



Share Contents This Week:

- Onions
- Edamame
- Melon
- Kale
- Arugula
- Specialty Peppers
- Hot Peppers
- Basil
- Cucumbers
- Japanese and Italian Eggplant
- Heirloom Tomato
- Red Tomatoes
- Cherry Tomatoes
- San Marzano Tomatoes

Calendar of

Events

TBA- Glory of Garlic cooking workshop with "Chef Eve". We will announce the new date for this workshop soon.

Sept. 30 - Preserving the Bounty cooking workshop with "Chef Eve" at the farm

Sept. 26- The Science of Composting and Decomposition youth educational class

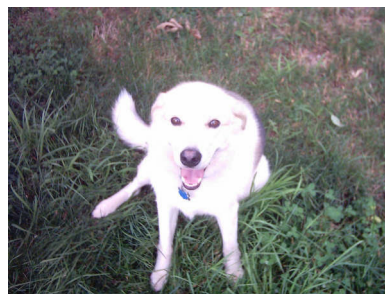
See our complete listing of

The Height of the Growing Season

Faced with a bountiful harvest of summer delicacies, few members seemed to notice or care at last week's pick-up that we had reached the mid-point of the CSA program for this season. Can you believe it's only halfway over? There are still many tomatoes, onions, leeks, winter squash, and fall greens for you to eat! For us, it feels like we should be more than halfway done by now; remember, we began working on producing your vegetables even before we fired up the greenhouse in late February! But we face the second half of the CSA season with hope and determination. For the next ten weeks, you'll receive hearty helpings of late summer and fall veggies.

School starts again for Trish this week so Providence members will be dealing exclusively with Erik at pick-ups. While Trish will be absent from most field-work, she'll continue writing the newsletter, helping Erik stay organized, and doing evening projects (weeding, seeding greens, working in the barn).

As we move into fall, it's time to start thinking about food preservation. If there is more food in a week's share than you can eat, why not freeze it? Peppers need only to be washed, seeded, chopped, and dried before heading into a freezer bag. Eggplant can be breaded and fried for late use. And don't forget to freeze some tomato sauce to eat on the eggplant! You may too busy to cook, but food doesn't need to be wasted. You'll be thankful in the



Scenes from the farm this

summer: (above) Juno, the farmdog, poses for the camera; (at right) Rudbeckia blooms happily in a freshly weeded field.

Simple Recipes

Edamame Dip

Donna Dyer made this for us to try and it was an instant hit! (William-Sonoma Mastering Hors d'Oeuvres)

1 lb. shelled edamame	2 Tbsp. seasoned rice wine vinegar
1 Tbsp. Kosher salt	1 Tbsp. soy sauce
2 peeled garlic cloves	1 tsp. Fresh grated ginger
1/3 cup sliced green onions	1 Tbsp. sesame oil
3 Tbsp. peanut or soybean oil	2 tsp. sesame seeds (toasted, for garnish)

1. Bring a large pot of water to a boil. Add edamame, salt, and garlic. Let water return to a boil and cook until beans are tender, about 3 minutes. Drain beans, reserving cooking liquid.
2. In a food processor, puree the beans and garlic. Add green onion and process to combine. With processor still running, slowly pour in 1/4 cup of reserved cooking liquid.
3. Add peanut or soybean oil, vinegar, and soy sauce.
4. Check the consistency of the dip; you may need to add more cooking water. Then, add ginger and sesame oil. Process to combine well. When puree is smooth, transfer to a bowl and refrigerate at least 5 hours. Sprinkle with sesame seeds just before serving. Serve with pita chips, carrots, celery, or bell pepper sticks.

Lentils with Eggplant and Garam Masala (Cooking Light, September 2002)

This makes great leftovers! If you have squash or zucchini around, add it in during the last ten minutes of cooking.

2 tsp. olive oil	1 pound eggplant, peeled and chopped
1 cup chopped onion	1 cup dried lentils
1 1/2 tsp. Garam Masala	4 cups water
1 cup chopped tomato	1 1/2 tsp. salt
1 tsp. ground tumeric	2 bay leaves
1 tsp. grated peeled fresh ginger	4 1/2 cups hot cooked basmati rice
2 garlic cloves, minced	

Heat olive oil in a skillet over medium heat. Add onion and Garam Masala; sauté 3 minutes or until onion is tender. Stir in tomato, tumeric, ginger, garlic, and eggplant; sauté 7 minutes or until eggplant is tender.

Add lentils, water, salt, and bay leaves to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Discard bay leaves. Serve over rice.

Serves 6