



PICKIN' & GRINNIN'



Volume 2 Issue 6

The Ledge Ends CSA Newsletter

July 25, 2006

Share Contents This Week:

Parsley
 Peas
 Easter Egg Radishes
 Summer Squash & Zucchini
 Cucumber
 Japanese Eggplant
 Green Beans
 Yellow Wax Beans
 Kale or Collards
 Mixed Herbs
 Garlic
 Chard
 Green Sweet Onions

Calendar of Events

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

This Week at Ledge Ends

This is a busy time of year at the farm; there is usually work going on seven days a week from dawn until dusk. One accomplishment this week was the garlic harvest. Approximately half an acre of garlic was pulled from the ground and placed into the barn to dry. It takes several weeks for garlic to "cure", which will help the flavor of the garlic to mellow and help the garlic to store longer. The garlic you are receiving this week hasn't been fully cured, so it is still quite potent and should be consumed this week if possible.

Last Saturday, we also held our second volunteer day for the 2006 season. Although the turnout was lower than we expected, a 300 foot bed of carrots was weeded. We'd like to thank Donna Dyer and Mark Schwager for lending a hand here on the farm. It was an overcast morning so weeding was pleasant, and the lively conversation made the time pass quickly.

An important part of being in a CSA is learning how to eat foods which are in season. You'll notice that this week's share contains no lettuce or salad mix. During the heat of summer, it is more difficult to grow these crops. Many of the crops you received earlier in the spring are being replaced by newer heat-loving crops. Radishes and turnips have given way to eggplants. Instead of leafy greens we now have green beans. Kohlrabi is gone but now we have squash. Surprisingly, we do still have peas. We can't explain why this spring crop is still thriving, but we don't expect to have them much longer.

CSA's Fight Global Warming

Going to the supermarket and buying whatever you want whenever you want it is easy, but eating foods that are in season is a more responsible way to eat. Just last week, we watched a Discovery Channel special on global warming that warned tractor trailers shipping vegetables from California to the east coast are spewing out huge amounts of carbon dioxide into our atmosphere. An article in the most recent National Geographic also noted that far more energy is used to ship iceberg lettuce across the country than is gained from eating that same lettuce. By eating foods that are grown right here in Rhode Island, you are helping reduce greenhouse gas emissions. Our operation also creates a very small amount of packaging wastes. Vegetables that are shipped long distances are packed into cardboard boxes that are used once before being thrown away. We are able to use plastic containers that last for years. Many of our members also bring their own canvas bags or baskets to pick-ups, further reducing wastes.

Simple Recipes

Spicy Greens and Beans

This recipe makes a nice side dish for 2-3. If served over rice, it would taste great and would likely feed a few more people.

1 bunch greens (Kale, collards, mustard, chard, etc.)	1/2 cup water
2 tsp. olive oil	1/4 tsp. salt
1 large onion, chopped	1 cup rinsed white beans
3 cloves garlic, chopped finely	2 Tbsp. hot sauce (Cholula, Tabasco, etc.)

1. Trim the greens, and remove any fibrous stems. Wash well, drain, and cut crosswise into 1" wide strips.
2. Heat the oil in a large pot or deep covered skillet over medium heat. Add the onion, and cook for 6 minutes. Stir in the garlic, greens, water, and salt. Bring to a simmer over high heat, stirring until the greens are wilted. Reduce the heat to low, and cook, covered, for 8-10 minutes, or until tender.
3. Stir in the beans and pepper sauce. Cook for 2 minutes longer, or until heated through. Serve with rice, if using.

Mixed Squash Casserole

(The Pillsbury Family Cookbook) serves 4

1 small yellow summer and 1 zucchini, cut into 1/2 inch cubes	1/2 tsp. salt
Boiling water 1 1/2 cups	1 1/2 cups Mornay Sauce
1 medium-sized onion, chopped	1 Tbsp. butter
2 Tbsp. minced parsley	1/2 cup dry bread crumbs
1/8 tsp. thyme	

Place squash in saucepan. Add boiling water to cover. Add onion, parsley, thyme and salt. Cook 20 minutes, until tender. Drain well. Place in 1 1/2 quart casserole. Pour Mornay sauce over squash and mix lightly. Combine butter and crumbs. Sprinkle over squash. Bake at 325 for 15 to 20 minutes, until browned.

Mornay Sauce

1 vegetable or chicken bouillon cube	3/4 cup light cream
3/4 cup boiling water	1/2 cup grated Parmesan cheese
1/4 cup butter	1/2 cup shredded Swiss Cheese
1/4 cup flour	

Dissolve bouillon cube in boiling water. Melt butter in saucepan. Blend in flour; add cream. Cook, stirring constantly, until thick. Blend in bouillon and cheeses. Stir until smooth. Remember, only 1 1/2 cups of this sauce is needed for this recipe!