

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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July 28 & 30, 2009

Greetings From the Farm

In last week's newsletter, we complained about June's awful weather. Who ever expected that the gloomiest June would be followed by the wettest July on record? Well, according to the meteorologists, that's the case. On Friday, after we had broken the rainiest July record, we went out to find a horrible mess. A hug portion of our potato field was underwater. Never in over a dozen years of farming have we ever had a crop completely submerged like this. There was also standing water in one section of our to-

mato field.

We hope you aren't sick of hearing about the weather, but when you have make a living by being outdoors and trying to grow food for people, the weather plays a significant role in your world. This is already being dubbed "the year with no summer", and as we have watched it unfold our emotions have bounced from anger and frustration to wonder and awe. Waking up to hear rain in the middle of the night both frustrates and amazes me at this point. While we are managing

to grow veggies for our members each week, there is no doubt that our yields are being affected by the extreme moisture and lack of sunlight.

While we need you all to do a no-rain dance this week, we will keep on planting, weeding, harvesting, and delivering your produce to you! If you'd like to join us at the farm to play a role in your food's journey, come on by Thursday evening!

Special points of interest:

- Join us for a volunteer activity on Thursday, July 30 3—5 pm. We don't know what you'll be doing yet, but please bring gardening gloves and water.

This Week's Choices May Include:

- Lettuce
- Bunched Onions
- Raspberries
- Green Beans
- Garlic
- Kohlrabi
- Herbs
- Cukes, Zukes, or Squash
- Swiss Chard

Tomatoes in standing water (left) and potatoes under flash flooding (right)



Pickin' & Grinnin' Recipes

Garlic-Roasted Green Beans and Almonds



Cantaloupes growing between our young apple trees.

1/2 lb. fresh green beans (thin beans preferred, but any type will work)
2-3 small onions, sliced thinly
2 large cloves garlic, peeled and cut into thin slices
1 T olive oil (original recipe called for 3, but I thought 2 was plenty)
1/2 tsp. salt (or less)
fresh ground black pepper
2 Tbsp. flat leaf parsley, very finely chopped
2 Tbsp. almonds, chopped
1 tsp. lemon zest

1. Preheat oven to 450.
2. Trim ends from green beans. Place onions, garlic and beans in a bowl. Add olive oil, salt, and pepper, and use a wooden spoon to toss until everything is well coated with oil.
3. Spray roasting pan with nonstick spray or mist with olive oil, then arrange the vegetables in a single layer. Roast 12-15 minutes for thin beans, or slightly longer for regular beans, until beans are slightly shriveled, and shallots and garlic are lightly browned.

While beans cook, toss together chopped parsley, chopped almonds and lemon zest. When beans are done, toss hot beans with parsley/lemon/almond mixture and serve.

Ledge Ends Learning Center Invites YOU to the Farm!

Sign up soon for one of these July events! Contact Trish by emailing Ledge-Learning@hotmail.com

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



A truck full of cabbage ready to plant!