



This Week's Share May Contain:

- Sweet Onions
- Garlic
- Cucumber
- Peppers
- Carrots
- Eggplant
- Tomatoes
- Cherry Tomatoes
- Edamame
- Braising Greens
- Hot Peppers

Upcoming Ledge Ends Learning Center Events

“A Discussion on Tick Safety and Lyme Prevention with Dr. Michael Poshkus” at the Briggs Boesch Farm Sunday, August 31 at 11:00am

Should we talk about the weather?

At last week's EG pick-up, one CSA member told me they'd read in the news that corn farmers in nearby North Kingstown were struggling because they couldn't spray their corn. It was just raining too often. You might be surprised to know that this type of weather pattern negatively affects organic veggie farmers too. All this damp weather promotes diseases. Like the corn farmers, we have had a hard time controlling the disease. We don't spray nasty chemicals, but there are organic treatments we could use. Well, we could use them if it would just stop raining for a few days...

Help us Recycle

Many of our members have done an excellent job of returning the green fiber pint containers that hold cherry tomatoes and other items at the CSA pick-up. We will re-use these containers! If you aren't returning them, please do so. These containers are actually quite expensive when you consider how many we use (over 200 a week for CSA, and more for farmers' markets). Please consider bringing your own reusable container (bowl, Ziploc, basket, etc.) to the pick-up. You can dump your tomatoes in there and give the container right back!

Tomato Festival

Tomato Tasting Day at Coastal Growers' Market is coming soon--August 23rd, **9am to Noon**, rain or shine. Here's the scoop! Chefs Joe Hafner of Gracie's and Matt Jennings of La Laiterie will be joining us for a chef demonstration. Their last demo with us was spontaneous, beautiful, and full of personality--not to mention delicious. Check out their websites to get a glimpse of their unique talents and shared passion for local food.

We'll also be having our first Coastal Growers' Market Silent Auction from 9:30-11:30. Items up for bidding include:

- A tour by boat of Matunuck Oysters on Potter Pond
- A coupon worth 20% off farmers' market purchases from Ledge Ends Produce
- Farmer-led tours of Casey Farm and Watson Farm
- Gift Baskets, Flowers, Pottery, Jewelry, Produce, Alpaca Goods and More!

Come early (8 am) for a free Walking Yoga class, and stay all morning for Music, Johnnycakes, Alpacas, and of course lots and lots of TOMATOES! We'll have samples of dozens of organic heirloom tomato varieties, all grown locally by Casey Farm and Ledge Ends Produce. Casey Farm is located in Saunderstown, RI, on Rt. 1A, one mile south of Rt. 138. For pictures of the market, check out the website: www.coastalmarket.org

Recipes and Usage Tips

Wondering why your **basil** is black? Don't put it in the refrigerator! Basil is a tender, tender annual, it can't deal with cold temperatures even after it has been harvested.

Braising greens are greens that are intended for cooking, rather than eating raw in salad. Our mix this week will likely contain Swiss chard and several types of kale.

Really Simple Braising Greens Recipe

1-2 tablespoons olive oil

half pound braising greens

1-2 cloves garlic, chopped

1/8 cup water or vegetable broth

Salt to taste

Optional flavorings: Sesame oil, tamari

Optional toppings: sesame seeds, chopped almonds or walnuts, toasted pumpkin seeds

1. Heat oil in a large skillet over medium-high heat and add greens and garlic, stirring to coat with oil. Stir occasionally until greens are barely wilted, just a few minutes.

2. Add vegetable broth or water and stir, allowing greens to steam until barely tender. Salt to taste.

3. Add flavorings and toppings as desired.

Edamame is a fresh soybean that's packed with protein. You can eat it as a snack, in salad, soups, or appetizers. In a half cup serving of shelled edamame, you'll find:

- 120 calories
- 9 grams of fiber
- 2.5 grams of fat
- 11 grams of protein
- Iron, vitamin C, Vitamin A, and calcium

Despite these healthy characteristics, edamame also tastes great!

Edamame Appetizer

Remove edamame pods from plant. Wash edamame and drain. Boil lots of water in a large pot. Add 1 Tbsp of salt in the boiling water. Add edamame in the boiling water and boil for 3 to 4 minutes. Drain in a colander. Spread boiled edamame on a flat tray and sprinkle 1 Tbsp of salt over them. Cool the edamame. Salt-boiled edamame in pods are eaten by squeezing beans out of pods right into your mouth. It's a great appetizer to serve with beer.