



## **This Week's Share May**

### **Include:**

- **Braising Mix**
- **Beans**
- **Fennel**
- **Carrots**
- **Garlic**
- **Red Tomatoes**
- **Heirloom Tomatoes**
- **Cherry Tomatoes**
- **Green Peppers**
- **Specialty Peppers**
- **Herbs**
- **Eggplant**
- **Hot peppers**
- **Squash**
- **Cucumbers**
- **Scallions**

## **Coming Soon:**

- **Melons**

## **What's It Like to be a Farmer?**

At 5:30 am., an alarm sounds. Slowly, Farmer Erik rises. A few cursory duties are tended to. Within minutes, he is out the door, preparing for the crew that joins him at 6:00 a.m..

By 9:00 a.m., the workers have finished harvesting salad greens and Erik has harvested the fennel, beets, and lettuce. They are all sweating as they rush the food to the barn, and to the safe haven offered by the walk-in cooler provides from the rising summer sun. The morning's harvest is halfway done. Erik tells the workers what to harvest next while he waters the greenhouse. He's already been working for four and a half hours when he stops for a quick snack. While he is inside the house, he checks his email and looks over his "to do list," adding a few more things he thought of while bunching beets.

From 10:00 until 1:30, Erik washes vegetables. The workers have continued to bring up vegetables all morning and one of them is cleaning and packaging alongside Erik. Both are soaked from the splashing water. They work non-stop, eager to complete cleaning the morning's harvest so they can get everything back in the overstuffed cooler. The other workers are weeding in the field.

By 3:00, everything is in the cooler. While the workers all continue weeding for a few more hours, Erik sets a tractor up so he can cultivate the potatoes. Unfortunately, the tractor starts running poorly. He must run to town to get some tractor parts and try to fix the problem. What he hopes will be a quick fix ends up taking four hours. So at 7:00, he finally heads out to the field to cultivate. By 8:30, he stops, heading inside to check his email and listen to messages on the answering machine.

## **A Quick Look at Upcoming Events at the Farm**

**Volunteer Workday**— Wednesday, August 8, 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

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!

## Rojo Enchilada Sauce

2 Tbsp. Olive oil	3 cups chopped tomatoes
1 cup minced onion	1 cup water
1/2 tsp salt	Black pepper and cayenne
1 tsp cumin	4 garlic cloves, minced
1 tsp chili powder	

1. Heat oil in a medium-sized saucepan. Add onion and salt and sauté for a few minutes. Then add cumin and chili powder and sauté further, until onion is quite soft.
2. Add tomatoes and water and bring to a boil. Then, partially cover, lower heat, and simmer for about 30 minutes, until sauce thickens. At some point during the simmering, add black pepper, cayenne, and garlic.
3. Use sauce as is or puree in a blender.

## Ledge Ends Nightshade Enchiladas *Inspired by The Enchanted Broccoli Forest*

2 Tbsp. Olive oil	1 tsp. ground cumin
1 minced onion	1 Tbsp. dried basil (or 2 Tbsp. fresh)
4 garlic cloves, minced	1 tsp dried oregano (or 2 tsp fresh)
3/4 tsp. salt	Cayenne and black pepper to taste
2 cups bell pepper, minced	1 1/3 cups grated Monterey Jack
4 cups eggplant, minced	Soft corn tortillas

1. Heat the oil in a large skillet. Add onion, garlic and salt and sauté over medium heat until onion is quite soft.
2. Add eggplant, peppers, and spices. Stir and cook over medium heat until vegetables are tender, about 5 to 8 minutes.
3. Remove from heat and stir in cheese.
4. Fill one side of each tortilla with some filling then roll them up.
5. Place some enchilada sauce in the bottom of a deep baking dish. Place enchiladas into baking dish and cover with remaining sauce. Cover with foil and bake for 30 minutes.