



PICKIN' & GRINNIN'



Volume 4 Issue 6

The Ledge Ends CSA Newsletter

July 22 & 24, 2008

This Week's Share May Contain:

- **Green Beans**
- **Raspberries**
- **Salad**
- **Cippolini Onions**
- **Fresh Garlic**
- **Radish**
- **Scallions**
- **Young Carrots**
- **Fennel**
- **Summer Squash or Zucchini**
- **Cucumber**

Corn Shares start this week!!!

Fruit shares are still available! Let us know if you're interested.

Chicken Scratch

Since we started farming here in East Greenwich in 2004, people have asked us if we have any farm animals. For years we had to answer no, but earlier this spring that changed. Aside from our house pets the farm is now home to 97 chickens and 2 barn cats. In our past farming life in northern New York, we cared for a horse, cows, sheep, goats, hens, pigs, and bunnies. While we certainly haven't returned to this type of animal husbandry, having even just a few animals on the farm adds a special farming feeling to the place.

Our hens are some of the happiest you'll meet. They have a paddock surrounded by electric netting where they forage for insects and seeds. They run and fly; they scratch and dig; and they make interesting noises. They always have ample food, water, space, and shade. At dusk, they instinctively go inside their coop and find spots to roost. We close them up to protect them from fisher cats, foxes, and other predators.

These days, consumers face an incredible array of choices when they go to buy eggs. There are free range, organic, vegetarian, and others. We sell our eggs as pasture-raised. When possible, consumers ought to seek out pasture-raised eggs and meat. It's a sign that the animals were treated humanely and had the opportunity to live outdoors, not in a crowded cage or barn. Pasture-raised products are hard to find, but worth seeking out.

Volunteer on the Farm

Our next Volunteer Work Day will be Tuesday, July 22 9:00am—11:00 am. We occasionally hold these days in order to give members an opportunity to come see where their food grows and to get a taste for the hard work that happens here. Working on the farm is not mandatory but it adds to your experience as members and your help is appreciated! If you choose to join us, wear your work clothes and bring work gloves. We'll meet at 9:00 in the parking area.

Learn About Compost with Ledge Ends Learning Center

What are you doing with those fennel stalks radish greens that you don't eat? Hopefully, if you don't have a pet rabbit, you are composting them! If you need help learning how to compost, join Trish at the upcoming workshop, Composting at Home.

This exciting event will be held Sunday, July 27 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 or call (401) 884-5118.

Recipes and Usage Tips

A CSA member found these tasty recipes and shared them with us this week. Thanks Claire!

Zucchini and Eggs

We tried this dish and agree with Clair that it would be good with more spices like basil oregano. We added garlic powder to it. This recipe serves 2 as a main course or 4 as part of an appetizer spread. The original source is <http://medcookingalaska.blogspot.com/2008/04/zafiris-world-recipe-for-zucchini-and.html>.

2 medium zucchini (1 pound)
3 Tbsp. olive oil
Salt
Freshly ground black pepper
1/2 cup diced yellow onion, 1/4" dice
4 eggs
Lemon wedges

Cut the zucchini in 1/2" slices. Season with salt and freshly ground black pepper. Heat the oil in a skillet and add half the zucchini in a single layer. Cook, without disturbing, until the zucchini is browned on the bottom; turn the zucchini over and brown on the second side. Remove to paper towels to absorb excess oil. Repeat with the remaining zucchini.

In the same pan, adding olive oil if necessary, sauté the onions, lightly seasoned with salt and freshly ground black pepper, until they soften and begin to turn golden. Add the cooked zucchini and gently mix the zucchini and onion. Spread the vegetables out evenly over the bottom of the skillet.

Whisk together the eggs, and pour evenly over the zucchini. Sprinkle with a little salt and freshly ground black pepper. Cover, turn down the burner, and cook over low heat until the eggs are set. Slide the Zucchini and Eggs onto a serving platter, cut into quarters, garnish with lemon wedges, and serve immediately.

Red Radish Salad, from the FoodNetwork.com

2 teaspoons sugar	2 Delicious apples, quartered cored & thinly sliced
1 lemon, juiced	1/2 cucumber, thinly sliced
1/2 cup sour cream	2 tablespoons chopped fresh dill or fennel leaves
8 red radishes, thinly sliced	Salt and black pepper

Combine sugar, lemon juice, and sour cream in a medium bowl with a fork. Add radishes, apple, and cucumber. Turn vegetables and fruit in dressing to coat. Season with dill, salt, and pepper, toss again; serve.