

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Greetings From the Farm

Like most other organic farmers, we subscribe to a number of trade journals in order to stay abreast of developments in the agricultural world. *Growing for Market*, *Growing*, *Country Folks Grower*, *Farming*, and *The Natural Farmer* are a few of the publications you might see on our kitchen table. They might contain tips on dealing with pests, growing during the winter, running an efficient farmstand, or writing a CSA newsletter!

This month's *Growing for Market* contained an editorial about local agriculture that was particularly well written. We would like to share the main arguments that

were made by the author, Lynn Byczynski.

In her article, Lynn pointed out the irony in the fact that many homeowners wishing to know the source of their food purchased tomato plants from big box stores this spring. WalMart, Lowe's, Home Depot, and Kmart all sold tomatoes which came from the same greenhouse Bonnie Plants, in Alabama. Although Bonnie Plants recalled tomatoes once late blight was found in them, many plants were already in gardens around the country. The result? Late blight spread Maine to South Carolina and as far west as Ohio. As farmers in

these states have had to plow in their crops, customers have been more apt to buy tomatoes grown thousands of miles away.

Byczynski makes a great point that when customers go to big box retailers for their garden plants, there is a weak link in our local food chain. Restoring food security will require citizens to consider where our food has been, from seed to plate.

So, if you plant a garden, consider purchasing your plants next year from one of the many small local farms or nurseries!

This year's Fall Farm Festival Should Not Be Missed!

As in years past, we are planning a fall event to show our appreciation for farm supporters. This year's event will be **Saturday, October 10 1-5pm**. Please mark your calendars! This year's

event will feature live music, storytelling, games, and great company. Once again, the event will be a potluck. Our members bring the most amaz-

ing potluck dishes to share! We are still in the planning stages for this event and will make further details available in the coming weeks.

Special Points of Interest:

Add edamame to salted boiling water for 3-5 minutes. Drain in a colander. Once edamame cools, squeeze the beans out of the pods directly into your mouth!

This Week's Choices May Include:

- **Salad Mix**
- **Hot peppers**
- **Tomatoes**
- **Edamame**
- **Pea Shoots**
- **Green Beans**
- **Sweet Onions**
- **Arugula**
- **Raspberries**

Pickin' & Grinnin' Recipes

Edamame Succotash

Serves 6

Fresh green soybeans, called edamame, have a sweet, nutty flavor. They offer a great variation on this classic dish, standing in for the traditional lima beans. For a great twist, serve the succotash in hollowed-out tomatoes.

2 tsp. vegetable oil
1/2 cup chopped bell pepper
1/4 cup chopped onion
2 cloves garlic, minced
1 1/2 cups fresh or frozen shelled edamame
2 cups fresh or frozen corn kernels
3 Tbs. white wine or vegetable stock
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
2 Tbs. chopped fresh parsley
1 Tbs. chopped fresh basil or 1 tsp. dried basil

Heat oil in large nonstick skillet over medium heat.

Add bell pepper, onion and garlic, and cook, stirring frequently, 2 minutes.

Stir in edamame, corn and wine; cook 4 minutes, stirring frequently.

Remove pan from heat. Stir in salt, pepper, parsley and basil. Serve.

Vegetariantimes.com

Grilled Chicken Sausages with Peach-Sage Skewers

This recipe is shared by CSA member Sophie McGarrity who notes, "For those CSA members that partake of the fruit share, this is a good way to use some of the peaches for dinner. We also cut this one in half. There are some tasty vegetarian "sausages" out on the market now too."

6 (10-inch) metal or wooden skewers
6 medium ripe peaches, pitted and quartered
24 medium sage leaves
6 chicken sausages
1 teaspoon cider vinegar

Heat a grill pan or a gas or charcoal grill to medium (about 350°F). Meanwhile, alternately thread 4 peach quarters and 4 sage leaves on each skewer. Season well with salt and freshly ground black pepper.

Rub the grill with a towel dipped in oil and place skewers and sausages on the grill. Cook, uncovered and turning occasionally, until peaches are charred and soft and sausages are cooked through, about 20 to 30 minutes.

Remove from the grill, drizzle cider vinegar over peaches, and serve immediately.