



This Week's Share May

Include:

- **Heirloom tomatoes**
- **Red tomatoes**
- **Cherry tomatoes**
- **Basil**
- **Arugula**
- **Edamame**
- **Specialty Peppers**
- **Green Peppers**
- **Hot Peppers**
- **Eggplant**
- **Cucumbers**
- **Cantaloupe**
- **Onions**
- **Garlic**
- **Hakurei Turnips**
- **Parsley**

Thanks to Our Volunteers

We'd like to send a big thanks out to everyone who joined us last Wednesday for the first Volunteer Day of the season. Unfortunately, Trish reported the date incorrectly in the newsletter, so some people who would have liked to join us were unable. However, some folks made it out to the farm and we were able to weed some carrots and clean some garlic. So, this week take a few extra moments to admire the glistening garlic bulb that a fellow member cleaned for you.

Fruit Shares

It's that time of year! This week, fruit shares will be starting. Beautiful peaches from Barden Orchards will be at the pick-up for those who have pre-ordered fruit shares. If you did not order a fruit share and decide during the next few weeks that you would like one, please contact Barden Orchards directly at 401-934-1413. Please address any questions you have about your fruit share to Barden Orchard.

Edamame

Warning: These are highly addictive! Edamame is an edible soybean that is enjoyed as a snack or appetizer in Japan. The popularity of edamame in America has grown with the popularity of Asian-American cuisine and FDA approval of the health claims of soy-based diets. One half cup of cooked edamame contains 126 calories, 11 grams of protein, 10 grams carbs, 6 grams total fat, and less than 1 gram saturated fat.

You may have seen these beans shelled in the frozen food section at the supermarket. This week you can enjoy them right off the stalk. We have chopped the plants and are giving you the whole thing! Edamame is delicious and easy to prepare. Boil edamame pods in heavily salted water for ten minutes. Allow the edamame to cool slightly, then squeeze beans out of the pods directly into your mouth. This is a popular way of eating edamame in Japan.

Tomato Festival

The Third Annual Tomato Festival at the Coastal Growers Market has been scheduled for August 25. From 9:00am till noon, swing by Casey Farm on Route 1A in Saunderstown for this unique celebration. There will be an opportunity to taste samples of over 20 types of heirloom tomatoes and to purchase them from certified organic growers (including us) at the market. This is a one day event and we encourage you to come early since it is a wildly popular event.

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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. 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.

Bell Peppers Lemonly Dressed and Cumin-esque

From *Farmer John's Cookbook: The Real Dirt on Vegetables*.

1/2 cup plus 1 Tbsp. olive oil
2 red, purple, or yellow peppers, thinly sliced
2 green peppers, thinly sliced
1/4 cup lemon juice
2 Tbsp. minced parsley
1 tsp. ground cumin
1 tsp. honey
1 clove garlic, minced
1/4 cup finely chopped onion or scallions
1/2 tsp. salt
Freshly ground black pepper

1. Heat 1 Tbsp. olive oil in a large skillet over medium-high heat. Add the pepper; sauté, stirring until slightly soft, about 3 minutes. Let cool.
2. Combine the remaining oil, lemon juice, parsley, cumin, honey, and garlic in a large jar. With the lid tightly screwed on, shake the jar vigorously until the oil and vinegar have combined and thickened.
3. Toss the peppers and scallions (or onion) with the vinaigrette in a large bowl; add the salt and season with pepper to taste. Cover; refrigerate for 1 hour.