



# PICKIN' & GRINNIN'



Volume 2 Issue 15

The Ledge Ends CSA Newsletter

September 28, 2006

## Share Contents This Week:

- Green Peppers
- Lettuce
- Specialty Peppers
- Hot Peppers
- Carrots
- Tomatoes
- Cherry Tomato
- Basil
- Garlic
- D'Avignon Radish
- Eggplant
- Red Potatoes
- Winter Squash
- Leeks

## Calendar of

### Events

**Sunday, October 1, 12-2pm** - "Preserving the Bounty" cooking workshop with "Chef Eve" at the farm

**Saturday, October 14, 2-6pm** - First Annual CSA Potluck Picnic

**Saturday, October 21, 10am- 12pm** - "Fabulous Fish" cooking workshop with "Chef Eve" at the farm

See our complete listing of

## Ahh, Autumn

Howdy folks!!! It's officially fall and although things are starting to wind down on the farm, there is still plenty of work to be done. As usual, Erik and our workers are out there at sunrise harvesting crops for your shares and washing them for your pick-up. Some of the storage crops are being harvested now, like potatoes. Instead of harvesting just enough for the week, hundred of pounds are harvested at a time. We'll continue sharing them with members for the remainder of the season. Other storage crops that have been harvested this week include winter squashes. Unfortunately, there won't be tons of these, so savor the ones you get.

In addition to harvesting, much time is now being spent on field clean-up. We've already cover cropped some of the field. We are still plowing and disking up other sections to prepare them for cover crop seed. Our black plastic mulch has to be removed and, in a few weeks, tomato stakes will need to be pulled up. You may think it's a depressing time of year as we plow in the crops we worked so hard to grow. It's not. We are looking forward to giving the fields, and our bodies, a much needed rest.

Soon we'll be planting our garlic. Unlike any other crop on our farm, it goes into the ground in the fall. While we have saved some our larger bulbs for seed, we also buy in some seed garlic from other farms. Our hope is that we will eventually develop a strain of garlic that grows well in our soil and will provide us with large and uniform yields. Planting the garlic and mulching it will be a large task.

Another large task that awaits the crew is the building of the final deer fence. Our poor raspberry field was devastated by the deer this summer; we simply

## Note Cooking Workshop Change of Date

Only two cooking workshops remain. If you've been meaning to attend one all season, the time to act is now!

**Sunday, October 1, from 12-2 pm**, join us for "Preserving the Bounty," a workshop in which Eve will show people how to preserve some of the summer's crops.

Call the farm or email to register for this great class. All cooking classes are \$15 per person.

### Simple Recipes

A reminder to folks that they should use those awesome Asparagus to Zucchini cookbooks they bought this spring!

## Erik's Hold-the-Mayo Potato Salad

### Dressing

2 Tbs. fresh lemon juice  
 2 Tbs. olive oil  
 2 Tbs. Dijon mustard  
 2 sprigs minced fresh thyme (dried works too)  
 2 tsp. sugar  
 4 Tbsp. white wine vinegar

### Salad

1 3/4 pounds potatoes  
 2 carrots, chopped  
 1 onion, diced  
 4 bulbs garlic, minced  
 1 cup green pepper, chopped

To prepare the dressing, combine first 6 ingredients, stirring with a whisk. To prepare salad, place potatoes, in a saucepan and cover with water. Bring to a boil. Reduce heat, and simmer for 10 minutes, or until tender. Remove potatoes from pan with a slotted spoon. Combine potatoes with other veggies. Add dressing; toss well.

## Butternut & Barley Pilaf (Eating Well, December 2005)

2 tsp. olive oil  
 1 medium onion, chopped  
 1 14 oz can chicken or vegetable broth  
 1 3/4 cups water  
 1 cup pearl barley  
 2 cups cubed peeled butternut squash (3/4 inch cubes)  
 1/3 cup chopped flat leaf parsley  
 1 tsp. freshly grated lemon zest  
 1 Tbsp. lemon juice  
 1 clove garlic, minced  
 1/4 tsp. salt, or to taste  
 Freshly ground pepper to taste

Heat oil in a large saucepan over medium heat. Add onion to cook, stirring often, until softened, 2 to 3 minutes. Add broth, water and barley; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.