

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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August 4 & 6, 2009

Greetings From the Farm

Now that it is August, we seem to finally be getting into some nice growing weather. It's the kind of weather that we would have liked to have seen in June or July! Let's hope it stays this way from here on out.

Our tomato and potato fields that were so flooded last week have drained. It does not appear that there is any permanent damage, although we'll only really know how the potatoes are when we dig them

up.

In other farm news, we've been battling lots of critters lately. The deer have been jumping over and crawling under our 8-foot fencing to nibble on crops (mostly strawberries, peppers, and sweet potatoes). Our small flock of chickens has been getting smaller also. We really have to remember to close them up at night or predators are likely to attack. We've been seeing foxes and coyotes lingering around the

field day and night, but most of the attacks are at night.

Our fields are doing well. The tomatoes look healthy; the cantaloupes are covered in blossoms; and the edamame looks like it's going to be some of our finest. We're hopeful that August will be bountiful!

Enjoy your share this week; we hope you're eating healthier than usual and feeling better as a result.

Special points of interest:

- **Join us for a volunteer activity on Thursday, August 6 at 3—5 pm. We don't know what you'll be doing yet, but please bring gardening gloves and water.**

A Reminder to All Members

We'd like to remind our members that it is their responsibility to show up to CSA pick ups on their designated day between 3 and 7pm to receive their shares. Last week we had a number of members who missed their pick ups and contacted us asking for us to make special arrangements. We would like members to realize that we work incredibly hard to make sure your produce is picked, washed,

and ready to pick up by 3pm on Tuesday or Thursday. A crew of 5 people works for about 15 hours over 2 days to make this happen. Then, another crew member spends 7 hours setting up for the pick-up, distributing produce, and packing up at the end. We are very sorry if you miss a pick up but we kindly ask that you respect the member guidelines which state, "traffic and other emer-

gency situations do sometimes arise and we are willing to bag out produce in such situations. Just call us before the end of the pickup and we'll bag out your produce for you. Repeated requests cannot be accommodated."

Note that you must call Erik's cell during the pick up. Calling/emailing us after 7pm or showing up the next day is not permissible. Thanks for your understanding!!!

This Week's Choices May Include:

- Lettuce
- Bunched Onions
- Cukes?
- Green Beans
- Garlic
- Fennel
- Kohlrabi
- Pac Choi
- Salad
- Herbs

Pickin' & Grinnin' Recipes

Fennel and Sausage Pasta

2 tablespoons olive oil	4 links of hot Italian sausage, cut into 2-inch pieces
1 bulb fennel, cut into 1/2-inch slices	1 tablespoon lightly crushed fennel seeds
2 cloves garlic, crushed	1 16-ounce can whole peeled tomatoes, drained smashed
1/2 teaspoon crushed red pepper	Salt and pepper

In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add sausage until cooked through. Drain excess fat from pan.

Add remaining tablespoon olive oil to skillet, and add fennel slices and fennel seeds. Cook 4 to 5 minutes until softened. Add garlic, tomatoes and crushed red pepper.

Cover skillet, reduce heat and simmer an additional 6 to 8 minutes. Add salt and pepper to taste.

Serve with fresh-cooked rotini pasta or spaghetti..

<http://www.npr.org/templates/story/story.php?storyId=6710330>

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

Children's' Recycling Workshop- Friday, August 7, 2009 10:00am

Kids are the future of recycling! At this workshop, they'll learn the basics of recycling and will play recycling-related games. Children who participate in this workshop will also have a chance to make a craft out of recycled materials. Children must be accompanied by an adult. Fee:\$5 per child

Alternative Energy for the Rhode Island Homeowner- Thursday, August 13, 6:00pm

It's not too late. Come enjoy a presentation by Dan Cartier, local alternative energy specialist as he outlines why we need to use creative energy sources and what's available. Ask questions, get advice, and walk away with the information you need to make changes in your lifestyle. Fee: \$10/ adults and children.

Yoga at the Farm Series- Monday, August 17, 6:00pm

This season, we have joined forces with Focus Yoga to offer al fresco yoga classes at the farm. This class is designed for all ages and levels. Improve strength and flexibility while keeping your body safe and your practice enjoyable. Fee: \$14 adults; \$10 children 12 and under.