



This Week's Share May Contain:

- **Onions**
- **Garlic**
- **Salad Mix**
- **Arugula**
- **Daikon**
- **Carrots**
- **Sweet Potato Roasters**
- **Potatoes**
- **Beets**
- **Pumpkin**

Last pick-up dates:

Providence:

October 28

E. Greenwich:

October 30

A Rumble in His Tummy

Last Thursday, our puppy Toro joined Erik at the CSA pick-up. He was great with the kids and enjoyed all the attention he received. He also enjoyed the sweet potatoes. Toro has quickly become famous for repeatedly running into the barn and stealing sweet potatoes, which he devours as he lounges on the grass. Well, last Thursday, he kept stealing these delectable tubers and Erik lost count of how many he ate. Later that night, Toro woke us up as he got sick in our bedroom. Lesson learned: our vegetables are delicious but should be enjoyed in moderation.

Third Annual CSA Potluck Picnic

Join us Saturday, October 18 from 1pm-5pm for a celebration of the season. Here's your opportunity to come by the farm and spend an afternoon eating, relaxing, dancing, or socializing with other local agriculture advocates. Here's what we've got scheduled:

Music— CSA member Eugene Massa will be ripping it up with his jazz band. Bring your dancing shoes as the horn section puts out a full set of swing style jazz.

Storytelling- Professional author and storyteller (and CSA member) Mark Binder will be performing his craft at our event again this year. Mark is the founder of the American Story Theater and has performed all over the United States. His storytelling will be fun for all ages.

Food—All attendees are asked to bring a dish to share. Please bring a small sign that can be posted next to your dish indicating what it is and if it is vegetarian/vegan/other. In past years, our members have brought some amazing dishes made from the tastiest and freshest of ingredients.

Pie Contest—Last year's winners will have a chance to defend their titles. This year, the only rules are that the main ingredient must be apples, and the crust must be homemade. Pies must arrive by 1:30 for judging. **Celebrity judges this year will include event organizer Kim Wiegand, East Greenwich Land Trust member Peter Swaszek, apple grower Gil Barden, and flower grower Polly Hutchison.**

Children's Activities— In addition to the music and storytelling, kids can make crafts at the craft table. For younger children, there is a scavenger hunt.

Ledge Ends Learning Center Update

Many thanks to Donna Dyer for hosting the recycling workshop for children this weekend. She had tons of fun - yet educational- games for the kids! If you missed this great event, watch for it next season as it is definitely one we'll have to repeat.

Recipes and Usage Tips

Roasted Sweet Potatoes

Before cooking sweet potato roasters, scrub skin and trim off any bruised or woody portions. A freshly baked or boiled sweet potato is delicious and nutritious. You need only to add a pat of butter or serve it plain. Don't feel that you must add high-calorie ingredients to make the sweet potato acceptable.

Glazed Sweet Sweet Potatoes

2 pounds medium sweet potato roasters, cooked, peeled, and cut up

1/4 cup butter

1/4 cup maple syrup

1/4 cup light brown sugar, firmly packed

1/4 teaspoon cinnamon

Scrub sweet potatoes thoroughly. Drop them in enough boiling salted water to cover sweet potatoes. Cover pan and lower heat. Cook for 15 minutes or until tender. Drain potatoes.

Cut potatoes into 1/2 inch slices. Place cut up sweet potatoes in a buttered 2-quart baking dish.

In a saucepan, combine remaining ingredients; cook until mixture boils. Pour over potatoes; bake at 350° for 30 minutes, or until hot and nicely glazed.

Easy glazed sweet potatoes recipe serves 6 to 8

Sweet and Spicy Daikon Slaw

2 cloves garlic

1 small chile seeded, minced

2 Tbsp sugar

2 Tbsp. lime juice

3 Tbsp. rice vinegar

1/2 pound carrots, shredded in food processor

1/2 pound Daikon, shredded in food processor

1/3 cup golden raisins

2 Macintosh apples, cut into 1/4 " cubes (and extra apple slices for garnish)

Toss carrots and daikon together with golden raisins.

Combine garlic, chile, sugar, lime juice, vinegar, 2 Tbsp. water. Blend in food processor.

Add sauce to radish and carrot mixture and blend well.

Divide apple cubes among 4 plates and serve topped with the sweet and spicy slaw. Garnish with apple slices