



PICKIN' & GRINNIN'



Volume 2 Issue 17

The Ledge Ends CSA Newsletter

October 9, 2006

Share Contents This Week:

- Greens
- Eggplant
- Green Peppers
- Specialty Peppers
- Hot Peppers
- Red Cabbage
- Tomatoes
- Basil
- Garlic
- Turnips
- Leeks
- Red Potatoes
- Carrots

Calendar of

Events

Saturday, October 14, 2-6pm— First Annual CSA Potluck Picnic—Bring a dish to share!

Saturday, October 21, 10am– 12pm— “Fabulous Fish” cooking workshop with “Chef Eve” at the farm

Sunday, October 29, 1-3pm—”Autumn Walk” with EG Land Trust Members at the

See our complete listing of programs with descriptions

Bring a Dish to the Potluck!

As the First Annual Potluck Picnic approaches, we are getting more and more excited, and we keep thinking of more things we need to do in preparation! Luckily, a number of members have stepped forward and volunteered time, materials, and services. Thanks to some of our members, there will be music, there will activities for children, and there will be a pie contest. We really hope that many members are able to join us this Saturday for a number of reasons. Here are just 3 of those reasons:

1. We are all part of a CSA (Community Supported Agriculture) program. One of the goals of this eating experience is for you to know the people who grow your food and to know the land where your food comes from. Some of our members have never had the chance to visit the farm; others have been to the property but have never seen the fields; all are missing out on part of the CSA experience. When you see where your veggies come from, you’ll appreciate them even more.
2. Events like this put the “community” into Community Supported Agriculture. We encourage you to meet some other like-minded folks; after all, you already know you have something in common! By joining the Ledge Ends CSA, you have joined 149+ other individuals/families that care about the food they eat. You are part of a larger network of individuals that seek better, healthier ways of living on this planet.
3. If you bring a dish to the potluck, there will be more food for all of us! After all, a love of good food is what has brought us all together!

Earlier this week, we sent you an email with an anticipated schedule of events (and a special flyer about the pie contest, mmmm). Please note that only pets on leashes will be allowed! Also, we are asking people to bring their own lawn chairs or blankets to sit on. We look forward to seeing you!

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!

Leek and Potato Soup

I haven't used this particular recipe yet, but it comes from a cookbook I use often. ([Vegetables Every Day](#), Bishop)

Serves 4

2 Medium Leeks	1 bay leaf
2 Tbsp. olive oil	Salt
1 pound red potatoes, peeled and cut into 1/2 inch dice	Freshly ground black pepper
4 cups chicken or vegetable stock	2 Tbsp. minced fresh parsley

1. Trim and discard dark green tops and tough outer leaves from leeks. Remove the roots along with a thin slice from nearby white part. Halve the leeks lengthwise and then cut them crosswise into thin strips. Wash the sliced leeks in a large bowl with several changes of clean water or until no grit falls to the bottom of the bowl.
2. Heat oil in a large casserole or Dutch oven. Add the leeks and sauté over medium heat until tender and golden about 10 minutes (do not let the leeks brown).
3. Add the potatoes, stock, bay leaf, and salt and pepper to taste. Bring to a boil, reduce the heat and simmer until the potatoes are tender, about 25 minutes.
4. Use the back of a wooden spoon to crush some potatoes and make the soup thicker. Remove bay leaf and stir in parsley. Adjust the seasonings and serve immediately. Serve with crusty bread.

*If you prefer a creamy soup, follow steps 1-3, then puree the soup, return to pot, and add 1/2 cup heavy cream and parsley.

**For a heartier soup, consider adding other ingredients such as turnips or sweet corn!

Braised Red Cabbage ([Vegetables Every Day](#), Bishop)

1 medium head red cabbage, sliced into thin strips	Salt & black pepper
3 Tbsp. olive oil	3/4 cup vegetable stock
2 medium onions, halved & sliced thin	2 Tbsp. balsamic vinegar
2 medium garlic cloves, minced	

1. Heat oil in large casserole or Dutch oven. Add onion and cook over medium heat about 8 minutes. Add garlic and cook 1 minute more.
2. Stir in cabbage and sprinkle with salt and pepper to taste. Cover and cook, stirring several times, until the cabbage has partially wilted, about 5 minutes.
3. Add the stock, cover, and continue cooking until the cabbage is tender, about 10 minutes. Uncover and simmer until any liquid in the pot evaporates, 2 to 3 minutes. Stir in vinegar and adjust the seasoning.