



PICKIN' & GRINNIN'



Volume 4 Issue 11

The Ledge Ends CSA Newsletter

August 26 & 28, 2008

This Week's Share May Contain:

- **White Sweet Onions**
- **Garlic**
- **Leeks**
- **Peppers**
- **Salad Mix**
- **Eggplant**
- **Tomatoes**
- **Cherry Tomatoes**
- **Carrots**
- **Broccoli**
- **Basil**

Upcoming Ledge Ends Learning Center Events

"Recycling for Fun" an event for children at the Briggs Boesch Farm Date and time TBA

This Week on Your Farm

We're looking forward to an exciting second half of the season here at the farm. There are lots of young plants in the field and many more in the greenhouse, waiting to go outdoors. Despite the best efforts of every woodchuck east of the Mississippi, the farm grows on. Deer are finally under control again too. They linger around, but haven't done any damage in weeks. Just this morning, our pup Toro gave a great chase to "Buck," the deer who ate some of your lettuce earlier this season.

One of the highlights of the week was the Tomato Tasting Festival at the Coastal Growers Market on Saturday. The weather was perfect and tons of "localvores" showed up to support local farms, and to take home delicious tomatoes, basil, and fresh mozzarella. CSA member Tom Anthes was there stocking up on tomatoes for the winter. Thanks to everyone who helped make this event a success!

Would you like to help with the potluck?

We are just beginning preparations for the Third Annual CSA Potluck Picnic. It is tentatively scheduled for October 18. For those of you who are new to the CSA, or who have never attended, this event is a celebration of the season. It's an opportunity to spend an afternoon eating, relaxing, and celebrating with the other farm members who value local agriculture. This year, we would like to invite farm members to share information about their own organizations or businesses with the rest of the CSA community. We're sure members would love to support the work of other people that share similar values. If you'd like to set up a stand with information about your business or samples of your products, let us know by September 14.

We are looking for CSA members to help us with this event. This is intended to be a community celebration and it will go much smoother if members of the community help! If you would like to help with either the planning of the event or the set-up/take-down on the day of the event, please let us know promptly. Thanks!

Lyme Disease Talk

Late summer and fall are both wonderful times to go for a hike in Rhode Island. Unfortunately, the risk of contracting Lyme Disease accompanies any walk in the woods. Many New Englanders are familiar with Lyme disease, but few truly understand this infectious disease. Those who would like to learn more about Lyme disease, or who would like to share their story about Lyme, are welcome to join Dr. Michael Poshkus at the Briggs Boesch Farm for a discussion about this medical issue and its prevention. Michael Poshkus is an Attending Infectious Disease Specialist at Rhode Island Hospital, Clinical Assistant Professor at Alpert Medical School at Brown University, a former Peace Corps volunteer in the Cook Islands, a local agriculture supporter, husband, and father of two.

Ledge Ends Learning Center will be hosting this program at the historic Boesch Farm, which is located at 830 South Rd. in East Greenwich. This event will be held **Sunday, August 31 at 11:00am**. There is no required fee, however donations for Ledge Ends Learning Center will be accepted. To sign up for this program, email Trish at LedgeLearning@hotmail.com or call (401) 884-5118.

Ledge Ends Learning Center was founded earlier this year by farmer and teacher Trish Garland. This mission of the organization is to strengthen the local community and support local agriculture by offering farm-based education opportunities and helping low income families to access the local foods. This important mission is carried out in conjunction with Ledge Ends Produce, a certified organic Community Supported Agriculture farm.

Recipes and Usage Tips

This recipe was found on epicurious.com and was shared with us by Claudia Yellin. It's been a lousy zucchini season for us, but many of the other ingredients are found in this week's share!

Ratatouille

Gourmet, June 1991

1 onion, sliced thin
2 garlic cloves, minced
5 tablespoons olive oil
a 3/4-pound eggplant, cut into 1/2-inch pieces (about 3 cups)
1 small zucchini, scrubbed, quartered lengthwise, and cut into thin slices
1 bell pepper, chopped
3/4 pound small ripe tomatoes, chopped coarse (about 1 1/4 cups)
1/4 teaspoon dried oregano, crumbled
1/4 teaspoon dried thyme, crumbled
1/8 teaspoon ground coriander
1/4 teaspoon fennel seeds
3/4 teaspoon salt
1/2 cup shredded fresh basil leaves

In a large skillet cook the onion and the garlic in 2 tablespoons of the oil over moderately low heat, stirring occasionally, until the onion is softened. Add the remaining 3 tablespoons oil and heat it over moderately high heat until it is hot but not smoking. Add the eggplant and cook the mixture, stirring occasionally, for 8 minutes, or until the eggplant is softened. Stir in the zucchini and the bell pepper and cook the mixture over the moderate heat, stirring occasionally, for 12 minutes. Stir in the tomatoes and cook the mixture, stirring occasionally, for 5 to 7 minutes, or until the vegetables are tender. Stir in the oregano, the thyme, the coriander, the fennel seeds, the salt, and pepper to taste and cook the mixture, stirring, for 1 minute. Stir in the basil and combine the mixture well. The ratatouille may be made 1 day in advance, kept covered and chilled, and reheated before serving.