



# PICKIN' & GRINNIN'



Volume 2 Issue 1

The Ledge Ends CSA Newsletter

June 20, 2006

## Share Contents This Week:

Salad Mix  
 Broccoli  
 Pac Choi  
 Garlic Scapes  
 Garlic Scallions  
 Radish  
 Turnips  
 Kohlrabi  
 Oregano  
 Thyme  
 Potted Plants

## Greetings!

Welcome to our new members and welcome back to everyone who joined us last year as we embarked on our new adventure here in East Greenwich. After a soggy start, we are expecting 2006 to be a wonderful season. We've been busy this winter in preparation, and hope that our efforts will produce a season's worth of veggies that everyone will appreciate and value.

All of our members, new and old, have empowered themselves by making the choice to control their food source. Community Supported Agriculture (CSA) projects are a wonderful way for consumers to support their local farms and local economies. If this is your first time as a CSA member, you will probably find that you eat healthier and think more about the food you eat. The vegetables you eat this summer will be fresher and more flavorful than what you have been eating all winter. Thank you for taking advantage of the opportunity to eat foods that your supermarket does not offer you and thank you for choosing our program.

## About the box:

**Garlic scallions** are immature garlic plants. **Garlic scapes** are false flowers that grow from the top of the garlic plant. Both are edible and tasty! Chop them up and use them in any recipe that calls for garlic! No peeling necessary! Members last year introduced us to grilled garlic scapes; they're excellent!

Remember that your share will change as the seasons change. In the spring, you'll be getting lots of "greens". Enjoy them now, as we will have less of them when it gets hot. With 19 more weeks to go, the size and variety of your share will

## Important Information for All Members

If you know you will not be able to make it to a CSA pick-up, please let us know in advance of the pick-up and we will bag out vegetables for you and allow you to pick them up at the farm the next day. Please note that this is extra work for us and we would appreciate it if you would not make a habit of missing scheduled pick-up times. If you miss a CSA pick-up, and you have not made previous arrangements, you will not be able to pick up the share later.

## Goings on at the Farm this Winter

One of the most important changes on the farm since last season had been the addition of new deer fencing. We received a USDA grant that has allowed us to fence in the main fields where we grow produce for the CSA. Last summer, the deer seemed to nibble up most of the lettuce just before we were ready to harvest each planting. That will not be a problem anymore.

Trish also received a mini-grant from the Rhode Island Center for Agricultural Promotion and Education (RICAPE) to assist her in offering educational programs on the farm this year. Please scan over our offerings and see if there are any you're interested in. All programs require pre-registration and are first-come, first-serve.

# Featured Item of the Week: Pac Choi

Pac Choi, Bok Choy, & Pak Choi are all different names for the same vegetable, *Brassica rapa*. Whichever name you use, it's the ultimate green vegetable for stir-fries. Pac Choi, very lightly stir-fried with a bit of garlic or ginger, is divine! Oyster sauce, soy sauce and sesame oil are all well suited, alone or together, to the delicate flavor of pac choi. When you stir-fry it, be sure to cook up the chopped stems for a few minutes before adding the leaves, since the leaves cook up very quickly.

## Fast Cooking with Pac Choi

Try cutting 1 head into thin strips and frying it in a little oil for 2 minutes. Then add 2 tablespoons water, 1 tablespoon soy sauce, 1 tablespoon oyster sauce, and 1 tablespoon butter; cook for 2 minutes more and serve with fish or over steamed rice. (<http://www.abel-cole.co.uk/Content/Recipes/PACchoi.htm>)

## Stir-Fried Pac Choi with Cashew Sauce

½ cup raw cashews	1 tablespoon minced gingerroot
¼ cup white wine vinegar	pinch of red pepper flakes
¼ cup sugar	1 ½ pounds pac choi
¼ cup soy sauce	¼ cup peanut oil

Toast cashew in a dry skillet, tossing frequently until brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2-4 tablespoons water in a blender or food processor; puree until smooth. Set aside. Wash pac choi stems and leaves well. Separate the pac choi leaves from the stalks. Cut stalks into 1 inch pieces and roughly chop the leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking. Add pac choi stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add the leaves and cook until they wilt and turn bright green. Remove to a platter and cover with cashew sauce, or serve on the side. (From *Asparagus to Zucchini*)

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## Place Your Cookbook Order By June 29th

The “Stir-Fried Pac Choi with Cashew Sauce” recipe featured above is from the cookbook [From Asparagus to Zucchini](#). It is a cookbook developed specifically for CSA members and includes recipes for all the wackiest vegetables you will receive like kohlrabi, turnips, and mustard greens. The recipes in this cookbook are easy to prepare; this is a cookbook you will use!!! We are going to make a bulk order of these cookbooks. If you tried this week's pac choi recipe and loved it, consider buying the whole book. We will have this cookbook available to members for \$20. Let us know you would like a cookbook by signing up at your CSA pick-up or emailing us at [LedgeEnds@cox.net](mailto:LedgeEnds@cox.net) by June 29. If you would like to see the cover of the cookbook, it is on our website: [www.LedgeEndsProduce.com](http://www.LedgeEndsProduce.com)