

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Risking Our Lives for Our CSA

The weather this past week has been pretty wild. We normally pick for our East Greenwich CSA members on Wednesdays. Just as the crew assembled to pick at 7am on Wednesday morning, the sky ripped open. The crew picked

until the thunder and lightning became too severe. They moved indoors to wash vegetables for a few hours and then called it quits. Amazingly, on Thursday, at 7am, as they once again assembled to try to pick the rest of the

share, heavy rains began to fall and thunder shook the farm. Our brave crew picked the necessary vegetables when it was safe to do so. For anyone who thinks that farming is a quaint or relaxing lifestyle, this is not the

Special points of interest:

- Please note that our newsletter is created before we actually harvest produce so the contents of your share may vary from the list below!



Lettuces are liking the cooler weather. Cucumbers are not.

Don't forget to join

Pat's Pastured Meat CSA Contact Patrick at patspastured@gmail.com or call 401-413-9770 to fill out a registration form. First pick up day will be July 21 or 23.

Also, It is not too late

Optional Shares are still available. Visit LedgeEndsProduce.com for a form to choose fruit, corn, cheese, and (or) flowers.

This Week's Share May

Let's Talk About the Weather Some More

All this wet weather has Rhode Island farmers and growers worried. As we've mentioned before, wet conditions cause many problems on a farm our size, but the biggest is disease. So far this year, our strawberries have suffered from the extreme moisture. As of this writing, most of our crops are faring well. However, we are well aware of the dangers that are lurking.

In the UMASS Extension

newsletter for vegetable farmers, the following warning was sent out earlier today:

"The occurrence of late blight in 2009 is different compared to most seasons in 2 ways: first, this is the earliest disease has ever been reported over such a broad region of the country. The second reason is that affected plants were distributed to large chain retail stores and farm and garden

supply stores throughout the region (Ohio to Maine)."

This recent news from the DEM is scary, but makes us thankful we are a diverse farm. This doesn't mean we're expecting our tomatoes to suddenly die. We are hopeful for pleasant weather and an abundant harvest.

- Lettuce
- Green Garlic
- Mixed Herbs
- Arugula
- Scallions
- Broccoli
- Swiss Chard
- Kohlrabi
- Sugar Snap Peas

Pickin' & Grinnin' Recipes

Trish's Favorite Kohlrabi Recipe

We've included this recipe in newsletters in past years, but we're sharing it with you again. Why? It's incredibly easy to make, includes just a few ingredients, and is yummy! I could eat it once a week for the rest of my life. Unfortunately, kohlrabi isn't in season all year long.

3 Tbsp. butter
1 garlic clove, chopped
3 medium kohlrabi, peeled and chopped
1 onion, chopped
kohlrabi (peeled, leaves and stalks removed)
4 Tbsp. fresh oregano, thyme, chives or parsley
grated cheese (optional)

1. Heat butter over medium heat, add onion and scapes, and sauté for a few minutes.
2. Stir in kohlrabi. Cover and cook for 5 minutes or until kohlrabi is tender.
3. Add kohlrabi leaves and fresh herbs. Mix thoroughly and heat for a minute or two until leaves are wilted.
4. Serve, topped with grated cheese.

DO YOU HAVE SOME OLD KOHLRABI IN YOUR FRIDGE? REMOVE THE TOPS FROM KOHLRABI, BEETS, TURNIPS, AND OTHER ROOTS AND STORE THEM IN PLASTIC AND THEY'LL KEEP LONGER.

THERE WILL BE AN OYSTER TASTING AT THE EAST GREENWICH FARMERS MARKET THIS MONDAY JULY 6, 3-7PM. MATUNUCK OYSTER FARM WILL ALSO BE SHOWING PEOPLE HOW TO SHUCK AND PREPARE OYSTERS.

Two Exciting Events Around the Corner...More to Come

Here are just a few events happening at the farm this month. Check out the Other Farmy Things section of the farm's website for more information.

Wild Plants Walk at the Farm

Thursday, July 16 4:00pm

Join Rhode Island herbalist and owner of Apollo Herbs, Michael Ford, as he gives a guided walk at the farm. Medicinal, edible, poisonous, and native plants will be identified and discussed. Don't miss this chance to learn from an expert! Fee: \$10.

Yoga at the Farm

Mondays July 20 & August 17 6:00—7:15

The best of both worlds meet in an exciting new series brought to you by Focus Yoga and Ledge Ends Learning Center: yoga and the beautiful outdoors. Enjoy an al fresco yoga class at the historic Briggs Boesch Farm. Open your senses to the rich fragrance, sights and sounds of a working farm. Join Focus Yoga director Katherine Conte for an all levels, all ages class. Take Your Practice Outdoors! Fee: \$14 adults, \$10 children

In the event of rain, the class will still meet indoors at the Focus Yoga studio on South County Trail, just 5 minutes from the farm.

Interested? Email Trish at LedgeLearning@hotmail.com