

# PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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July 21 & 23, 2009

## Greetings From the Farm

The weather has changed for us thank goodness! Very quickly, we've gone from cold, wet, and miserable to hot, sunny, and humid. It's feeling like summer now, but it's important to keep in mind what a wild summer this has been. Tomatoes, peppers, and other heat loving crops don't recover overnight from the weather they've experienced.

The Blue Hill Observatory in Massachusetts has been keeping weather records since 1885. According to Blue Hill, June 2009 tied as the sixth coolest June on record. There were 16 days with precipitation; the rainiest month ever

had 18 days with precipitation. Overall, it was the second gloomiest June on record, as only 1902 had less measurable sunlight.

Will there be tomatoes this year? Yes. Will there be melons and peppers? It looks like it. It's just going to take a little longer this year. That's what happens when plants lose a month of sunlight!

I've heard some people say that June's cold weather proves that global warming is a farce. The earth's is a complex being however. The heating of the atmosphere, the melting of glacial ice, the changing salinity of oceans, and the effect on ocean cur-

rents are predicted to cause a variety of different effects around the planet. Cold, wet weather is actually one of the predicted effects of global warming, along with sweltering heat and drought!

On the brighter side, we've had a productive week and are happy to say we were able to harvest our garlic crop this past week. The garlic is now up in the barn "curing". This process dries the garlic out which makes gives it a longer shelf life. Garlic is a favorite crop of your farmers. It's fun to grow and is one of the only things on the farm that the deer don't eat!



At left is the garlic crop earlier this season. Garlic, unlike other crops, is planted in the fall. We mulch our garlic with leaves or straw.

### 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!

### This Week's Choices May Include:

- Peas
- Lettuce
- Carrots
- Salad
- Arugula
- Raspberries
- Green Beans
- Summer Squash

## Pickin' & Grinnin' Recipes

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### **Arugula Gremolata**

2 cups arugula, stems removed  
4-6 tsp. finely minced garlic  
4 tsp. finely minced lemon zest  
Salt and freshly ground pepper

Combine the arugula, garlic and lemon zest in a food processor. Pulse to finely chop— don't puree! Season to taste with salt and pepper.

### **Farfalle Pasta with Arugula Gremolata**

3/4 pound farfalle (bow-tie pasta)  
3 Tbsp. olive oil  
1 recipe Arugula Gremolata  
1/2 cup (heaping) crumbled gorgonzola  
3 Tbsp. golden raisins  
1 cup halved cherry tomatoes (optional)  
1/2 cup minced walnuts  
Freshly ground black pepper

1. Cook the pasta until al dente. Drain and transfer to a serving bowl. Immediately toss with olive oil.
2. Add remaining ingredients, except walnuts and pepper. Toss to combine.
3. Serve immediately, topped with walnuts and black pepper.

Katzen, Mollie. *The Vegetable Dishes I Can't Live Without*. New York: Hyperion, 2007.

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## **Ledge ends Learning Center Invites YOU to the Farm!**

**Sign up soon for one of these July events! Contact Trish by emailing [LedgeLearning@hotmail.com](mailto:LedgeLearning@hotmail.com)**

### **Family Cooking Classes with Chef Erica Maddalena – Saturday, July 25, 10:00am**

This class is designed to nurture the adult and child partnership in the kitchen, and to help families make healthy choices and create delicious dishes kids will love with vegetables from Ledge Ends Produce. Children are more apt to eat something if they help prepare it! These classes will feature introductions to techniques, safety in the kitchen and also great recipes. Ages 5 and up; children must be accompanied by an adult. Price per class: \$25 fee is for one adult and one child; each additional child above and beyond one adult/one child is \$10.

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

Chef Erica Maddalena will be hosting a unique series of cooking demonstrations which will help people utilize the awesome variety of fruits and vegetables available from local farms. When weather permits, demonstrations will take place outdoors. Enjoyable and educational, you'll leave these demonstrations with a full belly and some recipes to bring home. Some of the more unusual ingredients from local farms will be showcased in dishes like Edamame hummus or Celeriac gratin with potatoes. Price per class: \$20.

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

Have you ever wondered what biofuels are? Join local biofuels enthusiast Ernie Thomas as he explains what they are, how they're made, and why they're better for the environment than traditional fuels. Fee: \$10