



## This Week's Share May

### Include:

- Garlic
- Raspberries
- Herbs
- Lettuce
- Peas
- Green Beans
- Swiss Chard
- Fennel
- Beets
- Peppers
- Japanese Eggplant
- Hot peppers
- Squash/Zucchini
- Cucumbers
- Scallions

## New Staff Strengthen the Ledge Ends Produce Team

This year, we have increased our membership from 150 to 200 members. To prepare for the larger size of our CSA program this year, we have tilled extra land, worked to increase the fertility of our soil, and hired new staff. Rebecca has been helping us on the farm since May. She has helped us at markets and washing our salad greens for CSA and market. In July, Rebecca started working full time. Kasia is a part-time worker on the farm; she started a few weeks ago.

Also working for us are two men from El Salvador, Pedro and Juan. They have H2A visas that allow them to work in the United States for 6 months each year. They work incredibly hard and are a big part of our success. Adios!



**Members of the crew at work:** Pedro puts down landscape fabric, Pete, the greenhouse cat strolls while looking for mice, Erik plows new ground.

## Raw Foods Classes Offered in Providence

Two certified raw foods instructors are offering raw foods classes in Providence. Learn how to prepare those veggies in new and creative ways! Check out their website (<http://www.rawteacher.com/erikamartin/?p=calendar>) for class times and descriptions, or call Erika at (617) 276-7952.

## Coming Soon:

- Tomatoes

## A Quick Look at Upcoming Events at the Farm

### Soon, we promise!

**Chef Eve's Cooking Series- Farm Fresh Pasta You'll Love!** Saturday, August 4, 10:00am – 12:00noon

### This Week's Weather Notes:

**Outdoor Education Series with Farmer Trish- Garden Insects for Kids-**Saturday, August 11, 11:00 am

### Some much needed rain arrived

For more information about any farm workshops or to print a sign-up form, go to [www.LedgeEndsProduce.com](http://www.LedgeEndsProduce.com). Pre-registration is required for all workshops!

## ***Roasted Fennel Recipe***

2 medium red onions, chopped

2 bulbs fennel, cleaned and quartered

2 Tbsp. Olive oil

Pepper to taste

2 Tbsp. balsamic vinegar

3 Tbsp. freshly grated Parmesan cheese

Preheat oven to 375 degrees. Put olive oil in bottom of roasting pan. Coat onions and fennel by rolling in pan. Pepper lightly. Cover with foil and seal tightly. Roast for 35 minutes until tender when pierced with fork. Uncover, sprinkle with balsamic vinegar and coat with parmesan. Cook uncovered at 375 for 10 to 15 minutes (til parmesan melts and lightly browned.)

## ***Fennel and Orange Salad***

1 bulb fennel, trimmed and sliced

2 large oranges, sliced into rounds

1 tablespoon olive oil

1 tablespoon red wine vinegar

1 teaspoon poppy seeds

salt to taste

Head of lettuce - rinsed, dried and chopped

Place the fennel and orange in a large bowl. Drizzle with olive oil and vinegar; sprinkle with poppyseeds and salt. Chill and serve over a bed of greens.