



WELL FED

Newsletter for Wellspring Farm CSA

WELLSPRING FARM CSA

Spring 2007

Orientation Edition



Weeding party! Back row (left to right): Working member Diana Batzel, apprentice Liza Earle, farmer Mimi Arnstein. Front row (left to right): volunteer Karen Semerka, working member Lu van Zeeland, part-timer Kaylie Larkin, mechanic Parker Nichols.

Welcome to the Wellspring CSA 2007 season! This year we are 110 families strong! We're farming 5 acres of certified organic vegetables, flowers, herbs and cover crops in the most ecological and sustainable way we can. And YOU, our local customer-base, make this possible.

The Wellspring team is expanding with more part-time field workers, working members like Jeri Keenan who runs the Montpelier CSA pick up site, volunteers and the farmers: farm manager Mimi Arnstein, apprentice Liza Earle, and mechanical wizard/farmer's husband Parker Nichols. Look for features on our staff in upcoming newsletters.

We hope CSA pick-ups will be a highlight of your week. Children of all ages love to get involved on the farm! As with any season, some crops will thrive while others will be less abundant. We offer to you all the fruits of our labor combined with the remarkable magic of the soil, sky, and striving plants.

We've included pick-up instructions in this newsletter. Please read them carefully and ask us if you have any questions. Bon appetite!



CSA Pick-Up Notes

Hours: Each member has chosen to pick up shares either Monday or Thursday at the farm, or Thursdays in Montpelier. Please come on your chosen day, as we only harvest for the number of expected members (see "Missed Pick-ups" for info on alternatives). Shares may be picked up from 4 to 6 PM. Expect approximately 10 minutes to pick up your share, and allow more time for pick-your-own options at the farm. **Please note that pick-up sites close promptly at 6 PM.**

Choose One Pick Up Site: Shareholders who signed up for the Montpelier site must pick up their shares in Montpelier each week; and members who sign up for the farm pick-up site must pick up their share at the farm each week. This rule is necessary due to efficiencies of harvest and planning. It is hard to juggle 100+ shares!

Split Shares: Some members have opted to split shares with friends. You may pick up your share together; you may have one party pick up the entire share; or you may alternate pick-up weeks with your share partner. However, **shareholders must pick up the entire share at one time to avoid confusion.** Both members will receive farm e-mails and newsletters.

Parking: Please drive **very slowly** as you approach and exit the pick-up sites. Children may be scampering about. At the farm, parallel park your car on the left side of the road. Please do not pull beyond the yellow fence for safety. To exit, use the posted turn-around area. At the Montpelier site, you may pull your vehicle in to face the pick up tent.

Check-in: Please sign in when you arrive. We are here to help you, so please ask us questions or for assistance!

Bags: In the effort to re-use and recycle, we ask that you please **bring your own bags** for the week's share. We heartily welcome any empty, clean, full-sized plastic and paper bags you may be collecting in your kitchen. We will keep them here for your and other's use.

Wash your Veggies: After harvesting, we cool your produce down in our wash tubs and store your share in our walk-in cooler. However please wash your produce before consuming when you get home. Watch our newsletter for periodic storage tips to make your produce last. *(continued on back page)*

Pick-Your-Own: Pick-your-own crops can be harvested at the farm by all members on Mondays or Thursdays, 4 to 6 PM only. You will find pick-your-own crops posted at both the Montpelier and farm sites to keep you informed. Please ask if you are unsure of the appropriate harvesting methods. Note the following requests: **1)** Pick only those items on the list. While other crops may appear ready they may be recovering or ripening. **2)** Please only harvest the amount noted so that everyone gets a share. **3)** We appreciate your walking carefully between the beds. Supervised children are welcomed. Please let us know if you are unable to harvest due to reasons of health when you arrive at the farm and we will arrange to have some items harvested for you.

For Montpelier members, we try to harvest the pick-your-own (pyo) crops for you from time to time when we have sufficient labor. However, these crops are specifically designated as pyo because they are so labor intensive to harvest. To insure that shares are financially equitable for Montpelier members, we provide more of the other non-pyo crops to you throughout the season.

Recipes: Recipes are available at pick-ups, and appear in our weekly newsletter and on our website — especially for those less-familiar vegetables. If you have web access, please help save paper by leaving the hard copies for those without it.

Missed pick-ups: Each pick-up day we harvest for the number of shareholders expected. If you do not pick up your share, food unfortunately goes to waste. If you know in advance that you will miss a pick-up, please inform us *48 hours in advance* so that you can choose from the following options to get your share:

- ◆ Have someone pick up your share for you or offer your share to a friend, neighbor, or co-worker.
- ◆ Ask us to donate your share to our local food shelf.
- ◆ Receive a double share prior to or after your absence.
- ◆ Switch your pick-up for that week to an alternate farm pick-up day (i.e. Monday or Thursday at the farm only)

These last two options require *48 hours notice* so that we can plan our harvest accordingly.

Late pick-ups: Both pick-up sites close promptly at 6 PM. If you will be late, we can bag your share if given sufficient notice.

If you will be late and would like to have your share bagged, *call by 5:30 PM (426-3361, leave a message)*. Messages left after 5:30 PM will not be received in time to bag shares. Farm-pick-up members' shares will be left in our cooler and Montpelier-pick-up members' shares will be left in the shade under the pick-up tent for the evening. Your name will be written on the bag. It is essential that bagged shares in Montpelier be picked up that same evening because other groups also

Wellspring Farm is home to three families. Please respect privacy by parking your car in the designated area along the road at the farm, and stay in the CSA pickup area or pick-your-own fields. Ask if you are unsure.

use the site. We cannot guarantee shares will be there the next day (and surely the veggies will have sadly wilted). For farm-pick-up members' bagged shares, access the farm's cooler by entering the white door to the immediate left of the red barn's silo. Shares will be right inside the door. Please pick up your share promptly as it will be at sub-optimal temperatures.

If you miss a share or two you are still receiving a good value for your money. Your share is already discounted 10-15% off organic retail prices.

Dogs: For everyone's safety and comfort, we request that dogs be left at home or in the car.

Holidays: The week of July 4, pick up will remain as scheduled. For the Labor Day holiday, our regular Monday pick-up will be changed to Tuesday, September 4.

Winter CSA Share: Winter shares consist of a range of seasonal, easily-stored vegetables such as carrots, onions, garlic, beets, potatoes, winter squash and pumpkins. There are many mix-n-match options so that you may customize your share somewhat. The winter share is a one-time share pick-up, distributed in October on the last summer CSA pick-up day. You will receive detailed tips on how to store your produce; all crops are selected for their ease of storage so no worries! Limited to 40 members on a first-come, first-served basis.

Share Carpooling: At the start of the season we will have a carpool sign-up sheet. If you are interested in connecting with other members for carpooling and/or sharing pick-up responsibilities, please add your contact information. We will distribute the sign up sheet to interested members, and then the contacting is up to you. Thank you for helping to save fossil fuels.

Hearty thanks to our donors for your contributions to our Supported Share program! Vermont's Northeast Organic Farmers Association (NOFA) matches each donated dollar to help make local organic food available to more members of our community. We had strong interest from eligible households again this year and we are pleased to offer half-priced shares to 6 low-income families thanks to an outpouring of donations. Thank you for helping us share the bounty!

2007 Donors

Sarah Alberghini & Chris Winters
Allen & Lorilla Banbury
Eric Benedict & Family
Toni Ceckler & Dave Macvicar
Jay & Richarda Ericson
Julia & John Kaptan
Rachel Keach & Chris Riddell
Mike & Jeri Keenan
George Mathon & Elizabeth Winn
Johnathan & Sarah Matthew
Gina Mazer & Mark Howard
Harry Mazer & Norma Fox
Mic Metz
Alfred Mills & Sam Talbotkelly
Bob Minsenberger & Dorothy Wallace
Aaron & Julie Moore
Will Roberts & Susanne Miller