



PICKIN' & GRINNIN'



Volume 2 Issue 9

The Ledge Ends CSA Newsletter

August 15, 2006

Share Contents This Week:

Red Potatoes
 Japanese Eggplant
 Hot Peppers
 Peppers
 Lettuce
 Basil
 Cucumbers
 Mixed Squash
 Heirloom Tomato
 Red Tomatoes
 Sungold Cherry Tomatoes
 Mixed Tomato pints
 Garlic

Calendar of Events

August 26- Sensational Salsa Cooking Class

August 26– Second Annual Tomato Festival at the Coastal Growers Market

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

See our complete listing of programs with descriptions at LedgeEndsProduce.com

This Week at Ledge Ends

The potatoes on the farm are starting to die back. We are finding that the unusually wet spring may have had a pretty negative effect on this year's crop. The plants emerged from the soil much later, grew much slower, and are dieing back a bit early. For this reason the potatoes you receive this year will be smaller than usual. We have harvested the small crop of reds and will dig more potatoes in a few weeks.

A busy week at the farm was followed by an equally busy weekend. Saturday's Farm Fresh Asian Workshop with Chef Eve went very smoothly. Participants enjoyed the near perfect weather and the samples of tasty Asian delights prepared using farm fresh vegetables. On Sunday, the Alternative Energy for Rhode Island presentation by Dan Cartier was a success also. Everyone who attended walked away with useful information that will help them make informed energy choices in the future.

Notes on this Week's Share

Summer's bounty continues. Unfortunately, tender leafy veggies like salad and lettuce continue to be a challenge. However, there is so much delicious food to be thankful for! It's time for ratatouille and salsa, stuffed peppers and pasta salad. Have fun with the fruits of summer and don't be afraid to experiment in your kitchen.

Two Amazing Events Taking Place August 26

Sensational Salsa, the third cooking class with CSA member Eve Formisano, will take place at the farm on August 26. At last year's salsa class, members learned tips for making flawless tomato salsas as well as a few other exotic salsas using mangos and watermelons. You will be receiving lots of peppers and tomatoes in upcoming weeks and may want to check out this event. Come relax at the farm and enjoy samples of Eve's creations! Call the farm to register; the fee for this class is \$15.

Due to the late arrival of tomatoes this year, the Second Annual Tomato Festival at the Coastal Growers Market has also been rescheduled to August 26. From 9:00am till noon, swing by Casey Farm on Route 1A in Saunderstown for this unique celebration. There will be an opportunity to taste samples of over 20 types of heirloom tomatoes and to purchase them from certified organic growers (including us) at the market. This is a one day event and we encourage you to come early since it was amazingly crowded last year.

Simple Recipes

Rojo Enchilada Sauce

2 Tbsp. Olive oil	3 cups chopped tomatoes
1 cup minced onion	1 cup water
1/2 tsp salt	Black pepper and cayenne
1 tsp cumin	4 garlic cloves, minced
1 tsp chili powder	

1. Heat oil in a medium-sized saucepan. Add onion and salt and sauté for a few minutes. Then add cumin and chili powder and sauté further, until onion is quite soft.
2. Add tomatoes and water and bring to a boil. Then, partially cover, lower heat, and simmer for about 30 minutes, until sauce thickens. At some point during the simmering, add black pepper, cayenne, and garlic.
3. Use sauce as is or puree in a blender.

Ledge Ends Nightshade Enchiladas *Inspired by The Enchanted Broccoli Forest*

2 Tbsp. Olive oil	1 tsp. ground cumin
1 minced onion	1 Tbsp. dried basil (or 2 Tbsp. fresh)
4 garlic cloves, minced	1 tsp dried oregano (or 2 tsp fresh)
3/4 tsp. salt	Cayenne and black pepper to taste
2 cups bell pepper, minced	1 1/3 cups grated Monterey Jack
4 cups eggplant, minced	Soft corn tortillas

1. Heat the oil in a large skillet. Add onion, garlic and salt and sauté over medium heat until onion is quite soft.
2. Add eggplant, peppers, and spices. Stir and cook over medium heat until vegetables are tender, about 5 to 8 minutes.
3. Remove from heat and stir in cheese.
4. Fill one side of each tortilla with some filling then roll them up.
5. Place some enchilada sauce in the bottom of a deep baking dish. Place enchiladas into baking dish and cover with remaining sauce. Cover with foil and bake for 30 minutes.