



## This Week's Share May Contain:

- Sweet Onions
- Garlic
- Summer Squash or Zucchini
- Cucumber
- Basil
- Eggplant
- Hot Peppers
- Carrots
- Leeks
- Tomatoes
- Swiss Chard

## Veggies and So Much More!

This year, our CSA members have had the opportunity to purchase local items in addition to the veggies produced by the farm. This week, some families will be getting the full load for the first time: veggies, corn, flowers, and fruit! How exciting! We are thrilled to be working with great growers like Polly Hutchison (Robbin Hollow Farm) and Gil and Sandy Barden (Barden Family Orchards) to offer you such a nice spread of local products on a weekly basis. When farms work together, great things can happen!

**"If not now, when?"**

-Hillel the Elder

Being a member of a community supported agriculture program can be an amazing experience. This truly is *your* farm,; the success of the farm will directly benefit you and your family. By becoming members of a CSA, you have shown a desire to be a part of something progressive. You have shown your desire to support a farmer directly, and to eat food grown here in Rhode Island using organic practices. You have made a monetary commitment to support an alternative to the supermarket culture. For this, we thank you tremendously. Our existence depends on such forward thinking.

For several weeks now, we've been asking our members to consider supporting us in another way: by volunteering here at the farm. Unlike some Community Supported Agriculture (CSA) farms, we don't require our members to come out and work on the farm. We just hope that, from time to time, people will want to come help us out and to connect with the farm where their food originated.

Tasks at the farm are many and varied. There are fallen trees that need to be moved, lawns to be mowed, and perpetual weeding. If you would like to get dirty with us, please let one of us know when you can come by, or if you would like to contribute to the farm in some other way.

## Fruit shares will be starting this week!

## Recipes and Usage Tips

### Cleaning Leeks and Chard

These are 2 veggies you want to clean well in order to avoid a gritty surprise in your meal. For chard, rinse thoroughly, drain water, and rinse again. For leeks, cut the leek in half lengthwise and wash thoroughly under water to remove grit and soil between the layers.

### Asian Cucumber Salad with Sesame

3 medium cucumbers, peeled, halved lengthwise, seeded, & cut on the diagonal 1/4 inch thick

1 Tbsp. sea salt

2 Tbsp. rice vinegar

2 Tbsp. toasted sesame oil

1/2 tsp. sugar

1/4 tsp. red hot pepper flakes

1 Tbsp. sesame seeds, toasted in a dry skillet until golden brown

1. Whisk the vinegar, oil, sugar, and pepper flakes together in a small bowl and set the dressing aside, stirring occasionally until the sugar dissolves.
2. Toss the cucumbers with the dressing and toasted sesame seeds. Serve immediately or refrigerate for up to one day.

Bishop, Jack. Vegetables Every Day. Harpers Collins Publishers, 2001.

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### Bulgur with Leeks and Swiss Chard

2 Tbs. olive oil

1- 2 medium-size leeks, white and tender green parts chopped

1 lb. Swiss chard, stems cut into 1-inch pieces, leaves torn into large pieces

2 cups sliced mushrooms

4 cloves garlic, minced (about 4 tsp.)

2 3/4 cups low-sodium vegetable broth

1 cup bulgur

1. Heat oil in large pot over medium-high heat. Add leeks and chard stems, and cook 4 minutes, or until softened, stirring often. Add mushrooms, and cook 5 minutes, or until softened, stirring occasionally. Add garlic and chard leaves. Cover, and cook 5 minutes, or until leaves are wilted, stirring occasionally. Season with salt and pepper.

2. Stir in broth and bulgur. Bring to a boil, reduce heat to medium low, cover, and simmer 10 minutes, or until liquid is absorbed and bulgur is tender. Remove pan from heat, and serve.

*Vegetarian Times*, October 1, 2006: page 33.