

# PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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## Farm Supporters Event This Saturday!!!

It's coming! The annual Fall Potluck for Farm Supporters is right around the corner. We hope you've cleared your calendar! The festival will be this Saturday, October 10, 1-5. We ask that members bring their own lawn chairs or blankets. Check out some of the fun things we have planned:

- **Live Music**— We have several bands ready to go! Eugene Massa's swinging jazz band that entertained us while their fingertips were frozen last year will return...hopefully to a slightly warmer afternoon. We also plan on having some bluegrass, folk music and more?.
- **Storytelling**- As in the past, Mark Binder will share his talents with us [markbinder.com](http://markbinder.com).
- **Great Company**-Meet and mingle with other members. Also, the farmers who bring you meat, flowers, fruit, cheese have been invited.
- **Great Food**— We ask everyone to bring a dish. Please also bring a small card indicating ingredients so that our friends with food allergies or special diets will know what they are eating.
- **Pie Contest**— The pies must use apples as the main ingredient and must be homemade, including the crust. Please get your pie to the judge's table by 1:30pm. Prizes will be awarded. Winners will also receive praise in next week's newsletter.
- **Nature Walks**— There is a lovely nature trail that will take you out into the woods, and then wraps around our main field, where the food that will feed you in the coming weeks is growing. Come see where your food is grown!

## Members for 2010 Now Being Accepted

It is hard to believe we are in our 17th week of the CSA season. As the season winds down, we are looking ahead to the winter and the farming season that awaits us in 2010. **We are now accepting memberships for the 2010 season.** The price for next year will remain the same as it was this year: \$600. Although we would prefer full payment, we are happy to accept a deposit of \$100 to reserve a share for next season. Sign-up forms will be available at your CSA pick-up location. We are also attaching a copy to your weekly email.

### Special Points of Interest:

#### Recycling Effort

Please, bring back any pulp pint and half-pint containers that you have gotten from our farm. We will gladly re-use them.



### This Week's Choices May Include:

- Onions
- Salad Mix
- Kale or Chard
- Carrots
- Tomatoes
- Leeks
- Pac Choi
- Beets
- Purple-Top Turnips
- Daikon Radishes
- Hot Peppers
- Raspberries
- Peppers or Eggplant
- Herbs
- Hot Peppers

## Pickin' & Grinnin' Recipes

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### **Sweet Carrot and Daikon Radish Salad (Namasu)**

1 1/2 pounds daikon radish, peeled

1 large carrot, peeled

1 tablespoon salt

2 tablespoons sugar, preferably raw

1/3 cup unseasoned rice vinegar

2 dashes light soy sauce, or to taste (optional).

1. Cut daikon and carrot into thin shreds, or grate in a food processor. Combine vegetables in a bowl, sprinkle with salt, and toss well. Set aside 20 minutes. Drain off liquid as it collects in bottom of bowl. Working in handfuls, firmly squeeze out excess liquid and transfer vegetables to a bowl.

2. Dissolve sugar in vinegar and pour over vegetables. Toss. Refrigerate, tossing occasionally, at least 1 hour or overnight. Remove from refrigerator at least 30 minutes before serving; dish should be served at cool room temperature. Just before serving, taste; if desired, add soy sauce and toss.

New York Times December 26, 2007 [nytimes.com](http://nytimes.com)