



This Week's Share May

Include:

- Heirloom tomatoes
- Red tomatoes
- Cherry tomatoes
- Edamame
- Specialty Peppers
- Hot Peppers
- Melons
- Sweet Onions
- Carrots
- Baby Greens
- Basil
- Parsley
- Radish
- Eggplant

On the Farm this Week

Can anyone out there explain this week's weather? Cold and wet, then hot and muggy. Well, the farm was ablaze with activity this week. We got cultivation and hand-weeding done, improving the appearance of the fields. We irrigated from our dwindling pond as well. But mostly, we spent lots of time dealing with tomatoes, both in preparation for the CSA and the Tomato Festival at the Coastal Growers Market. The event was a great success and it was nice to see some of you there!

In related news, we were visited by a photographer from *Edible Rhody*, the magazine we shared with you earlier this season. They snapped some shots around the farm that will be used in a story later this year. Expect to see mountains of tomatoes in that article.

Farmer Trish's alter ego, Ms. Garland (the schoolteacher) returns this week. We're sure many of you are also dealing with some big schedule changes as you return to work or your kids return to school. You may find it difficult to eat your way through the food in your share this week; What 's the solution? Freezing! If you can't eat it now, put it away so you can eat it later. So far, we have strawberries, raspberries, tomatoes, tomato sauce, and sweet peppers in the freezer. We hope to soon add breaded eggplant, peaches, and carrots. If you are feeling overwhelmed with the bounty, consider freezing, canning, or drying some of it so that you can enjoy it later this winter! There are many fabulous online resources for preservation information.

Upcoming Events

Tree Identification – Saturday, September 8, 11:00 am

Join URI landscape architecture students Ben Morton and Steven D'Ambrosia on a walkabout of the property looking at different tree species. Several unique tree varieties found on the farm will be noted. Finally, learn proper technique for planting ornamentals as we plant a tree on the farm! Fee: \$8/adult, \$5/child

The Farm Fresh Mains, Sides and Accents! Saturday, September 15, 10:00 am

The school year has started, work has ramped up, and time is short! Here are some great fast dishes. These simple, flavorful dishes are perfect for a light summer meal enjoyed with a bottle of wine, bread and cheese. Chef Eve Formisano Ornstedt offers a unique series of cooking demonstrations which help people utilize the awesome variety of fruits and vegetables available from the farm. Enjoyable and educational, you'll leave these demonstrations with a full belly and some recipes to bring home. All workshops are \$25 per adult and \$10 for children (ages 8 and older only please).

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Ratatouille

I'll admit we haven't seen the animated film that came out this summer called "Ratatouille", but I will say I'm disappointed that children everywhere will think this delicious dish has something to do with rats. We do realize that the share this week doesn't include zucchini (yes, you will be receiving them again), however you may eliminate them or use zucchini from your own garden. This recipe is from The Essential Vegetarian Cookbook published by Whitecap Books.

Erik and I love this dish. We sprinkle grated parmesan cheese over it while it's still hot. Mmmmmm.

2 Tbsp. olive oil
2 medium onions, cut in wedges
2 medium zucchinis, cut in thin sticks
3 small sweet peppers, cut in squares
2 cloves garlic, crushed
1 medium eggplant, halved
2-3 tomatoes, chopped
Fresh basil, chopped
Freshly ground black pepper
Fresh parsley sprigs for garnish

1. Heat the oil in a large, heavy-based pan and cook the onions over medium heat for 4 minutes or until soft. Add the zucchinis, peppers, and garlic. Stir for 3 minutes.
2. Cut the eggplant into chunks and add to the pan with the tomatoes, basil, and pepper; bring to a boil. Reduce the heat to simmering and cook, covered, for 15-20 minutes or until the vegetables are tender. Sprinkle the parsley over the top and serve with crusty bread.