

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Welcome 2009 CSA Members!!!

It is in anticipation of a wonderful season that we welcome our new and returning CSA members. CSA (Community Supported Agriculture) is a wonderful agricultural concept that will connect you with a living farm in Rhode Island over the next 20 weeks.

Visitors to the farm will see many exciting changes this season. One of the most visible improvements is the new apple orchard. Three hundred dwarf trees have been planted and we hope to have organic apples in a few years.

Our staff has also seen some changes. While Deanna Levanti is back with us for a second season, we have also added Andrew Schmidt, who comes into farming on the heels of a career as a sous chef. Andrew will be helping us to provide you with creative and delicious recipes in the newsletter this season. Meg Kershaw, who was an assistant manager at Casey Farm last season, is also joining us part-time.

We found the need to construct an unheated

hoophouse this spring to accommodate our seedlings. As the seedlings move to the field, we plan to fill this hoophouse with eggplants, tomatoes, and peppers.

We welcome members to come out and see their food growing this season. The farm is open to the public from dawn to dusk daily. There is a 1.2 mile trail that winds through the woods and around the edges of the farm's fields. For those of you who would like to lend a helping hand, we will be hosting a number of volunteer days this season. The first will be Thursday, June 25 3-5pm. If you can make it, we'd love your help.

Here's to a great season!

-Farmer Trish

Special points of interest:

- Eggs will be available at pick-ups on a first come first serve basis. They are \$2.50 per half dozen.
- Please bring your reusable shopping bags to pick-ups!



Andrew and Deanna take a break from lettuce planting.

Member Guidelines Posted On Website

As mentioned in the mailing you received from us, there are member guidelines posted at LedgeEndsProduce.com. Just go to the CSA section and click on Guidelines. We ask that members familiarize themselves with these guidelines so that CSA pick-ups can run as smoothly as possible.

In response to the large num-

ber of requests for special pick-up arrangements, we remind members that this is a family-operated business and that members are expected to make other arrangements in advance when they know they cannot attend a pick-up. Friends, neighbors, and family members may come get your food for you!

We do realize that traffic and other emergency situations do sometimes arise and we are willing to bag out produce in such situations. Just call us before the end of the pick-up ends and we'll bag your produce out. However, repeated requests for special bag-outs cannot be accommodated. Thank you for your cooperation.

This Week's Share May Include:

- Radishes
- Pac Choi
- Salad Mix
- Garlic Scallions
- Garlic Scapes
- Kohlrabi
- Strawberries
- Swiss Chard
- Spinach
- Bunched Greens

Pickin' & Grinnin' Recipes



The welcoming entrance to the farm.

JOIN US FOR
OUR FIRST
VOLUNTEER
ACTIVITY OF THE
SEASON.
THURSDAY, JUNE
25, 3-5PM

Kohlrabi Slaw

Kohlrabi bulbs (washed peeled and grated)	1 head
Celery or Pac Choi stems (sliced thin or grated)	3-4 stalks

Vinaigrette

White Balsamic Vinegar	4 Tbsp.
Shallots (fine diced)	2 each
Garlic or garlic scallion (minced)	1 clove
Dijon Mustard	1 Tbsp.
Crème fraiche or sour cream	1 Tbsp.
Olive Oil	1/3 cup
Coriander Seeds (lightly crushed)	1 Tbsp.
Sugar	1 Tbsp.

Peel and grate kohlrabi and celery/pac choi stems and place into a large mixing bowl.

In smaller bowl add all ingredients for vinaigrette and whisk thoroughly until fully combined.

Veggie Notes



Newly constructed raised beds with culinary herbs.

Garlic Scapes

Garlic Scapes are the “flowers” sent up by the hardneck garlic we grow. The scapes must be pulled in order for the garlic to size up. Like all parts of the garlic plant, the scape is edible and tasty. Our favorite way to eat scapes? Grilled. Brush them with olive oil, grill them, then chop them up so that they are the length of green beans. They have a mild garlic flavor and a great crunchy texture.

Garlic Scallions

Garlic scallions are young garlic plants which have not yet begun to “bulb”. The entire scallion is edible. Simply trim off the root, clean, and slice. We use garlic scallions in place of garlic during this time of the year.

Swiss Chard

For those members new to Swiss chard, it is very important to thoroughly clean chard to remove any “grit.” Separate stems from the leafy material. Sautee garlic in olive oil. Add 2-4 Tbsp. water and the chopped stems. Cover and cook for 5 minutes. Then add the leaves and salt. Cover and cook until tender. For extra flavor, top with grated cheese hot sauce.