

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Greetings From the Farm

The past week was an eventful one. We've been working like crazy growing your veggies as usual, but we had a few other things going on this week as well. We were expecting a number of guests on the farm so the crew spent some time really cleaning the farm up so that it would be beautiful.

Friends from New York visited last weekend. They hadn't visited in a few years and were amazed by the deer fences and the amount of acreage under cultivation since their last visit. They liked the chickens too.

On Tuesday, folks from NRCS (Natural Resources Conservation Service) came for a tour. They are interested in ways that farmers

can employ alternative energy strategies and discussed innovations as heating our greenhouse with digested compost.

Thursday, some folks from Whole Foods came by also. Many of our CSA members have seen some of our produce at Whole Foods. While our CSA program is the backbone of the farm, outlets such as Whole Foods and farmers markets help us to stay in business.

On Tuesday night, we also attended the Local Food Festival held at Castle Hill in Newport. This is an annual fundraiser for Farm Fresh RI. We were invited to set up a display along with a number of other vegetable farmers, oyster and seaweed farm-

ers, bakers, cheese makers, coffee shops, and restaurants. As in the past, the event was a great success.

We were hoping that some of our members would see the farm in tip-top shape at last week's volunteer evening, but for the second week in row, none of our members were able to attend. We will offer more volunteer days, but if we continue to have poor attendance, we'll probably stop doing them this season. We don't mean this as a threat, but we just want people to be aware of what's going on! We appreciate the support you provide just by being members.

Special points of interest:



Expect to pick up your corn and fruit shares this week if you've purchased these options!



Summer 2009: An Epic Summer

As I sit and write the newsletter on the eve of what is to be a day with record-breaking heat, I ponder what an insane season 2009 has been. Every season feels insane in August, but this one has been ...well, *special*.

Some of you have probably noticed the absence of cucumbers, summer squash, and zucchini from your shares. We apologize for this! We like to eat those things too, so we are equally bummed.

Unfortunately, our first plantings of these items got diseased. The second plantings aren't doing great, but it's still too early to tell whether they might produce.

At the Local Foods Fest, we commiserated with other farmers over the lousy weather. We know that some people out there picture organic farmers as these blissful treehuggers, walking barefoot through

their fields, plucking beautiful crops from luscious green plants. Occasionally, that is the case. But this season, to hear the state's organic farmers talk, it sounds like an all-out battle against nature. Our weapons are flameweederes, hoes, fence repair kits, and insecticidal and fungicidal sprays. Our enemy is lurking in the woods, floating in the air, writhing in the soil. To our members, we promise to fight the best fight we can!

This Week's Choices May Include:

- Lettuce
- Pea Shoots
- Garlic
- Swiss Chard
- Green Beans
- Hot Peppers
- Bunched Onions
- Cucumbers?
- Herbs

Pickin' & Grinnin' Recipes

In the past, we have shared mostly vegetarian recipes with our members. While we intend to continue sharing as many vegetarian recipes as possible, we will from time to time include recipes that call for meat. After all, some of our members are enjoying meat shares from Pat's Pastured Poultry. Get creative vegetarians! We made last week's Sausage and Fennel Pasta with Boca Breakfast Links. It sounds gross but it was really tasty!

Sweet and Sour Green Beans

2 slices lean bacon, chopped	1 large shallot, minced	1/4 cup vinegar
1 clove garlic, minced	1 lb green beans, ends trimmed	3/4 cup cold water
1 pinch red pepper flakes	2-3 Tbsp. sugar	1 Tbsp. cornstarch

1. Sauté chopped bacon with shallots and garlic.
2. When bacon is crisp, pour off all grease and add vinegar, cold water, and sugar.
3. Add a tablespoon of water to corn starch and mix fully. Add to pan to thicken and cook over high heat for 12 minutes or until mixture is thickened.
4. Pour or mix with green beans and serve.

Shrimp and Green Bean Salad

3 stalks celery	1 bunch green onions	1 lb green beans, ends trimmed
1/2 lb baby shrimp, cooked	1 clove garlic, minced	1 pint cherry tomatoes

1. Cook green bean until al dente and cool.
2. While beans cool, make dressing. Add enough lemon juice to cover 1/2 cup mayonnaise. Mix to a fine cream thickness.
3. Slice green onions and celery on a thin bias.
4. Combine shrimp, beans, celery, garlic and onions with dressing.
5. Add salt and pepper to taste. Garnish with sliced cherry tomatoes.

Ledge Ends Learning Center Invites YOU to the Farm!

Sign up soon for one of these upcoming events! Contact Trish by emailing LedgeLearning@hotmail.com

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.