

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

Volume 5, Issue 2

June 23 & 25, 2009

It's Official: Summer Has Begun!

June 21 marks the beginning of summer, but this season it doesn't feel like summer has arrived quite yet. We've had a few warm spells but overall it has been a dreary spring. Despite the weather, we did begin the CSA season a week earlier than usual this year. We were happy with the first week's share and hope you were as well.

Many people have been asking us what we think about this season's weather. Honestly, it stinks. Many people remind us that "plants need rain to grow." Well, photosynthesis requires sunlight also! Due to the size of our farm, tractors play an important role in field preparation, planting, and cultivations also. When it is very wet in our fields, we

cannot bring tractors into them; in doing so we would damage our soil structure. As a result, we have fallen behind in planting and the weeds are growing strong. Wet weather over long periods of time also puts our plants at risk for diseases and mold (which is starting to affect our strawberries).

Are there any positive effects from all this rain and cool weather? Certainly there are some. The Swiss chard is beautiful this season, and insect pressures are low. Our crew can also work without fear of sunburn.

Claire Robinson proudly holds her Swiss chard at the Providence pick-up.

If you are an East Greenwich member craving more produce right away, we want to remind you the East Greenwich Farmers market starts on Monday, June 22 3-7pm at Academy Field.

-Farmer Trish



Optional Shares Deadline Extended

Many of our members are taking advantage of the optional "add-ons" we are offering this year: cheese from Narragansett Creamery, flowers from Robin Hollow Farm, corn and fruit from Barden Family Orchard. We are happy to be working with these other fine businesses this season, and hope our members appreciate this

added benefit of CSA membership.

If you haven't signed up for any of these extra memberships, but wish you had now that you've seen what you're missing out on, it's not too late.

The deadline for signing up for the optional flower and cheese shares has now been

extended to June 30. Please sign up as soon as possible if you are interested. Since these two options have already begun, you will pay a pro-rated price.

For those of you have signed up for fruit and corn, these options will begin the first week of August.

Special points of interest:

- We hope you'll join us for our first volunteer evening Thursday, June 25, 3-5pm. Your CSA share will benefit from your service!

This Week's Share May Include:

- Lettuce
- Salad Mix
- Green Garlic
- Garlic Scapes
- Kohlrabi
- Strawberries
- Swiss Chard
- Sugar Snap Peas
- Assorted Bunched Greens

Pickin' & Grinnin' Recipes

Sauteed Greens with Currants and Pine Nuts



Govind Menon and his daughter relax in the grass at the Providence CSA pick-up.

DON'T FORGET
TO EAT THOSE
KOHLRABI
GREENS. THEY
TASTE MUCH LIKE
KALE.. MAKE A
STIR-FRY WITH
THE ENTIRE
KOHLRABI PLANT!

Carmelized garlic oil (see instructions for preparation below)
Olive oil
3 Garlic cloves, thinly sliced
Red pepper flakes
1 bunch Swiss chard or spinach, stemmed and washed
Kosher salt
Black pepper
Lemon wedges
1/4 cup currants
1/4 cup pine nuts

To make garlic oil, heat the oil in a large nonstick skillet or heavy flameproof casserole over moderate low heat. Add garlic and pepper flakes, cover and cook until garlic is soft, translucent and just beginning to brown. Remove garlic with slotted spoon and reserve.

Pour 1/4 cup boiling water over currants in small bowl and set aside to plump for 15 minutes. Drain well. Roast pine nuts over low heat until aroma develops or just before browning.

Increase heat of garlic oil to high. Add greens and pinch of salt and sauté, tossing regularly until greens are wilted.

If needed, add 1 TBSP of water and cover greens to help soften. Once liquid has evaporated, stir in pine nuts, currants, and garlic. Season to taste with salt and pepper. Serve with lemon wedges.

Other Farmy Happenings

Ledge Ends Learning Center

Ledge Ends Learning Center (LELC) is a nonprofit organization that works in conjunction with Ledge Ends Produce. This season, LELC is hosting a number of educational programs at the farm. A portion of the educational series proceeds will go towards meeting the objectives of the LELC; providing fresh organic vegetables to low income families and providing educational opportunities to the community. Pre-registration for all programs is required. To

sign up for any program, email Trish at LedgeLearning@hotmail.com.

Here is a listing of July's workshops. Complete descriptions can be found at LedgeEndsProduce.com.

Growing and using culinary herbs- July 14, 5:30pm

Herbal Salves and Teas- July 15, 5:30 pm

Wild Plant Walk- July 16, 2009 4:00pm

Yoga at the Farm Series- July 20, 6:00pm

Intro to Biofuels- July 30, 2009 6:00pm

Friday Night Adult Cooking Series with Chef Erica Maddalena- July 31, 5:30 pm

Family Cooking Classes with Chef Erica Maddalena – July 11, 10:00am & July 25, 10:00am.