



## This Week's Share May Contain:

- Sweet Onions
- Garlic
- Summer Squash
- Cucumber
- Basil
- Potatoes
- Carrots
- Leeks
- Parsley
- Tomatoes
- Cherry Tomatoes

## Our Little Egg Layers



## At The Farm This Week

Last Wednesday, we were privileged to participate in the Rhode Island Local Food Fest. This event, held at Castle Hill Resort, was a fundraiser for Farm Fresh Rhode Island, a nonprofit organization that strives to strengthen the market for local foods. Along with a number of local farms, chefs from some fine Rhode Island restaurants were present. Each farm was paired with a different chef, who used the farm's produce to make a tasty dish. Our chef was Joe Hafner, from Gracie's in Providence. He made a delicious gazpacho using our tomatoes and basil, which he topped with a dollop of ricotta from Narragansett Creamery. We saw several of our farmer friends and some CSA members at this event. Everyone was looking very dapper.

We hope this classy event raised a ton of dough for Farm Fresh. If you aren't familiar with this local nonprofit organization, you should check them out. Their website, [farmfreshri.org](http://farmfreshri.org), is packed with information about local foods: wines, cheeses, meats, eggs, and of course, veggies.

One of the coolest things we saw at the RI Local Food Fest was biodegradable paperware. All of the cups, bowls, forks, and spoons were totally compostable, so very little waste was generated. Our friends from Blue Sate Coffee, for example, served their hot joe in Eco Hot Cup™ coffee cups from Eco-Products, just as they do every day at their shop on Thayer Street. At this event, composting was the rule for everyone.

Here at the farm, composting is vital to what we do. Based on the great attendance at Ledge Ends Learning Center's composting class a few weeks ago, we can see it's important to our members too. At your next big picnic or potluck, you should consider looking for compostable paperware. Your summer celebration doesn't need to become a waste festival!

## Farm Job Available

In order to pay the bills, we attend several farmers markets in addition to doing the CSA. We are looking for an individual who could run the Charlestown Farmers' Market for us. This person would need to:

- Be able to lift very heavy items
- Have a good driving record and be comfortable driving a cargo van
- Be able to interact with public
- Be a positive representative of our farm

This market is way down (don't we sound like Rhode Islanders?) in Charlestown on Friday mornings. The van needs to leave the farm by 7:00am, so late risers need not apply. Please talk to Erik if you're interested!

## Recipes and Usage Tips

### Chicken Caesar Potato Salad

- 1 1/2 pounds potatoes, halved or quartered
- 1 large cucumber, seeded and diced (about 2 cups)
- 1/2 cup diced carrot
- 1/2 cup diced sweet onion
- Grilled chicken strips (real or vegetarian)
- 4 Tbsp. fresh chopped herbs such as basil or parsley
- Your favorite Caesar dressing

In a large pot, combine potatoes with enough water to cover them. Bring the water to a boil, then simmer until tender. Drain potatoes. Rinse repeatedly in cold water to cool. Place potatoes in large bowl and combine with remaining ingredients.



At left, volunteer Nancy helps the crew plant kale. This was last month, and the kale is growing nicely now.