



PICKIN' & GRINNIN'

Volume 2 Issue 7

The Ledge Ends CSA Newsletter

August 1, 2006

Share Contents This Week:

Kale
Basil
Fennel
Lettuce
Hot Peppers
Eggplant
Cucumbers
Mixed Herbs
Green Sweet Onions
Squash and Zucchini
Tomatoes
Mixed Tomato Pints
Green Bell Peppers
Garlic

Calendar of Events

August 12– Farm Fresh Asian Cooking Class

August 13– Alternative Energy for Rhode Island
educational talk

August 26- Sensational Salsa Cooking Class

August 29– The Science of Composting and Decomposition for children ages 10-15

See our complete listing of programs with descriptions

This Week at Ledge Ends

We don't mean to sound repetitive, but it was another busy week on the farm. Our series of cooking workshops began Friday night with "Grill it Up!" Despite the violent thunderstorm that swept through the farm as the workshop began, the workshop was a success. Chef Eve served up great tasting dish after great tasting dish. We are so glad to know how to make great grilled fennel pizzas now! Eve's workshops are filling up fast. They are a great way to learn how to jazz up meals, and are just plain fun.

The weather is changing. Our cool wet spring is gone and we're well into the thick of summer. The insects have arrived. Bean beetles have wreaked havoc on the beans. You can still expect edamame (soybeans) soon, and probably more green beans too. And the tomato hornworms are here too. Trish alone squished 275 of them. These nasty beasts defoliate tomato and pepper plants, and nibble holes into the fruits. Nonetheless, we are happy to provide you with the first tomatoes of the season this week!

Crop in the Spotlight: Sweet Peppers

Peppers are the sweet vegetables of the capsicum species, close relatives of spicy chilies, and members of the nightshade family that includes tomatoes, potatoes, and eggplants. Peppers bring color, flavor, and texture to raw and cooked dishes. They come in a number of colors and shapes. This season, you can expect to see red, yellow, orange, purple, and green peppers. Their variety names are as exotic as their colors: Lipstick, Corno di Toro, Labrador, Giant Marconi, Fat & Sassy, Superheavyweight, Round of Hungary, and Purple Beauty.

Peppers are a super source of Vitamin C, especially red peppers. They also provide beta-carotenes and are a valuable source of fiber. Fresh and firm peppers will keep for at least a week in the refrigerator. If you don't think you will eat them all, keep in mind that they freeze well also!

The stem and seeds must be removed from a bell pepper before cooking. Use a paring knife to cut around the stem and then grasp hold of the stem and pull out the core with all its seeds. Rinse the shell with water to remove any other seeds and there you have it! Stuff it and bake, slice it into rings, cut into chunks and grill, or simply add to raw salads.

Simple Recipes

Baba Ghannouj

1 large or 2 medium eggplant
2 cloves garlic (or more)
1/4 cup lemon juice
1/4 cup tahini
Salt, black pepper, and cayenne to taste
1 Tbsp. olive oil
Parsley or mint, chopped

1. Slice eggplant in half lengthwise and sprinkle the flesh with salt. Preheat oven to 375 and let eggplant sit for 15 minutes. After 15 minutes, rinse off salt, pat dry, and place eggplants, flesh-side-up, on a baking tray. Bake for 20 minutes or until flesh is soft. OR Poke holes in eggplant with a fork and throw it on the grill until it is soft and collapses.
2. Let eggplant sit until cool enough to handle. Then, scoop out the eggplant pulp and discard the skin. Place the pulp in a food processor or blender and add the garlic, lemon juice, tahini, 1/2 tsp. salt, black pepper, and cayenne.
3. Refrigerate. Before serving, garnish with chopped herbs. Serve with crackers or pita bread or use as a dip for raw veggies.

Sautéed Bell Peppers with Greek Flavors (Vegetables Every Day by Jack Bishop)

2 Tbsp. Olive oil
4 medium bell peppers cored, seeded, and cut into 1/2-inch wide strips
2 garlic cloves, minced
2 Tbsp. lemon juice
8 Kalamata olives, pitted and chopped
1 tsp. minced fresh oregano leaves
2 ounces feta, crumbled (about 1/2 cup)

1. Heat the oil in a large skillet. Add the peppers and sauté over medium-high heat until the peppers begin to brown in spots, about 4 minutes. Add the garlic, reduce the heat to low, and cover the pan. Cook, stirring once, until the peppers are tender but not mushy, about 10 minutes.
2. Uncover the pan and add the lemon juice, olives, and oregano. Cook just until the lemon juice evaporates, about 1 minute. Season with pepper to taste. Turn the peppers into a serving bowl. Serve hot or at room temperature, sprinkling with the cheese just before serving.