



PICKIN' & GRINNIN'



Volume 2 Issue 5

The Ledge Ends CSA Newsletter

July 18, 2006

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Calendar of Events

Tuesday, July 25 2:30-4:30 pm. Kids age 10-15 are invited to **Intro to Organic Farming.** Learn what it means to be organic and do some work in the garden. \$8 per child.

Friday July 28 6-8 pm our series of cooking demonstrations led by Eve Formisano begin with **Grill it Up!** Eve will create grilled pizza, smoky gazpacho, and grilled sliced peaches. This workshop is filling up fast! Check our complete listing of educational programs at LedgeEndsProduce.com

A Day in the Life of a Farmer

Some of our members wonder how we manage to harvest food for all 150 members each week. So, we take this opportunity to explain.

The day before your CSA pick-up, we begin to harvest your vegetables. On harvest days, we rise early and pick as quickly as we can before it starts to get too hot. We start with lettuces, and other tender greens and rush them to the walk-in cooler after they are picked. When everything has been picked, we start washing during the heat of the day, dunking greens in icy cold water and hosing the dirt off root crops. Picking and cleaning can last an entire day, and sometimes we find ourselves picking a few items the following morning, before CSA pick-up.

Picking is a priority now that the CSA is in full swing, but we have to keep up with other farm tasks as well. There is *always* weeding that needs to be done. Crops still need to be planted in the field and in the greenhouse as well. Farmers markets must be attended, tractors need fixing, and fences need to be built. And, of course, our dog Juno needs to be walked at least three times a day.

The recent muggy weather has made working on the farm a real challenge. There is more pressure to pick greens earlier and faster and working has been sticky and uncomfortable. However, many of the vegetables are enjoying the weather, such as eggplants, peppers, tomatoes, squash, and beans. You'll be seeing more of these "fruit" crops in your box as the season continues.

This is the life we have chosen and love to lead. Feeding all of our members healthy and high quality food makes all the trials of farming worth the work.

Volunteers Needed!!!

Our next Volunteer Work Day is Saturday, July 22 9:00am–11:00 am. We occasionally hold these days in order to give members and opportunity to come see where their food grows and to get a taste for the hard work that happens here. Working on the farm is not mandatory but it adds to your experience as members and your help is appreciated!

If you choose to join us, wear your work clothes and bring work gloves. We'll meet at 9:00 in the parking area by the community gardens. If you show up after 9:00, park in the parking area and walk on back to our fields out back. You'll find us in the carrot patch.

Simple Recipes

When it is hot and humid, we never feel like cooking. This week, we give you two salad recipes that are almost meals in themselves. Enjoy!

~~Baby Beets Salad~~

1 bunch of beets, with greens	1 Tbsp. balsamic vinegar
3 Scallions, chopped	1 Tbsp. red wine vinegar
1 large garlic clove	4 Tbsp. Olive oil
1 tsp. Dijon mustard	Salt and pepper to taste
2 tsp. honey or maple syrup	2 ounces mild goat cheese, crumbled

1. Separate beets from greens, leaving 1 inch of stem attached to beets.
2. Wash beets, then add to boiling water. Cook for 20 minutes, or until a fork will go through the beets.
3. Remove long stalks off leave, wash leaves, and chop coarsely. Place leaves in a salad bowl and toss with scallions.
4. In a small bowl, mix garlic, mustard, and honey. Add the vinegars and whisk to combine. Add the olive oil, whisking until emulsified. Add salt and pepper to taste.
5. When beets are tender, pour hot water out of pot and fill with cold water in sink. Peel cooled beets, removing the "tail." Slice beets and add to top of salad. Drizzle dressing on salad and add goat cheese.

Serve with veggie burgers or eat by itself. Serves 4.

~~Baby Fennel and Feta Salad~~

This tasty salad serves 2. If you have more mouths to feed, use more cucumbers and/or eat over salad greens. Double the amount of vinaigrette if necessary.

1 tsp. Dijon mustard	1 cucumber, peeled and sliced
2 Tbsp. Red Wine Vinegar	2 baby fennels bulbs, sliced thinly (stalks discarded or used later)
4 Tbsp. Olive oil	1 small onion, chopped
Salt and Pepper	2 oz. feta

1. Combine mustard, vinegar, and olive oil in a small bowl and whisk to combine. Add salt and pepper.
2. Add cucumber slices to vinaigrette. Coat cucumbers, then remove and place on serving plates.
3. Place the fennel, onion, and feta cheese in with remaining vinaigrette and mix lightly to coat mixture.
4. Place this mixture on top of cucumber slices. Add croutons if desired.