

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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August 18 & 20, 2009

Week Ten!

We have reached the half-way point of another CSA season! We hope you are enjoying your shares...and thank you for your support in 2009, one of the most challenging seasons ever.

One thing we are truly happy about is that our tomato crop seems to be surviving the season better than the tomato crops of many other organic farms. Late blight has been wiping out the tomato and potato crops of farms across New England this summer. Every week, it seems we hear about another farmer who's de-

ecided to till their tomatoes into the earth. We've been working hard to protect our tomatoes and are pleased that it looks like your shares will have tomatoes this week. You probably won't be getting many this week, but there will be plenty more coming in future weeks. The plants have lots of fruit on them, but it is still mostly green. The hot weather we're finally starting to experience should help the fruits to ripen.

We've recently realized that despite the enormous amounts of rain we've had

this season, it is finally time to hook up the irrigation and fire up the pump. It's amazing that we had a field underwater a few weeks ago and now we need to irrigate for the health and well being of our crops.

Tomorrow night (Monday night) is the season's last yoga class at the farm. We hope you'll join us for this cool event. There is nothing like outdoor yoga! If you can make it, please come on by! It starts at 6pm and is \$14 for adults and \$10 for children.

Special points of interest:

At the East Greenwich Farmers Market on Monday, August 17, there will be a wine and cheese tasting. Come and savor wines from the Savory Grape and cheeses from Narragansett Creamery. The market is from 3-6pm at Academy Field.

This Week's Choices May Include:

- Green Chard
- Bunched Onions
- Hot Peppers
- Salad
- Arugula
- Carrots
- Herbs
- Pea Shoots
- Tomatoes

Recycling Info

So you're the ultimate local food supporter. You have the veggie CSA, the fruit share, the corn share, the meat CSA, and the cheese share. Heck, you've even get a flower share! You're doing more than most people to support the local food system than most people would ever consider. What more could you possibly do?

Well, we hope you are composting all those food scraps. The carrot tops and

lettuce butts shouldn't end up in your trash!

It's also important to note that the yogurt containers from your cheese share shouldn't be thrown in with your other recyclables. The #5 plastics shouldn't go in the blue bin with your #1 and #2 plastics...workers at the RIRRC will just have to pull them out later on.

A year ago, you'd have had to place them in the

trash. Now, however, if you'd like to recycle them, you can take them to Whole Foods. Near the exit of the store, you can recycle #5 plastics along with plastic shopping bags. #5 containers often include yogurt containers, sour cream, cottage cheese, and cream cheese containers. So, don't put those containers in the trash!

Pickin' & Grinnin' Recipes

Linguine with Arugula, Pine Nuts and Parmesan Cheese

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

1. Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
2. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat.
3. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well.
4. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, adding additional Parmesan, if desired.



Ledge Ends Learning Center Invites YOU to the Farm!

Sign up soon for one of these upcoming events! Contact Trish by emailing LedgeLearning@hotmail.com

Yoga at the Farm Series- Monday, August 17, 6:00pm

This season, we have joined forces with Focus Yoga to offer al fresco yoga classes at the farm. This class is designed for all ages and levels. Improve strength and flexibility while keeping your body safe and your practice enjoyable. Fee: \$14 adults; \$10 children 12 and under.