



PICKIN' & GRINNIN'



Volume 2 Issue 2

The Ledge Ends CSA Newsletter

June 27, 2006

Share Contents This Week:

- Lettuce or Salad Mix
- Broccoli
- Peas
- Pac Choi
- Garlic Scapes
- Scallions
- Radish
- Turnips
- Kohlrabi
- Mint

Reminders

We would like to remind members who pick up at the farm to park in the field by the RI Community Farm gardens unless they have a special requirements that make it necessary for them to park near the house. There driveway by the house is narrow and there is little space to turn around; we also consider it a safety hazard as there are many children who like to play outdoors by the house.

If someone else is picking up your share for you, please pass this information along!

Now 100% Certified Organic

We are happy to let all of our members know that we were able to apply for our organic certification this winter and that we were approved. This means that the Rhode Island DEM backs up our claims that no chemical fertilizers, toxic pesticides, genetically engineered seeds, or irradiation are used on our farm. A detailed management plan that includes composting, crop rotation, and pest management will keep this farm pumping out healthy vegetables for years.

Erik and I are dedicated to growing food using “organic” methods. During the eight years we farmed in Northern New York, we were certified every year. In fact, in that very rural and often forgotten corner of New York, we taught many people what “organic” was, since the organic craze had not yet reached the area. Luckily, many people took our word that the food we grew for the past two years was as good as organic, but now it’s official.

Over the past few years, the meaning of “organic” has changed. The organic food industry has become a multi-billion-dollar industry and the federal government has stepped in to try to regulate. Ultimately, the standards have become weaker than they were, and huge factory farms are able to call their produce organic. We want to remind members that it’s important not just to buy organic, but to try to buy local as well. This keeps money in the local economy and cuts back on petroleum usage, since California organics have a long way to be shipped.

You are eating healthy vegetables that have been produced in a sustainable way with minimal shipping and packaging. We encourage you to try and buy fish, meat, eggs, and dairy products that were produced the same way. Thanks

Check Out Our Cool Website!

Some of our members from last year may not realize that we have a new home on the internet. CSA member Ken Heskestad created a website for us that we are very proud to show off; www.LedgeEndsProduce.com. There’s information about our educational programs, some farm history, and pictures from last summer’s grilling workshop. Soon, we’ll post some recipes and the weekly newsletters, just in case you lose yours! Thanks to Ken for all his hard work!

Simple Recipes

Broccoli and Pac Choi Stir-Fry

1 Tbsp. peanut oil	Pinch of salt and pepper
1 bunch of scallions, chopped	1 lb. pac choi, shredded
1 cup broccoli florets or chopped broccoli pieces	2 Tbsp. sherry
1 two-inch piece of ginger, grated	1 Tbsp. soy sauce

Heat oil in wok or deep skillet. Stir fry scallions, broccoli, ginger, salt, and pepper until broccoli softens slightly, 3-4 minutes. Add pac choi and sherry, cook two minutes. Sprinkle with soy sauce. Serve immediately. 2 servings. (*Vegetarian Gourmet*)

Kwik Kohlrabi

3 Tbsp. butter	2 garlic scapes, chopped
3 medium kohlrabi, peeled and chopped	1 onion, chopped
kohlrabi leaves, stalks removed	4 Tbsp. fresh oregano and thyme
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.

Garden Fresh Mint Tea - *a favorite summer drink*

1. Boil 9 cups of water.
2. Steep one bunch of fresh mint plus 4 bags of green tea.
3. Add 4 tablespoons of honey.
4. Store in a 2-quart pitcher.

The Cookbooks are Coming!!!

Friday, June 30, the order for cookbooks will be placed. We expect they will be shipped right away and that we will be able to distribute them to those who want them by the third or fourth week of the program! For those of you who did not sign up, we did order a few extras and these will be available on a first-come, first-serve basis. Happy cooking!