Thankfully we used black plastic and raised beds which helped with the excessive rain and most crops recovered very nicely in drier August and September. You received at least a **15% discount** on what you would pay at the farmer's market or local food coops for organic produce. Your discount increases dramatically if you regularly took advantage of our PYO crops. **The numbers don't tell the most valuable part of the story: knowing where your food comes from, supporting a local farm, the high nutritional value and safety of locally grown organic produce, no packaging to add to the landfills, seeing neighbors and friends at pick-up, contributing to our local economy...the list goes on!** Look for more details on your share value in our winter newsletter when I have more time to crunch the numbers and watch the snow fly.

### Farmer's Message

The season is now coming to a close, and all in all it has been a very fine one. Many hands contributed to our successful season. First and foremost, thanks go to our committed membership. Without your support there would be no farm. Your enthusiasm and appreciation for what we do keep us motivated. Sharing the bounty of nature with you feels like a celebration each week. I thank you deeply.

I feel much gratitude to our farm crew this year, who worked tirelessly in lots of rain through June and July, and beyond when the totes got heavier and heavier with root crops and winter squash, always with a positive attitude. Jillian Abraham, Mike Peabody, Noah Young and our working members Jeff Swift, Tim Spence, Flora Jestice, Mike and Lyla Keenan – a big round of applause for each of you.

Special thanks to Pam Quinn for newsletter layout and recipes; Shawn Bryan for web design and upkeep; Steve Bronstein for all manner of blacksmithing needs; Rick Pope for deliveries and gracious volunteering; Ben and Shawna O'Neill for Montpelier pick-up storage; Emily Bandru for photography and card making; Paul Markowitz for bread baking; Bill Goss for generous massage; Tim Spence for deliveries; and to all of our members who came out on a volunteer day to lighten our load. Thank you!!

Finally, more gratitude than I can express goes to my husband and partner, Parker. For your love, compassion, cooking and listening. Every farmer needs a farmer's husband like you.

### Puree of Celeriac Soup 4 servings

3 T olive oil  
1 small leek, white part only, chopped  
1 medium onion, chopped  
2 cloves garlic, thinly sliced  
2 ½ cups peeled, coarsely chopped celeriac (about 1 lb after peeling)  
3 c chicken stock or broth  
2-4 T milk  
Salt and fresh pepper  
½ t hot sesame oil

1. Heat olive oil in saucepan over medium heat and add leek, onion and garlic. Sauté until softened but not browned, about 4 minutes.
2. Add celeriac and stock and bring to a boil. Reduce heat to low and simmer until celeriac is tender, about 20 minutes.
3. Using a blender and working in batches, puree soup until smooth. Add sesame oil and milk as needed to enrich soup. Season with salt & pepper.



### Butternut Apple Crisp Bars

3 C peeled and sliced butternut squash  
3 C peeled and sliced tart apples  
1 C packed brown sugar  
1/8 tsp. ground cloves  
1 tsp. ground cinnamon  
2 tsp. lemon juice  
1 ¼ C all purpose flour  
½ tsp. salt  
6 tbsp. softened butter  
1/3 C chopped nuts  
(ice cream, optional!)

Preheat oven to 350 degrees. In a large mixing bowl, mix squash and apple slices with ½ C brown sugar, cloves, cinnamon and lemon juice, tossing to mix. Place in a well-greased shallow baking pan and bake for 30 minutes. Remove from oven.

In a medium mixing bowl, combine remaining brown sugar, flour, salt and butter until crumbly. Add nuts. Spread evenly over squash/apple mix. Bake 40 minutes longer. Cut into bars. May be topped with ice cream.