



PICKIN' & GRINNIN'



Volume 4 Issue 4

The Ledge Ends CSA Newsletter

July 8 & 10, 2008

This Week's Share May Contain:

- Raspberries
- Lettuce
- Pac Choi
- Swiss Chard
- Fresh Garlic
- Snap Peas
- Radish
- Scallions
- Spring Turnips
- Fennel
- Summer Squash or Zucchini

Upcoming Ledge Ends Learning Center Events

Controlling Garden Pests the Organic Way-Sunday, July 20, 1:00 pm

Composting at Home-Sunday, July 27, 1:00 pm

Weekly Update

Recently, there has been plenty of news coverage concerning our country's dependence on foreign oil. Our dependence on foreign food is equally alarming. The current tomato scare follows the tainted spinach and scallion scares of 2006. As a member of our CSA, we hope you find comfort in the fact that you know where your food is coming from. It is not being shipped thousands of miles to feed nameless consumers. We feel a real responsibility to deliver healthy food to you each week.

In his recently published book, *In Defense of Food*, Michael Pollan notes, "Farmers can lose sight of the fact that they're growing food for actual eaters rather than for middlemen, and consumers can easily forget that growing food takes care and hard work. Food reclaims its story, and some of its nobility when the person who grew it hands it to you." We hope that you have developed an appreciation for this truly powerful relationship you are building with a local farm, and that this will grow as the weeks continue.

Pollan, Michael. *In Defense of Food*. New York: The Penguin Press, 2008.

Volunteer Days

Our turnout for the recent volunteer days was very low, although those who came did tremendous work. If you are ready to take the CSA experience to the next level, and actually lend a hand in helping to grow your own food, consider joining us at our upcoming volunteer day Wednesday, July 9, 5-7pm. Please bring gardening gloves and water to drink. We will be weeding!

Try New Foods

Don't be disappointed when there are unfamiliar foods in your share! One of the wonderful benefits of being a CSA member is that it can help you to get out of an eating rut. You should find yourself preparing foods you wouldn't normally buy. Perhaps this week's pac choi will be the first pac choi in your refrigerator! That's okay. While we try to supply you with recipes to introduce you to these foods, you shouldn't limit yourself to our tastes. The internet is full of fresh food recipes, and there are countless cookbooks for sale and at the library. Take some time and get to know these new foods!

Recipes and Usage Tips

Trish G's Quick & Easy Fresh Fennel Salad

Cut off stalks at the point where they join the bulb. Reserve a small amount of feathery greens. Cut the bulb in half, then slice from top to bottom in very thin pieces. Plate the fennel. Dress each serving with honey mustard, goat cheese, red grapes, and pine nuts. Dice fennel greens and use as a garnish. One small bulb makes a small side salad for 2 people.

Swiss Chard Pie

This is an adaptation of a recipe found in [From Asparagus to Zucchini](#). We topped ours with a few slices of tomato (from our patio tomato plants) and goat cheese. Be creative and add whatever you like to yours!

1 small onion, chopped	3 eggs
1 garlic clove, minced	1/2 cup shredded cheese
2 Tbsp. olive oil	1 tsp. salt
1 bunch Swiss chard, washed	1 pie crust

Heat oven to 400°. Sauté onion and garlic in oil. Remove stalks from chard leaves and chop stalks into 1 inch pieces. Coarsely chop the leaves. Add chard to pan and cook down until wilted. Beat eggs in a bowl; mix in cheese, salt, and chard mixture. Transfer into pie crust and bake 30-40 minutes.

Glazed Turnips with Scallions

This adaptation from [The Gourmet Cookbook](#), edited by Ruth Reichl, was shared by CSA member Stephanie Simon! Thanks, Stephanie!

2 Tbsp. butter	1 1/2 tsp sugar
1 pound turnips, cut into 1" wedges	1/8 tsp. salt
1 cup vegetable stock or broth	3-4 scallions, chopped

Melt butter. Add turnips and stir to coat. Add broth with sugar and salt. Bring to a boil. Simmer 10 minutes, or longer if using larger turnips, till tender. Remove lid and simmer until broth is reduced to coat turnips, about 5 minutes. Remove from heat and stir in scallions.

Stir-Fried Pac Choi with Cashew Sauce

Here's another one we got out of [From Asparagus to Zucchini](#).

1/2 cup raw cashews	1 tablespoon minced gingerroot
1/4 cup white wine vinegar	pinch of red pepper flakes
1/4 cup sugar	1 1/2 pounds pac choi
1/4 cup soy sauce	1/4 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. Remove to a platter and cover with cashew sauce, or serve on the side.

[From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce](#), was created by Madison Area Community Supported Agriculture Coalition and is available at www.macsac.org and through other major book retailers.