

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

Volume 5, Issue 3

June 30 & July 2, 2009

Greetings From the Farm

Farmers aren't the only ones griping about this weather. Well the news isn't all bad. The sun did come out on Saturday, enough so that sunscreen and cold drinks were needed. But the ten-day forecast is a bit frightening: scatter thunderstorms and cloudy skies everyday! Has anyone out there seen that movie Groundhog Day? We need this jet stream to change! There are lots of crops in the ground just wait-

ing for that sun to provide them with some energy.

Things are in full swing at the farm. Our days are spent planting, weeding, harvesting, watching for pests and other varmints (more on the woodchucks later), and bringing produce from the farm to members and customers at the markets. From here on in, it is 7-day work-weeks, averaging 14 hours or so a day. Even today, a

Sunday, we took it easy in the morning, but have been working for the past 9 hours, and we're not done yet.

We would like to thank the five awesome members who volunteered last Thursday afternoon. They helped to weed 2 rows of dwarf apple trees. We are hoping some more members will come out at our next volunteer event to pick up where they left off.

Special points of interest:

- **We ran out of cheese at last week's pick-up. Please make sure you only take cheese if you have paid for a cheese share!**



Cultivating with our vintage Allis Chalmers G tractor

Meat Shares From Pat's Pastured Available

Along with this week's newsletter, we are including information for you about another optional share. Our good friend Pat McNiff, owner of Pat's Pastured Poultry, raises chickens, cows, and pigs in Jamestown, RI. While we observe a vegetarian diet, we do think that Pat's animals are raised in a way that is much more hu-

mane than many others. They spend their days outdoors instead of being locked up in a cage or pen. In addition, his animals eat pasture, rather than a corn-based diet. If you are an omnivore, we encourage you to read about the share he is offering. If you are interested, you need to contact Pat directly. His contact informa-

tion is found at the end of the document. We will not be handling any money for the meat shares, and will only serve as a pick-up site for the meat CSA.

This Week's Share May Include:

- Lettuce
- Pea Shoots
- Green Garlic
- Cilantro
- Beets
- Strawberries
- Scallions
- Sugar Snap Peas
- Assorted Bunched Roots

Pickin' & Grinnin' Recipes

BEETS ARE AN EXCELLENT SOURCE OF VITAMIN B, FOLATE, MANGANESE AND POTASSIUM. BEETS ARE ALSO A GOOD SOURCE OF DIETARY FIBER, VITAMIN C, MAGNESIUM, IRON, COPPER AND PHOSPHORUS.

PEA SHOOTS HAVE 7 TIMES MORE VITAMIN C THAN BLUEBERRIES. THEY ARE DELICIOUS EATEN RAW IN SALADS OR SANDWICHES. YOU MAY ALSO ADD THEM TO STIR-FRY OR WILT THEM IN PASTA DISHES. SEE PEASHOOTS.COM FOR OTHER PREPARATION IDEAS!

Roasted Beet Salad with Walnuts and Goat Cheese

4 medium or 3 large beets
Beet greens from beets
4 Tbs olive oil
1 onion, sliced thin
Salt and freshly ground Black pepper
2 tsp. balsamic vinegar
2 tsp. red wine vinegar
1/2 cup walnuts, toasted in dry skillet until fragrant
2 ounces (1/2 cup) goat cheese, crumbled

1. Preheat oven to 400.
2. Trim all but the last inch or so of the stems from the beets. Wash the beets well and trim any dangling roots. Wrap the beets in aluminum foil. Place the beets in the oven and roast until a metal skewer glides easily through them, 1 to 1 1/4 hours.
3. While the beets are roasting, wash and shake dry the beet greens. Tear any large leaves in half.
4. Heat 1 Tbs. oil in a medium skillet. Add the onion and sauté over medium heat until golden brown and crisp, about 5 minutes. Add the damp beet greens and sauté until wilted, about 2 minutes. Season with salt and pepper to taste and cool to room temperature.
5. Place the vinegars and salt and pepper to taste in a small bowl. Whisk the remaining 3 Tbsp. oil until the dressing is smooth. Set the dressing aside.
6. When the beets are tender, remove them from the oven, open up the foil, and cool slightly. Discard the foil. Use paper towels to hold the warm beets and rub them gently to slip off their skins. Slice the beets into 1/4 inch thick rounds.
7. Divide the beet greens among four individual salad plates. Arrange the beet slices over the greens and drizzle with the dressing. Garnish the salad with toasted walnuts and cheese. Serve immediately.

Sweet and Spicy Beet Greens

1 pound beet greens
1 strip of thick cut bacon, chopped (or a tablespoon of bacon fat)
1/4 cup chopped onion
1 large garlic clove, minced
3/4 cup of water
1 Tbsp granulated sugar

- 7 1/4 teaspoon crushed red pepper flakes
- 8 1/6 cup of cider vinegar
1. Wash the greens, then drain and cut away any heavy stems. Cut leaves into bite-sized pieces.
2. In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat). Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Bring mixture to a boil.
3. Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in vinegar.