



PICKIN' & GRINNIN'



Volume 2 Issue 4

The Ledge Ends CSA Newsletter

July 11, 2006

Share Contents This Week:

- Lettuce
- Peas
- Green Garlic
- Scallions
- Kohlrabi
- Summer Squash
- Zucchini
- Cucumber
- Red Russian Kale
- Dill
- Mixed Herbs

Calendar of Events

Herb Workshops This Weekend:

Growing and using culinary herbs-Saturday, July 15, 11:00 am

Herbal Salves and Teas-Sunday, July 16, 11:00 am.

Please call ahead to register. Both workshops are \$10 per person.

Volunteer Work Day- Saturday, July 22 9:00am—11:00 am. Come see where your food grows and get a taste for the hard work that happens here. Wear your work clothes and bring work gloves.

This Week on the Farm

It's been a busy week here on the farm. The CSA program is in full swing, the farmers markets are starting to buzz, and there have been many visitors on the farm. Trish's Garden Insects workshop was well attended; 23 children and adults came to learn about bees and other garden insects. The weather was cooperative and people asked many great questions. It was excellent to see the excitement and enthusiasm of the children as they looked for insects in our fields.

The tomatoes plants are growing nicely. This week our two workers trellised all 3500 plants, which will keep them off the ground in order to prevent disease and make the fruits easier to pick. The warm weather has been a much-needed change, helping our melon, eggplants, and peppers to really take off as well.

It's come to our attention that some of the newer members mistakenly believe that the small vegetable field near our parking area is where their vegetables come from. That field is managed by the Rhode Island Food Bank. It is managed completely by volunteers and all of the food grown there is brought to the Food Bank.

Our fields are all out back, not visible at all from the road or the parking area. If you would like to come out and see them, you are welcome to any time. Just park by the Food Bank's garden and walk back. If you want, you may also walk the wooded trail that starts behind the barn. It will lead you through the woods to our fields. If you see us working, wave!

Oops! I missed my Pick-up!

Please remember that you must call ahead of time to let us know if you are going to be missing a pick-up and would like us to bag out your produce. You do not need to call if someone else is picking up for you. After each pick-up, any leftover produce is packed up and will be donated to the food bank. It makes extra work for your farmers when you call us after a pick-up and ask for us to bag vegetables for you. We pick vegetables specifically for farmers markets and when people call after a pick-up we often have to take food from there, which means we're losing money too! We've been lenient with members these first few weeks since we understand that it can be difficult to get into a new routine. In the future, we ask that members who miss their pick-up and have not made prior arrangements please be satisfied with the farm making a larger donation to the Rhode Island Food Bank. Thanks for your cooperation!

Simple Recipes

The cookbooks are in! Seventy-two members decided to take advantage of the opportunity to purchase the Asparagus to Zucchini cookbook written specifically for CSA members. Have fun trying out the recipes found there!

Grilled Summer Squash

Our favorite way to eat summer Squash!

2 Summer Squash 4 scallions, chopped
2 Tbsp. butter 4 tsp. fresh thyme or other herb

1. Slice the ends of the squash. The slice in half the long way.
2. Put a pat of butter, some scallions, and fresh herb on each half. Wrap in aluminum foil.
3. Put on the grill for about 8-10 minutes. Then unwrap and enjoy!

Serves 4. One half of a summer squash makes a nice side dish with fish, veggie burgers, and other entrees!

Kale with Carmelized Onions and Balsamic Vinegar

1 bunch kale 1/2 tsp. sugar
Salt 2 tsp. balsamic vinegar
2 Tbsp. olive oil Freshly ground black pepper

2 medium onions, halved and sliced thin

1. Wash the kale, stripping the leafy green portion from both sides of the tough central vein. Discard the veins and rip the leafy portion into small pieces. Steam until kale is tender, about 5 minutes.
2. Heat the oil in a large skillet set over medium heat. Add the onions and cook, stirring occasionally, until golden brown, 12 to 15 minutes. Sprinkle with the sugar and continue cooking until the onions are a rich brown color, about 10 minutes. Lower the heat if at any time the onions begin to burn.
3. Add the kale and cook, tossing well, until heated through and evenly flavored with the onions, 1 to 2 minutes. Add the vinegar and a generous amount of pepper. Adjust the seasonings and serve immediately.

Serves 3-4 as a side dish.

(*Vegetables Every Day* by Jack Bishop)