



PICKIN' & GRINNIN'



Volume 4 Issue 13

The Ledge Ends CSA Newsletter

September 9 & 11, 2008

This Week's Share May Contain:

- *Bunched Greens*
- *Salad*
- *Arugula*
- *Hot Peppers*
- *Eggplant*
- *Tomatoes*
- *Cherry Tomatoes*
- *Raspberries*
- *Peppers*
- *Melons*
- *Garlic*
- *Leeks*

Upcoming Ledge Ends Learning Center Events

"Recycling for Fun" an event for children at the Briggs Boesch Farm (Date and time TBA)

This Week on Your Farm

Thank you to all of the CSA and community members who volunteered their time, cooked us dinner, or otherwise helped out this week. Erik did get some extra rest, and is glad we didn't cancel the CSA program last week. Special thanks to: Mike Balsamo, Laura Chalk, Stephen Dyer, ML and Ed Formisano, Kim Greer, Kim Hare, Diane Lynch, Pat McNiff, Marjory Myers, and Stephanie Simon. If we've forgotten, your name, please forgive us. Trish also brought the students of her advisory at the Met School out for a visit. They were enthralled by the chickens and the raspberries, and managed to pick some winter squash during their day-long visit. Several members have already stepped up to volunteer for the upcoming week. It's nice to see the community coming forward to help when we need it most.

Numerous folks have also volunteered to help out with the CSA Potluck Picnic. You'll be hearing from Trish soon with more information on how you can help. It's not too late to help with the potluck; send Trish an email at trishagarland@hotmail.com if you'd like to help.

Watermelons in September

This week's watermelon's may be a bit of a surprise. Perhaps you thought we weren't growing them this year? Well, they've been in the ground, but have just come very late. Why so late? A number of factors have led to this autumn watermelon harvest. The plants suffered a setback this spring when the greenhouse they were planted in ran out of fuel. The gas company apologized and gave us some money, but we had no way of knowing at the time how much damage this would cause our crops later in the season. July was a crazy month here on the farm; we found ourselves falling behind as one of our workers fell ill and few volunteers could be found. The melons, already stunted by the freezing temperatures in the greenhouse, were planted out much later than normal.

On top of the greenhouse company making this huge mistake with our fuel, the actual cost of propane doubled, making the heating of our greenhouses one of the largest expenses on the farm. These types of price increases have been seen in many of the farm's inputs this season. We consider ourselves to be innovative farmers, and are currently researching different ways to heat our greenhouses in the future.

Recipes and Usage Tips

Both recipes this week are from: Katzen, Mollie. The Vegetable Dishes I Can't Live Without. Hyperion: New York, 2007.

Bell Pepper Festival

These peppers can be piled on top of rice or pasta, grilled tofu or fish, an open-faced cheese sandwich, an omelet, or anything else!

2 Tbsp. Olive oil
1 cup thinly sliced onion
4 medium bell peppers, thinly sliced
1/4 tsp. salt
1 1/2 tsp. minced or crushed garlic

1. Place a large, wide, shallow skillet over medium heat. After about a minute, add the olive oil and swirl to coat the pan.
2. Turn the heat to high and add the onion. Cook it quickly until it wilts and becomes translucent. This will take only about 3 to 5 minutes.
3. When the onion becomes very soft, add the peppers, salt, and garlic. After about a minute over strong heat, turn the heat down to medium, and continue to cook and stir (tongs work best) for only about 5 minutes longer. The peppers should be barely cooked. Serve hot, warm or at room temperature.

Arugula Pecan Pesto

2 packed cups arugula
1 small clove garlic
1/2 cup chopped pecans
1/8 tsp salt
1 tsp. lemon juice
1 Tbsp. golden raisins (or more)
2 to 3 Tbsp. extra virgin olive oil

1. Place the arugula, garlic, pecan, and salt in a food processor. Pulse until pulverized, adding the lemon juice and raisins as you go.
2. Run the processor again, drizzling in the olive oil in a steady stream. When it reaches the consistency that looks right to you, stop the machine. Transfer the pesto to a small container with a tight-fitting lid. Add lemon juice and salt to taste.
3. Smooth the top of the pesto with the back of a spoon, and add a thin layer of olive oil to cover the top. Cover and chill.