

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Positive Thoughts for a Bountiful Fall

This week's newsletter arrives a day late as Erik and Trish enjoyed a much-needed night off the farm. It was our first night away together since Erik's sister's wedding in June. After farmers market on Saturday, we raced home to unload, then sped down to New Jersey to a family gathering. We drove back on Sunday evening. Although the entire trip was only about 29 hours and included about 9 hour of driving, it helped to recharge our batteries.

It is Labor Day today and we offered our crew the day off, but 4 out of the 6 scheduled to work on Mondays have arrived to help out. While some may have come for the paycheck, I would have to say that our crew is very dedicated to the cause at this point, and that all of us want to see the farm prosper.

Here it is mid-September

and we are finally starting to get to the point where things are looking up. After a horrible June and July, we are in recovery mode. There are still signs of a horrible season (we have only harvested a few dozen eggplants!), but we are pleased with our tomatoes; the fall raspberry crop is better than the summer one; and it is not too hot for the salad and arugula. We are also pleased with the melons. We polished off a humongous cantaloupe together yesterday and it was wonderful.

Farmers Markets provide us with the cash flow we need to pay our 8 person crew. This season, markets have been earning about 50% less for us. We have had less to sell and customers have had less to spend. This was our first week that we had a nice market display we could be proud of. We've started doing a new farmers

market this year, the Hope Street Market in Providence. This market has been a life-saver for our farm. It has helped to offset the low sales at the markets we have been attending for years.

We are feeling optimistic right now. We have overcome so many adversities this season. We have the finest organic tomatoes in the state, we're the only CSA with homegrown potatoes, other farmers are ogling our melons, and we have delivered *something* to CSA every week.

Please join us as we channel our positive thoughts into transforming what has been a tough season. We hope that this week is the start of a wonderful fall season at the farm.

Special Points of Interest:

Would you like to help out at our fall festival on October 10? Please let us know!

This Week's Choices May Include:

- Salad
- Arugula
- Ailsa Craig Sweet Onions
- Garlic
- Edamame
- Tomatoes
- Green Beans
- Hot Pepper
- Peppers
- Raspberry
- Cantaloupe
- Potatoes
- Basil

Pickin' & Grinnin' Recipes

Three Bean Salad

This recipe is from the May/June edition of the magazine *Eating Well* and contains far less sugar than many other 3-bean salad recipes.

3 Tbsp. cider vinegar

3 Tbsp. rice vinegar

1 Tbsp. sugar

1 Tbsp. whole grain mustard

1 Tbsp. canola oil

1/2 tsp. salt

Freshly ground pepper to taste

1/3 cup diced onion

1 15 ounce can black-eyed peas or chickpeas, rinsed

10 ounces shelled edamame

1 pound green beans, trimmed and cut into 1-inch pieces

2 Tbsp. chopped fresh parsley

1. Put a large saucepan of water on to boil. Fill a large bowl half full with ice water and place next to the stove.
2. Meanwhile, whisk cider vinegar, rice vinegar, sugar, mustard, oil, salt and pepper in a large bowl until blended. Add onion and black-eyed peas (or chickpeas); toss to coat.
3. Cook edamame in the boiling water until tender, about 5 minutes. Remove with a slotted spoon and refresh in the ice water. Pat dry and add to the bowl.
4. Cook green beans in the boiling water until just tender, 3 to 6 minutes. Drain and refresh in the ice water. Pat dry and add to the salad along with parsley; toss well.