



This Week's Share May

Include:

- Parsley
- Tomatoes
- Beans
- Fennel
- Beets
- Carrots
- Scallions
- Cucumbers
- Squash
- Hot Peppers
- Turnips
- Green Peppers
- Specialty Peppers
- Raspberries

First Volunteer Workday of the Season Announced

Would you like to join your farmers in the field? Wednesday, August 7, we'll be looking for some helpers. Farmer Trish will be leading two 2-hour work sessions, one at 10:00am, and another at 4:00pm. Activities will be determined by the weather and the needs of the farm, but are likely to include weeding or the cleaning of garlic. If you haven't been out to the farm yet this season, or have never ventured further than the pick-up area, you may want to consider taking this opportunity to really get to know the land and the people who grow your food. If you would like to join us on the workday, please call or email. We will have cold drinks available but ask that you supply your own work clothes (bring garden gloves) and sunscreen. Children are invited, but we do ask that parents supervise their children at all times while on the farm.

Farm Policy Reminder

If you know ahead of time that you will be missing a pickup and you would like us to bag out a share for you to get at a later date, please call or email to let us know. You must let us know before the day of the pickup. Please do not call after the pickup. Small farms need to be efficient farms, and we work hard to deliver fresh vegetables as efficiently as possible to our members. We are glad you appreciate the vegetables we provide and hope you are able to enjoy them every week!

Cooking Workshops Help You Develop An Exciting Menu

Chef Eve's first workshop was enjoyed by all who attended. If you missed it, try and join us at the next workshop this weekend, **Farm Fresh Pasta You'll Love** (details below). Eve has never offered a pasta focused class before, but pasta is one of the best foundation ingredients to highlight the produce of Ledge Ends. In this class, we'll make a new pesto (it is incredible!), create a super fast tomato sauce and yes, make (and enjoy!) some homemade ravioli!

A Quick Look at Upcoming Events at the Farm

This Week's Weather Notes:

Wow! What a hot week. Unfortunately, most of the rain missed us.

Chef Eve's Cooking Series- Farm Fresh Pasta You'll Love! Saturday, August 4, 10:00am – 12:00noon , Fee: \$25 per adult and \$10 for children (ages 8 and older only please)

Volunteer Workday– Wednesday, August 7, 10:00am-12:00pm or 4:00pm-6:00pm

Outdoor Education Series with Farmer Trish- Garden Insects for Kids-Saturday, August 11, 11:00 am, Fee: \$5/child.

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