



This Week's Share May

Contain:

- **Strawberries**
- **Salad Mix**
- **Arugula**
- **Lettuce**
- **Bunched Greens**
- **Snap Peas**
- **Red Radish**
- **Garlic Scapes**
- **Hakuri Tunips**

Plastic Bags Must Go

This spring, I enrolled myself in the URI Master Composters and Recyclers program. I learned some fascinating things about waste in Rhode Island. Did you know our landfill will be full in a few years? I took a tour of the landfill and got to see up close how much trash Rhode Islanders produce. It was appalling.

Rhode Islanders use around 300 million plastic shopping bags each year! While it is possible to bring your bags to some grocery stores for recycling, it's a much smarter decision to cut back on using them in the first place. Why? Plastics are normally made from petroleum products, so by using them, we make ourselves more dependent on foreign oil. Their lightness also makes them fly away from recycling plants and landfills and they often end up in waterways. They are buoyant, and often cause harm to marine life, either by entangling creatures or being mistaken for food.

At one time plastic bags were considered an improvement over paper bags, but the tide has changed. Stores everywhere are selling reusable bags. If you aren't using reusable bags, yet, please try to make the change. Keep them in your car so you always have them. We hate using plastic bags, and feel horrible distributing them to our members—please help us by showing up the pick-ups with your own bags, basket, or box to cart your veggies away with. Thanks!

Flower Shares Still Available

Perhaps you saw the beautiful bouquets from Robin Hollow Farm last week and regretted that you didn't sign up for a flower share? Well, you're in luck because Polly is still accepting members. Call or email us if you'd like to get in on the action!

Ledge Ends Learning Center

The busy farmers of Ledge Ends Produce will be taking some time off from their hard work to host a workshop called "Introduction to Organic Farming & Gardening". Tour the farm with Erik and Trish, the farmers of Ledge Ends Produce, and learn how the farm incorporates composting, pest control, crop rotation, cover cropping, and weed control into their organic operation. Don't miss this opportunity to take a sneak peak at the fields with a guided tour by the farmers. Ledge Ends Learning Center will be hosting this program at the historic Boesch Farm, at 830 South Rd. in East Greenwich. This exciting event will begin at 1:00pm on Sunday, June 29. The fee is \$5 for adults and pre-registration is required. To sign up for this program, email Trish at LedgeLearning@hotmail.com or call (401) 884-5118. Sturdy footwear is recommended as participants will do extensive walking.

Ledge Ends Learning Center was founded earlier this year by farmer Trish Garland. The mission of the organization is to strengthen the local community and support local agriculture by offering farm-based education opportunities and helping low income families to access the local foods. This important mission is carried out in partnership with Ledge Ends Produce, the farm to which you belong. This educational and charitable organization is still young, and we are still working on becoming a 501(c) (3) tax-exempt non-profit organization. A full listing of this season's events can be found on the farm's website, under the "Other Farmy Happenings" section.

Recipes and Usage Tips

This recipe comes from my favorite vegetarian cookbook author, Mollie Katzen. In her book, The Vegetable Dishes I Can't Live Without, she states that gremolata is traditionally made from minced parley, garlic, and lemon zest. This version utilizes arugula, which you have plenty of this week. To make this tasty dish, prepare the gremolata first. Then, follow the pasta recipe.

Arugula Gremolata

2 cups arugula, stems removed
4-6 tsp. finely minced garlic
4 tsp. finely minced lemon zest
Salt and freshly ground pepper

Combine the arugula, garlic and lemon zest in a food processor. Pulse to finely chop— don't puree! Season to taste with salt and pepper.

Farfalle Pasta with Arugula Gremolata, and Other Delicious Stuff

3/4 pound farfalle (bow-tie pasta)
3 Tbsp. olive oil
1 recipe Arugula Gremolata
1/2 cup (heaping) crumbled gorgonzola
3 Tbsp. golden raisins
1 cup halved cherry tomatoes (optional)
1/2 cup minced walnuts
Freshly ground black pepper

1. Cook the pasta until al dente. Drain and transfer to a serving bowl. Immediately toss with olive oil.
2. Add remaining ingredients, except walnuts and pepper. Toss to combine.
3. Serve immediately, topped with walnuts and black pepper.

Katzen, Mollie. The Vegetable Dishes I Can't Live Without. New York: Hyperion, 2007.