



# PICKIN' & GRINNIN'



Volume 4 Issue 5

The Ledge Ends CSA Newsletter

July 15 & 17, 2008

## This Week's Share May Contain:

- **Raspberries**
- **Green Beans**
- **Salad Mix**
- **Lettuce**
- **Scallions**
- **Fennel**
- **Beets**
- **Summer Squash or Zucchini**
- **Cucumber**
- **Bunched Greens**

## Weekly Update

In July, it is easy to understand why less than 2% of Americans farm for a living. *Busy* doesn't begin to describe our lives this past week. Here's a quick (and totally incomplete,) overview of what we've been up to:

Weeding: Chard, onion, broccoli, cabbage, salad, and carrots were weeded this week.

Picking, washing, and packing vegetables: On Mondays and Wednesdays, the crew picks for the next day's CSA. Usually, we can't get everything done, and we'll finish picking and packing the next day. This week, it seemed like the raspberries needed constant picking.

Planting: Lettuce, broccoli, basil, and summer squash were seeded in the greenhouse; we also planted kale outdoors.

Field Prep: We spent time this week plowing and discing ground in order to get it ready for future plantings of winter squash, cabbage, and brussel sprouts

Fence Repairs: The barrier protecting our fields has been penetrated by a few deer this spring, and has required some repairs.

Irrigation: For a few weeks, we were getting steady rain, but now the plants are thirsty and need our help.

## Recipe Request

If you have a delicious recipe that uses locally available ingredients, and you'd like to share it with others, please pass it on at your next CSA pick-up or via email. If you like it, others probably will too. We will try to use it in one of our CSA newsletters! Thanks for your help.

## 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

## Learn About Agricultural Insects with Ledge Ends Learning Center

This summer, you don't need to stand by idly and watch as tiny arthropods consume the plants you have so carefully tended. You also don't need to spray toxic chemicals all over your yard! Equip yourself with knowledge and with the tools you need to take back control of your garden.

Join organic farmer Trish Garland as she identifies harmful insects in the vegetable, flower, and herb gardens at the Briggs-Boesch Farm, and explains how each pest can be controlled.

This exciting event will be held Sunday, July 20 at 1:00pm. It will be rescheduled in the event of poor weather conditions. There is a fee of \$10 per adult and \$6 per child. Pre-registration is required as this popular event will fill up quickly. To sign up for any program, email Trish at [LedgeLearning@hotmail.com](mailto:LedgeLearning@hotmail.com) or call (401) 884-5118.

## Recipes and Usage Tips

We shared these 2 salad recipes with members in 2006, but they are both so simple to make and delicious to eat that we thought we'd share them again!

### Baby Beets Salad

1 bunch of beets, with greens	1 Tbsp. balsamic vinegar
3 Scallions, chopped	1 Tbsp. red wine vinegar
1 large garlic clove	4 Tbsp. Olive oil
1 tsp. Dijon mustard	Salt and pepper to taste
2 tsp. honey or maple syrup	2 ounces mild goat cheese, crumbled

1. Separate beets from greens, leaving 1 inch of stem attached to beets.
2. Wash beets, then add to boiling water. Cook for 20 minutes, or until a fork will go through the beets.
3. Remove long stalks off leave, wash leaves, and chop coarsely. Place leaves in a salad bowl and toss with scallions.
4. In a small bowl, mix garlic, mustard, and honey. Add the vinegars and whisk to combine. Add the olive oil, whisking until emulsified. Add salt and pepper to taste.
5. When beets are tender, pour hot water out of pot and fill with cold water in sink. Peel cooled beets, removing the "tail." Slice beets and add to top of salad. Drizzle dressing on salad and add goat cheese.

Serve with veggie burgers or eat by itself. Serves 4.

### Baby Fennel and Feta Salad

This tasty salad serves 2. If you have more mouths to feed, use more cucumbers and/or eat over salad greens. Double the amount of vinaigrette if necessary.

1 tsp. Dijon mustard	1 cucumber, peeled and sliced
2 Tbsp. Red Wine Vinegar	2 baby fennels bulbs, sliced thinly
4 Tbsp. Olive oil	1 small onion, chopped
Salt and Pepper	2 oz. feta

1. Combine mustard, vinegar, and olive oil in a small bowl and whisk to combine. Add salt and pepper.
2. Add cucumber slices to vinaigrette. Coat cucumbers, then remove and place on serving plates.
3. Place the fennel, onion, and feta cheese in with remaining vinaigrette and mix lightly to coat mixture.
4. Place this mixture on top of cucumber slices. Add croutons if desired.