



PICKIN' & GRINNIN'



Volume 4 Issue 15

The Ledge Ends CSA Newsletter

September 23& 25, 2008

This Week's Share May Contain:

- Onions
- Garlic
- Tomatoes
- Potatoes
- Salad Mix
- Eggplant
- Braising Mix
- Hot Peppers
- Raspberries
- Acorn Squash
- Hakurei Turnips
- Herbs

Upcoming Ledge Ends Learning Center Events

"Recycling for Fun" an event for children at the Briggs Boesch Farm
 Date: October 12
 Time: 12-2pm

Raspberry Rap

When it comes to raspberries, ours are the best;
 I've tasted a lot and ours are better than the rest.

Our members got those berries in July for 4 weeks straight.
 Now in September, they're getting more, and they're still great.

A lot of people ask us how we're harvesting them still -
 We tell them it's because we have alotta skill.

But really it's all about the varieties we grow;
 There are 5 different types in 16 different rows.

The summer-bearing fruits come in the summer season,
 And the everbearing fruits come in the fall for some reason.

Encore, Lauren, and Killarney are all summer types;
 Encore fruits are huge and the sweetest when they're ripe.

Autumn Britten and Caroline grow on everbearing canes;
 We hope they last until Obama beats McCain.

Whatever your political persuasion may be,
 I hope you also love Rubus idaeus (red raspberry).

New Farmers Market Begins This Week

A new farmers' market will be starting on Monday, September 22 at Academy Field along Rector St. in East Greenwich. This market will run from 2pm-6pm through the end of October this year, but will last many more weeks next year if it is deemed a success. If you find that you're running low on produce after the weekend, come on by; we'll be there with Barden Orchard and others.

Toro Turns One!

Here's a picture of our Olde English Bulldogge, Toro. It was taken earlier this spring in the greenhouse. Toro's first birthday is Thursday.



Recipes and Usage Tips

I know you're not getting butternut in your share this week, but many folk probably haven't used last week's squash up yet. Here's a recipe shared by Kim R. that may help you use that squash.

Black Bean Chili with Butternut Squash and Swiss Chard

2 tablespoons olive oil
2 1/2 cups chopped onions
3 garlic cloves, chopped
2 1/2 cups 1/2-inch pieces peeled butternut squash
2 tablespoons chili powder
2 teaspoons ground cumin
3 15-ounce cans black beans, rinsed, drained
2 1/2 cups vegetable broth
1 14 1/2-ounce can diced tomatoes in juice
3 cups (packed) coarsely chopped Swiss chard leaves (from 1 small bunch)

Heat oil in heavy large pot over medium-high heat. Add onions and garlic; sauté until tender and golden, about 9 minutes. Add squash; stir 2 minutes. Stir in chili powder and cumin. Stir in beans, broth, and tomatoes with juices; bring to boil. Reduce heat and simmer, uncovered, until squash is tender, about 15 minutes. Stir in chard; simmer until chard is tender but still bright green, about 4 minutes longer. Season to taste with salt and pepper. Ladle chili into bowls and serve. Top with chopped fresh cilantro, red onions, and grated cheddar cheese, if you like.

Makes 4 main-course servings.

Bon Appétit, March 2006

Quinoa Stuffed Acorn Squash with Cherries

I haven't tried this recipe yet, because our oven is dead. As soon as I can bake again, I'm trying it!

1/2 cup quinoa, cooked
2 medium acorn squash, halved and seeded
1/2 cup walnuts, chopped
1/2 cup dried cherries
2 Tbsp. barley malt
1/4 tsp. ground cinnamon
Safflower oil

Preheat oven to 350. Lightly oil the squash. Mix warm quinoa, barley malt, walnuts, cherries, and cinnamon. Stuff each squash half with the mixture. Bake in a covered dish for 45 minutes or until squash is tender.

Serves 4.

Eden Foods, Inc. Clinton, Michigan www.edenfoods.com