



PICKIN' & GRINNIN'



Volume 2 Issue 16

The Ledge Ends CSA Newsletter

October 1, 2006

Share Contents This Week:

- Greens (Tatsoi, Mizuna)
- Green Peppers
- Cabbage
- Specialty Peppers
- Hot Peppers
- Carrots
- Tomatoes
- Parsley
- Baba Garlic
- D'Avignon Radish
- Onions
- Potatoes
- PUMPKIN

Calendar of

Events

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 programs with descriptions at :

Our Baba

You'll notice the garlic you're receiving this week has a funny name: Baba. This week, we'll tell you the story behind this interesting variety of garlic. Before moving to Rhode Island, Erik and I ran Son E' Acres, a certified organic vegetable farm in the far north of New York state. We started growing garlic in 1997 and by 2002, we were growing nearly four acres of just garlic. It was our signature crop.

One day, possibly in 2000, at a farmer's market in Watertown, NY, a little old Ukranian woman gave Erik 3 bulbs of garlic. She called the garlic Baba (“Baba” means “grandmother” in Ukrainian.) We planted the three bulbs, and saved any nice garlic that grew to plant as our seedstock the next year. We kept saving the best garlic for seed for a few years and finally developed a pretty nice strain of garlic that was well adapted to our soils. Now that we're on a new piece of land, we are working again to select the best bulbs as our seedstock. We hope to adapt all of our garlic varieties to our soil over the coming years.

Baba is unusual because it is a softneck type of garlic. Normally, growers in the Northeast grow hardneck types as they are flavorful and tend to do better in colder climes. We find Baba to have a mild flavor.

Potluck Picnic Just Around the Corner

Based on the response we've received so far, we expect the First Annual CSA Potluck Picnic is going to be a fun time. We've asked people to sign up at this week's pick-ups so that we can get a better idea of how many people to plan for. If you decide you want to be included in our list, please email us. If you would like to organize an activity, include this in your email.

Only One Workshop Left!!!

Only one cooking workshops remain. If you've been meaning to attend one all season, you must act now or you'll regret it all winter. Saturday, October 21 from 10am-noon, join us for the season-ending Fabulous Fish class. Come and learn how to successfully pair fresh seafood and fresh vegetables with a real pro. Chef Eve will mix up some tasty pleasures and you'll get to taste them. Call the farm or email to register for this great class. All cooking classes

Simple Recipes

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

Peanut Sesame Noodles (another way to enjoy your peppers, adapted from “Gourmet,” 2002)

For Dressing:

1/2 cup smooth peanut butter
 1/4 cup soy sauce
 1/3 cup warm water
 2 Tbsp. chopped peeled ginger
 1 clove **garlic**, chopped
 2 Tbsp. red wine vinegar
 1 1/2 Tbsp. Asian sesame oil
 2 tsp. honey
 1 tsp. dried pepper flakes

Make dressing:

Puree dressing ingredients in a blender until smooth, about 2 minutes, then transfer to a large bowl.

Make salad:

Cook pasta in salted boiling water until tender. Drain in colander.

Add pasta, onions, peppers, and sesame seeds to dressing, tossing to combine, and serve immediately.

For noodle salad:

3/4 lb. dried linguini fini or spaghetti
 1 **onion**, thinly sliced or diced
 1 **red sweet pepper**, cut into 1/8 inch strips
 1 **yellow sweet pepper**, cut into 1/8 inch strips
 3 Tbsp. sesame seeds, toasted.

My Mom’s Cole Slaw

1/2 head large cabbage (or 1 small), grated
 3 carrots, grated
 Dash salt and pepper

3/4 cup mayonnaise

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6 Tbsp. milk

3-4 tsp. sugar

2 Tbsp. Italian dressing

Mix together. Vary according to taste.