



Share Contents This Week:

- Lettuce
- Broccoli
- Peas
- Green Garlic
- Scallions
- Radish
- Turnips
- Kohlrabi
- Parsley

Consider a Fruit Share

Many members have already decided to take advantage of the fruit share we are offering this year in conjunction with The Barden Family Orchard. In addition to the organic veggies you will receive from Ledge Ends Produce, you may opt to purchase a fruit share from this farm that received the first Conservation Security Program award issued in the state.

For \$50, you may purchase a half share, which will be a 1/4 peck bag of apples for 10 weeks. For \$75, you can purchase a full share, which will include 1/4 peck bag of peaches for 4 weeks in addition to all those apples. Gil Barden and his wife Sandra grow over 20 varieties of apples and several varieties of white and yellow peaches. They're fruit is beautiful and delicious. While they are not certified organic, the Bardens use Integrated Pest Management (IPM), which greatly reduces the amount of pesticides that are used on the farm. By purchasing a share, you will be giving your support to a local farm, and not a farm out in Washington State.

If you are interested in purchasing a fruit share, please make out a check payable to Barden Orchard and give it to Erik and Trish at your next pick-up or send the check to The Barden Family Orchard 56 Elmdale Road, N. Scituate, RI 02857.

Garden Insect Identification Workshop—

Saturday, July 8, 11:00 am
—In this workshop, families will tour the vegetable fields in search of insects! Farmer Trish will teach you how to identify helpful and harmful insects, and talk about organic insect management. In addition, beekeeper Jason Kerr will discuss the craft of keeping bees and will show off the hives he keeps on the farm.

Volunteer Work Day—
Monday, July 10, 5-8pm.
Come give your farmers a hand. We invite you to come and weed with us. Wear your work clothes

Got Rain?

This spring, many people have asked us if all this rain is helping the plants to grow. The rain has had its advantages and disadvantages. On the positive side, we haven't had to set up our irrigation yet. Fortunately, most of our fields have excellent drainage, so we also haven't had to deal with much standing water, which can promote the spread of disease.

Conversely, the continuous rains helped the weeds to grow all over the farm. We've had to deal with some moisture-induced diseases, and fewer people have attended farmers markets because of the bad weather.

After the drought-like conditions of last summer, it's hard to complain about rain. After all, we don't expect to see perfect weather. What is perfect weather anyway? Perfect weather would be cool overcast mornings when vegetables are being picked, and sunny comfortable afternoons when weeding and other chores need tending. There would be about an inch of rain falling each week, preferably on a Sunday.

Simple Recipes

Sesame Broccoli Salad with Snap Peas

Shared by **Debbie Block**, Providence CSA member

1 head broccoli, separated into small pieces

1/2 pound sugar snap peas, ends trimmed off

1/2 cup cashews

2 Tbsps. Sesame seeds

2 Tbsp. soy sauce

2 Tbsp. rice vinegar

4 Tbsp. toasted sesame oil

1. Steam broccoli 2-3 minutes.
 2. Add peas to broccoli for final minute of steaming
 3. Both veggies should be crisp and tender
 4. Rinse veggies under cold water to stop cooking and let dry.
 5. Toast cashews and sesame seeds in a toaster oven or in a skillet until golden brown.
 6. Whisk soy sauce, vinegar, and sesame oil until blended.
 7. Mix everything and let marinate at room temperature for at least an hour tossing every now and then.
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Shredded Kohlrabi with Butter and Parmesan

3 medium kohlrabi bulbs, peeled

2 Tbsp. butter

1/2 cup grated Parmesan cheese

Black pepper and salt

1 Tbsp. minced fresh parsley

1. Shred kohlrabi using the coarse shredding blade of a food processor or use a manual grater.
2. Melt the butter in a large skillet. Add the shredded kohlrabi and cook over medium heat, stirring often, until tender, about 8 minutes.
3. Sprinkle with the cheese and salt and pepper to taste. Toss and cook just until the cheese melts, about 1 minute. Garnish with the parsley and serve immediately.

(Vegetables Every Day by Jack Bishop)