



This Week's Share May Contain:

- **Garlic**
- **Leeks**
- **Salad Mix**
- **Pac Choi**
- **Raab**
- **Radish**
- **Parsley/ Herbs**
- **Acorn Squash**
- **Carrots**

Last pick-up dates:

Providence:

October 28

E. Greenwich:

October 30

CSA Potluck in Review

I think everyone who attended Saturday's gathering would agree that it was a lovely day. The weather worked out (although it was chilly), the food was plentiful, and the company was agreeable. Mark Binder's storytelling drew plenty of laughs from the crowd and Eugene Massa's jazz band provided the perfect soundtrack to the afternoon. Amusingly, the chickens were frightened by the music and ran under their coop whenever a song was in progress. Thanks to everyone who helped make this day a success; there are too many people to name. Some played music, some helped set up, some broke down, others oversaw activities. Without everyone doing their small part, the day would not have been such success. This has become a special tradition and a cool opportunity for us to see the children raised on our veggies return each year.

It is always great to see our members getting to know one another. Let me share an incident that happened late in the afternoon: one member wanted to stay at the farm with her son although her husband and daughter needed to leave. She asked another member she'd just met if should hitch a ride down the road. They strolled around the farm together for awhile, their sons playing together as they all got to know one another. Little things like this show us that the farm is helping to build community.

Now Accepting Members for 2009

We are down to the last two weeks of the CSA. It has been a difficult year, but we think we were able to provide our members with bountiful shares despite the many challenges we faced. We hope you agree. We hope that members find themselves eating healthier during the CSA season, and find some joy in the fact that they know exactly where their food is coming from.

As our season winds down, we relish the prospect of slightly slower-paced days—but there is still plenty of work to do. The strawberries need to be mulched, the garlic needs to be planted, the fence needs mending, and a new greenhouse must be built before the ground freezes. This is not to mention the hundreds of hours that will be spent planning for next season. We look ahead to these many tasks with full knowledge that our income is about to freeze.

But this is one of the wonders of CSA. Just when most vegetable farms are seeing their incomes disappear, the CSA members make a pledge. Please pledge to support your farm in the 2009 season. We are sure it will be our best season yet. We know that the tight economy has many folks worried, but the quality of the food you eat should not be compromised. Consider this an opportunity to lock in a set price for next year's produce. Also, consider that you will be helping your local economy by spending your dollars locally.

The cost for 2009 will be \$575 if you are paid in full by December 31, 2008. This is a special offer for current members only. After December 31, you'll have to pay the same price as our new members: \$600. We've had many inquiries this season and expect we will be filling up quickly, so bring back your renewal slip next week or mail it in soon to reserve your spot. If you are unable to pay the full amount, you may reserve your spot with a deposit of \$100. New next year we will be offering a limited number of workshares. If you would like to apply for a workshare, please contact us.

Recipes and Usage Tips

Stir-Fried Pac Choi with Cashew Sauce

This recipe is excellent served over rice!!!

½ cup raw cashews
¼ cup white wine vinegar
¼ cup sugar
¼ cup soy sauce

1 tablespoon minced gingerroot
pinch of red pepper flakes
1 ½ pounds pac choi
¼ cup peanut oil

Toast cashew in a dry skillet, tossing frequently until brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2-4 tablespoons water in a blender or food processor; puree until smooth. Set aside. Wash pac choi stems and leaves well. Separate the pac choi leaves from the stalks. Cut stalks into 1 inch pieces and roughly chop the leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking. Add pac choi stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add the leaves and cook until they wilt and turn bright green. Serve over cooked rice.



Potluck people unite! Members muse over the hens (background) and relax in the sun as Mark Binder entertains with his stories (foreground).