



PICKIN' & GRINNIN'



Volume 2 Issue 12

The Ledge Ends CSA Newsletter

September 5, 2006

Share Contents This Week:

Leek
 Carrots
 Edamame
 Melon
 Lettuce
 Swiss Chard
 Peppers
 Hot Peppers
 Eggplant
 Heirloom Tomato
 Red Tomatoes
 Cherry 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

Slowly, the Seasons Turn

Recently, some of our members have been asking, “Will there be more summer squash or zucchini?” Regretfully, no. Early September is no place for a zucchini, or a cucumber for that matter. In fact, we are a little surprised to be seeing their distant melon cousins still. One of the most important aspects of being a CSA member is that you are learning to eat foods when they are in season. Granted, sometimes we are unable to provide *everything* that is in season to you, no matter how hard we try. But the lack of cucumbers in September is a hard reality that we must accept.

As we move into September and the 12th week of the CSA, you’ll feel another shift in the variety of foods you receive. Tomatoes will continue to come your way, but in gradually decreasing numbers. Summer squashes are gone, but fall will bring winter squashes. Say “Adios” to the edamame and “Hola” to the carrots! Fall is an exciting time of year with many tasty benefits.

Newsletter Archives

Can’t find that edamame info or the recipe for green peppers? Back issues of Pickin’ & Grinnin’ can be found at our awesome website www.LedgeEndsProduce.com. Check it out!

A Reminder to those Who Miss Pick-Ups

In an earlier newsletter this season, we outlined for members our policy regarding missed pick-ups. However, it seems not everyone read the newsletter that week, so we are taking this opportunity to restate our policy.

If you know ahead of time that you will be missing a pick-up and would like us to set it aside for you, please let us know before the pick-up and we will be happy to bag your veggies/fruit out for you to pick up at a later time. You may send a friend or family member to pick up your shares on pick-up days also. You do not need to call us and tell us that someone else is coming to pick-up; just tell your friend/family member where to go and what to do.

If you miss a pick-up and have not made special arrangements ahead of time, please do not call us after the pick-up to make arrangements. It is a lot of work for us to set up for the CSA pick-ups, and it is the only efficient way for us to distribute food to 150 families. Please, if you miss a pick-up and have not made prior arrangements, try to be happy about the fact that your share will be feeding a hungry family elsewhere. Thank you!

Simple Recipes

Swiss Chard Pie

2 pie crusts (use your favorite recipe)

1 lb. Swiss Chard

1/2 cups chopped pistachio nuts

3 Tbs. chopped raisins

1/3 cup grated Parmesan

1/2 cup grated cheddar cheese

4 eggs

2/3 cup cream

1/4 tsp nutmeg

1. Roll out 1 pie crust and line a greased 9 inch pie dish. Wrap the remaining pie crust in plastic wrap and refrigerate both for 20 minutes.
2. Preheat oven to 350F. Remove stems from chard and wash the leaves thoroughly. Shred finely. Steam or microwave for 3 minutes or until tender. Cool, squeeze thoroughly to remove excess moisture, and spread out to dry.
3. Sprinkle pistachios onto base of pastry. Combine chard, raisins, and cheeses and spread over pistachios. Whisk 3 of the eggs with the cream and nutmeg and pour over chard mixture.
4. Roll out remaining pie crust to cover top of pie and trim the edges with a sharp knife. Press the edges together and seal. Beat the remaining egg and use it to brush the pie top. Bake for 45 minutes or until golden. Serve warm with tomato salad and pan-browned leeks.

Pan-Browned Leeks

1 medium leek

1 Tbsp. butter

Salt and freshly ground black pepper

Trim the leek with a sharp knife at the top and bottom. Cut the leek lengthwise and wash them under cold running water. Gently spread apart but do not separate the inner layers to remove all traces of soil.

2. Melt butter in a large skillet set over medium heat. Place the leeks, cut side down, in the skillet in a single layer. Season with salt to taste. Cover and cook until they are crisp-tender, 8 to 12 minutes.
3. Remove the cover, raise the heat to medium-high, and cook the leeks, turning them once, until lightly browned, 3 to 4 minutes. Season with pepper to taste. Adjust the seasonings and serve immediately.