

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Only Two Weeks Left!!!

Amazingly, there are only two weeks left of the 2009 CSA season. This has been an incredibly challenging season. June was one of the darkest on record and July was the wettest on record. An epic outbreak of late blight in the early months of the summer spread very quickly in these damp and dark conditions. Many farmers in New England and New York lost their tomato and potato crops to this horrible disease. Other crops suffered as well. We were surprised a few weeks back to hear one of members mention that they had not heard anything about this season's blight. We hope our members realize how hard we worked to bring them tomatoes this season. As a result of our hard work, we were one of the few organic farms in the state to have a decent tomato crop. We regret that some of our crops were lost to disease, however, we know that we have worked hard this season and we have been able to deliver a share to our members each week. We want to remind our members that every single vegetable they received from us this season was grown right here on the Boesch Farm by Erik and his crew.

Like many other facets of our economy, the agricultural sector is hurting. This season, our farmers market sales were down approximately 50%. In addition, our costs were up, as we had to buy expensive organic fungicides to save our crops. As we head into winter, we know that many of the inputs we will need to purchase will be costing even more than they did last year. With this in mind, we hope that you will renew your membership soon. **We are now accepting memberships for the 2010 season.** The price for next year will remain the same as it was this year: \$600. Although we would prefer full payment, we are happy to accept a deposit of \$100 to reserve a share for next season. Sign-up forms will be available at your CSA pick-up location. We are also attaching a copy to your weekly email.

As you consider whether to rejoin next season, please keep in mind the following:

- 20 weeks worth of local certified organic vegetables for \$600 is a deal! You've also received a weekly newsletter and great service.
- Your support keeps a small farm in business. The farm, in turn, was able to employ 7 Rhode Islanders this season.
- As a longterm CSA member, you will find that some years are better than others. We're hoping 2010 will be one of our best.

Special Points of Interest:

Rain, rain, rain.
Cold, cold, cold.
Let's hope the
weather warms
up soon!

This Week's Choices May Include:

- Acorn Squash
- Mixed Bunched
Roots
- Carrots
- Parsnip
- Salad Mix
- Pac Choi or
other greens
- Parsley
- Sweet Potatoes
- Onions

Daikon and Carrot Slaw

1 large daikon radish, peeled

1 red onion, sliced lengthwise into 1/8 -inch strips

2 large carrots, peeled and grated

1/4 cup sesame oil, or to taste

1/2 cup rice vinegar, or to taste

2 teaspoons sugar, or to taste

2 teaspoons salt, or to taste

2 tablespoons black sesame seeds

1. Trim and peel the daikon radish, then cut it crosswise into 3-inch pieces. Julienne the pieces, then place the julienned strips into a large bowl, and toss in the onion and carrot.
2. In a medium bowl, whisk together the sesame oil, rice vinegar, sugar and salt. Pour half of the dressing over the slaw and toss to coat. Add more dressing as needed, a couple of tablespoons at a time, until the slaw is lightly coated and flavorful; you may not need all of the dressing.
3. Cover and refrigerate the slaw for at least 1 hour for the flavors to develop. Before serving, toss with the black sesame seeds. The slaw will keep for 1 day, refrigerated.

Spicy Turnips

1 bunch turnips, peeled and chopped

1 large onion, copped

1 tomato, chopped

1/2 tsp each of grated garlic and ginger

1 green chili, chopped

1/2 tsp each of sugar, cumin powder, coriander powder

1/4 tsp turmeric powder

1 cup water

1 Tbsp. butter/oil

Salt to taste

Finely chopped cilantro leaves to garnish

1. Heat the butter/oil in a large pan until it is melted. Add the chili, ginger, and garlic. Fry briefly. Add the onion and sauté on medium heat for 3 minutes or until onions are lightly browned.
2. Add the chopped tomatoes, salt, turmeric, cumin, and coriander powders. Stir fry on medium/low heat for 3min.
3. Add the turnips and mix. Add water and stir well. Cover and reduce heat. Cook on low heat for about 15 minutes.
4. Add the sugar and very lightly mash the turnips. Keep on the flame for a few minutes to dry out excess water if any.
5. Garnish with cilantro and serve immediately with hot rice, and naan.