



# PICKIN' & GRINNIN'



Volume 2 Issue 8

The Ledge Ends CSA Newsletter

August 8, 2006

## Share Contents This Week:

Fennel  
 Lettuce  
 Green Peppers  
 Zucchini  
 Japanese Eggplant  
 Cucumbers  
 Parsley  
 Heirloom Tomatoes  
 Red Tomatoes  
 Cherry Tomatoes or Tomatillos  
 Baby Carrots  
 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

## Notes on this Week's Share

Time to go buy some fresh mozzarella! The big news this week is tomatoes, big beautiful juicy tomatoes. We are glad to offer our members an abundance of them this week. The tomato field is looking amazing and we hope to be offering you many more tomatoes in the coming weeks. The zucchinis this week are a little larger than what we have been providing you with up till now. Well these behemoths are great for baking with. Try the zucchini muffin recipe on the back or make some sweet zucchini bread this week. Enjoy!

## Fruit Shares to Start Soon

Time is running out for members to purchase fruit shares that we are offering in conjunction with The Barden Family Orchard. For a mere \$50, you can purchase a half share and you will receive 10 weeks of apples in addition to the vegetables we are offering you. For \$75, you will receive 4 weeks worth of peaches as well. Fruit will be picked up at the normal pick-up along with the veggies.

If you are interested in purchasing a fruit share, please make out a check payable to Barden Orchard and send the check to The Barden Family Orchard 56 Elmdale Road, N. Scituate, RI 02857.

## Don't Miss Sunday's Workshop!

On Sunday, August 13, from 12:00pm to 1:30, Ledge Ends is hosting a presentation entitled "Alternative Energy for Rhode Island". Dan Cartier, a mechanical engineer and alternative energy specialist, will share a powerpoint presentation that will outline why we must switch to renewable energy systems and will show photographs of systems that have already been implemented around the world. Dan will be able to answer questions you have about making these important changes to your home and lifestyle. As Director of Buildings and Grounds at the Chariho Regional School District, he was the driving force behind the school district's construction of a massive solar array that powers the administration building. There is a \$5 fee for all participants. **Space for this workshop is limited, so please call or email us to register.**

## Simple Recipes

### Zucchini-Basil Muffins

This recipe, taken from Bernard Clayton's New Complete Book of Breads, makes 2 dozen small muffins. These tasty little muffins make a nice accompaniment to a summer dinner. They are not sweet like traditional zucchini bread; they have a savory flavor.

2 eggs, room temperature	1 Tbsp. baking powder
3/4 cup milk	2 tsp. salt
2/3 cup cooking oil	2 cups shredded zucchini
2 1/2 cups flour	2 Tbsp. minced fresh basil
1/4 cup sugar	1/2 cup grated Parmesan cheese

1. In a large bowl, break and beat the eggs. Add milk and oil.
2. In another bowl, stir together dry ingredients. Add dry ingredients to egg mixture, 1 cup at a time, and stir until it becomes thick, moist batter.
3. Gently stir in zucchini and basil.
4. Spoon batter into greased muffin tins, filling each halfway. Sprinkle Parmesan cheese over the top of each muffin.
5. Bake muffins in the oven at 425 degrees for 20 to 22 minutes or until the muffins are golden brown and cheese is melted. Allow muffins to cool 10 minutes in the tins before turning them on a metal rack to cool.

### Sea Bass and Spicy Tomato Sauce Over Braised Fennel (*Gourmet*, March 2003)

1 large fennel bulb	1 cup broth (chicken or vegetable)
1 large onion, halved lengthwise (half sliced into 1/4 inch slices, half chopped)	1/4 tsp. crushed red pepper flakes
1/2 tsp. anchovy paste	Approximately 2 cups chopped tomatoes
2 1/2 tsp. olive oil	4 (5oz) skinless sea bass fillets, bones removed (or similar fish)

1. Preheat oven to 450. Quarter fennel bulbs lengthwise, then cut lengthwise into 1/4 inch slices.
2. Cook fennel, sliced onions, and anchovy paste in 1 1/2 tsp olive oil over moderate heat for about 1 minute. Season with salt and pepper, then add broth and braise, covered, stirring occasionally, until vegetables are tender, about 10 minutes. Then remove lid and allow liquid to evaporate.
3. Transfer fennel to a 1 1/2 quart shallow gratin or other shallow ceramic or glass baking dish.
4. Cook chopped onion, red pepper, and salt to taste in remaining tsp. oil in skillet, stirring occasionally until onion is softened, 3 to 4 minutes. Add tomatoes with juice and simmer, breaking up tomatoes with a spoon and stirring occasionally, until very thick, 15 to 20 minutes.
5. Arrange fish fillets on top of fennel. Spoon tomato sauce over fish. Cover with a sheet of parchment or wax paper, then cover baking dish tightly with foil and bake in middle of oven until fish is just cooked