

PICKIN' & GRINNIN'



THE LEDGE ENDS PRODUCE CSA NEWSLETTER

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Give Thanks!!!

As the 2009 CSA season comes to a close, we'd like to thank all of our members for their support. All of you have supported us financially with your willingness to pay up front for the certified organic vegetables being promised. Others provided emotional support this season, letting us know how much they truly appreciated the food we were able to grow despite the darkest June in over a century, the wettest July on record, the earliest snow in 30 years, and a case of late blight like the one that caused the Irish Potato Famine. Some members have also provided us with gifts ranging from magazine subscriptions to theater tickets to signed books to baked and canned food items made from our own produce. We thank you all for your kindness. One of the joys of being CSA farmers is getting to know the people who eat our food and developing relationships with them. We hope that you will all be joining us again next year.

Winter Markets

Are you already missing Ledge Ends Produce salad mix? You don't have to wait until next June to taste it again. We plan to attend two farmers markets this winter where we'll be selling salad mix and greens from our fields and greenhouse as well as eggs and some storage root crops. Look for us at:

- **Coastal Growers Summer Market** until November 7, 2009; 9am-12pm; Casey Farm, Saunderstown
- **Coastal Growers Winter Market** November 21, 2009- March 13, 2010; 10am-1pm; Lafayette Mill - Ten Rod Road, North Kingstown
- **Pawtucket Wintertime Farmers Market** November 7, 2009- May 29, 2010; 11am-2pm; Hope Artiste Village - 1005 Main St, Pawtucket

Jammin'

Our annual tradition of giving each member a jar of homemade jam at the end of the season continues this season. This year, we froze raspberries that were left over from CSA pick-ups and markets. This past weekend Erik's mom, Joan and our harvest manager, Andrew worked together to make 250 jars of jam! We hope you enjoy this special treat!

Special Points of Interest:

Feel free to email us great recipes you come across this winter.

This Week's Choices May Include:

- Small Rutabagas
- Leeks
- Bunched Roots
- Carrots
- Fingerling Potatoes
- Beets
- Salad Mix
- Braising Mix
- Parsley
- Sweet Potatoes
- Onions
- Garlic?
- Raspberry Jam

Pickin' & Grinnin' Photos



The farm on a beautiful fall day. A cover crop of oats, left, and an abundance of row covers, right. The row covers help protect crops from frost damage in the spring and fall.



Suggestions for this week's produce:

- Our braising mix: This is a mixture of hardier greens meant to be cooked. We suggest cooking them in a little olive oil and water (in a covered pot), adding salt, then melting parmesan over them and serving with hot sauce!
- Fingerling potatoes: These little potatoes are great for roasting. Do NOT peel them. Just scrub them up, and sprinkle with olive oil, garlic, and rosemary. We put them in the oven at 350 until they are golden and tender. Mmmmm.

Simple Root Soup

2 small onions, chopped
2 cloves garlic, minced
4 tbsp. unsalted butter
2 1/2 tbsp. all-purpose flour
6 c. vegetable or chicken stock
2lbs roots (carrots, turnips, parsnips, potatoes, etc.), peeled and cubed
1 1/2 c. fresh greens, rinsed and chopped
Salt and white pepper to taste
1/2 c. evaporated milk
Garnish: 2 tbsp. finely minced parsley (or other herb)

1. In a large pot, melt the butter over low heat. Add onions and garlic and cook for 3 minutes or until onions soften. Add the flour and cook, stirring constantly for 1 minute without browning. Add the stock and whisk until well blended.
2. Add the roots. Bring to a boil, reduce heat and simmer until the vegetables are almost tender.
3. Add the greens to the soup and season with salt and pepper. Cook until greens are tender.
4. Before serving add the evaporated skim milk and heat the soup through without it coming to a boil. Sprinkle with herbs and serve hot with fresh bread.