

# PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

Volume 5, Issue 15

September 22 & 24, 2009

## Autumn is Upon Us!

In the classic novel [Still Life with Woodpecker](#), Tom Robbins wrote, "Autumn is the springtime of death." The weekend's weather was crisp and sunny, everything you could hope for from an autumn weekend. Many people came to the farm this weekend to enjoy our nature trails and to peek at the fields. Right now, it is a time of transition at the farm. The beets, turnips, carrots, radishes, and other roots are going strong. There are few insects to eat them, so their greens are beauti-

ful. On the flip side, the cool nights getting down into the 40's are not good for the tomatoes, peppers, and eggplants. A quick glance at the 10-day forecast indicates that we don't need to worry about frost anytime too soon. Hopefully these crops will continue to grow and ripen for us.

You may be wondering what other crops you'll be getting in the future weeks. In addition to the beets, turnips, carrots, radishes, eggplants, tomatoes, and peppers already mentioned, we hope to provide you with

green beans, lettuce, salad, arugula, kale, pac choi, cabbage, onions, leeks, potatoes, sweet potatoes, winter squash, broccoli, daikon radish, parsnips, mixed greens, and more raspberries. I'm sure there are other crops I'm forgetting too. This season has reminded us continuously that nothing can be guaranteed, but we're hoping to end this season with healthy-sized shares and happy members.

## 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

- **Salad Mix**
- **Bunched Greens**
- **Edamame**
- **Tomatoes**
- **Leeks**
- **Onions**
- **Raspberry**
- **Herbs**
- **Hakurei Turnips**
- **Green Beans**

## Fall Festival Around the Corner

It's that time of the year again; we are planning for our fall festival. The festival is an opportunity for all of our members to join together at the farm, spending a beautiful autumn afternoon enjoying the food and the place that connects them.

For many of our Providence members, it may

be the only time during the season that they make the great journey to see the farm. For East Greenwich members, it may be one of the few times that they actually venture far enough to see the fields where crops are grown. For others, it is yet another afternoon at a place they love.

We hope you will consider joining us this year. The festival will be October 10, 1-5. Please pencil it into your calendar. We are still looking for performers and others who would like to help out. Please let us know if you would like to be involved by sending us a quick email.

## Pickin' & Grinnin' Recipes

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The recipe below was share with us by CSA member and all-around cool person Sophie McGarrity. She found it in the January 2008 edition of *Fine Cooking*. If you'd like to share a recipe with other members, or if you'd simply like to have us sing your praises in an upcoming newsletter, pass along your recipes via email. Thanks!

### **Chinese Restaurant-Style Sautéed Green Beans**

I think it's easiest to start out stirring the beans with tongs and then switch to a heatproof spatula to add the garlic and sauce. Serves two to three as a side dish.

1 Tbs. soy sauce  
1 Tbs. honey  
1 Tbs. unsalted butter  
2 Tbs. extra-virgin olive oil  
12 oz. green beans, trimmed  
Kosher salt  
1 Tbs. minced garlic

Combine the soy sauce, honey, and 1 Tbs. water in a small dish and set near the stove. Set a shallow serving dish near the stove, too.

In a 10-inch straight-sided sauté pan, heat the butter with the olive oil over medium-high heat. When the butter is melted, add the green beans and 1/2 tsp. salt and toss with tongs to coat well. Cook, turning the beans occasionally, until most are well browned, shrunken, and tender, 7 to 8 minutes. (The butter in the pan will have turned dark brown.)

Reduce the heat to low, add the garlic, and cook, stirring constantly with a heatproof rubber spatula, until the garlic is softened and fragrant, 15 to 20 seconds. Carefully add the soy mixture (you'll need to scrape the honey into the pan). Cook, stirring, until the liquid reduces to a glazy consistency that coats the beans, 30 to 45 seconds.

Immediately transfer the beans to the serving dish, scraping the pan with the spatula to get all of the garlicky sauce. Let sit for a few minutes and then serve warm.