



## This Week's Share May

### Include:

- **Salad Mix**
- **Green Beans**
- **Arugula**
- **Peppers**
- **Hot Peppers**
- **Eggplant**
- **Leeks**
- **Basil**
- **Broccoli**
- **Raab**
- **Potatoes**
- **Butternut Squash**

## This Week on the Farm

Okay, so this looks a lot like last week's newsletter, and the newsletter before that, but this is our last chance to get the word out about the CSA Potluck Picnic! If you haven't been out to the farm this season, this is a wonderful chance to see the property dressed in its autumn colors. The fields aren't as productive as they were earlier in the season, but you can still take a stroll out back to see where all your food came from this season. Best of all, you can meet other members who have shared the harvest with you this year! Come at 2:00 as crafts and storytelling will start early!

## Second Annual CSA Potluck Picnic

Join us Saturday, October 13 from 2pm-6pm for a celebration of the season.

- **Music**—"The Backyard Band" plays "kids music for grown-ups; grown-up music for kids." With drums, bass, guitar, and harmonica, they'll show their support for local farms.
- **Potluck**—All attendees are asked to bring a dish to share. Please bring a small sign that can be posted next to your dish indicating what it is and if it is vegetarian/vegan/other.
- **Pie Contest**—Last year's winners will have a chance to defend their titles. Bake an apple pie using apples from your fruit share or bring a different flavor of pie. Our panel of celebrity judges will declare winners and award prizes.
- **Storytelling**—Professional author and storyteller (and CSA member) Mark Binder will be performing his craft at our event this year. Mark is the founder of the American Story Theater and has performed all over the United States. His storytelling will be fun for all ages.
- **Crafts for Kids**—Donna Dyer and Junior Girl Scout Troop #637 will have fall crafts for children to create and will lead games of *Veggie Bingo*.
- **Games**—Mary Louise and Ed Formisano will lead up Farm Olympics activities. Watch out for flying eggs and laughing children.

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## **Raab, White Bean, and Fontina Pasta**

8oz. Whole wheat shells or fusilli  
1 large bunch raab, trimmed and cut into 1-inch pieces  
1 1/2 cups vegetable broth  
1 Tbsp. flour  
2 Tbsp. olive oil  
4 cloves garlic, minced  
1 19oz can cannelloni beans, rinsed  
2 Tbsp. red wine vinegar  
1/4 tsp. salt  
1/4 tsp freshly ground pepper  
1/2 cup shredded fontina cheese  
2/3 cup toasted breadcrumbs

1. Bring a large pot of water to a boil. Add pasta and cook, stirring occasionally. Stir in pasta during the last 2 to 3 minutes. Drain. Dry the pot.
2. Whisk broth and flour in a small bowl until smooth.
3. Heat oil in the pot over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the broth mixture and bring to a simmer, whisking constantly, until it thickens, 3 to 4 minutes. Add beans, vinegar, salt and pepper and the pasta and raab. Cook, stirring until the mixture is heated through, about 1 minute.
4. Remove from heat; add cheese, stirring until it melts. Serve immediately, topped with toasted breadcrumbs.

Makes 4 servings, 1 1/2 cups each. **Eating Well**, April/May 2006.

## **Butternut and Barley Pilaf**

2 tsp. olive oil  
1 onion, chopped  
1 14oz can vegetable broth  
1 3/4 cup water  
1 cup pearl barley  
2 cups cubed peeled butternut (3/4inch cubes)  
1/3 cup chopped parsley  
1 tsp. lemon zest  
1 Tbsp. lemon juice  
1 clove garlic  
Salt and pepper to taste

Heat oil in large saucepan over medium heat. Add onion and 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 parley, lemon zest, lemon juice, garlic, salt and pepper.; mix gently.

Makes 6 servings, 2/3 cup each. **Eating Well** December 2005/ January 2006