

# Four Friends' CSA News

## The Bean Pole

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2008 Season

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### Dear Shareholders and Friends:

This week's harvest contains: Green onions, cherry tomatoes, sweet cooking peppers, radishes, sweet potatoes, cooking greens, and culinary herbs.

### "Big Radish with Bell Peppers Salad"

1 large radish  
1 green, red, or yellow bell pepper  
1 big carrot  
1 or 2 cucumbers  
6 green onions  
5 tbsp. of lemon juice  
3 tbsp. of dressing oil  
Salt and freshly ground pepper

Cut all vegetables to "Julienne" cut in match-like strips. (If you have a food processor, or any other kind of shredder you can use those, but the bell peppers, which you have to cut Julienne by hand).

In a shaker put all the dressing ingredients. Shake well. Taste and pour over salad one hour before serving.

The salad is very colorful and light."

The radish and sweet pepper salad recipe is from [www.fooddownunder.com](http://www.fooddownunder.com) , a great reference for radish recipes.

Here's a quick, easy, and delicious recipe for root vegetables:

### Roasted Root Vegetables

Pre-heat your oven to 400 degrees. Scrub and trim root vegetables. Cut them into 1 inch chunks. Cut up a medium sized onion into ½ inch pieces. Place them all into a cast iron skillet or roasting pan. Pour about 2 Tbsp. of grapeseed, or canola oil over them and toss them to mix in the onions, and to coat all the vegetable chunks with oil. Remove them from the oven briefly after 30 minutes to stir them with a spatula. Return them to the oven and roast for about 15 minutes more till they are golden brown around the edges. Remove them from the oven and season with salt to taste while they are still hot.

## A Message from the RI Land Trust Council

Dear Land Trust Leaders and Friends of Land Conservation in Rhode Island:

Your Help IS Needed to Ensure Voter Support for:

QUESTION 2 - OPEN SPACE BOND \$2.5 million

On Tuesday, November 4: VOTE to APPROVE

Rhode Island voters are being asked to approve Question 2: OPEN SPACE AND RECREATIONAL DEVELOPMENT BOND to provide \$2.5 million in funding for Rhode Island's land conservation programs.

We need your help!

Without this Bond, Rhode Island's land conservation programs will run out of funds and essentially shut down for the first time since 1985 when they were started. Without a bond, the state will lose \$3- 5 million per year in federal funding from the national farmland protection program and other land conservation programs because we won't be able to provide the needed matching funds.

Explain the importance of this bond to voters in your organization and your community. We need a high rate of voter approval to demonstrate to our elected officials in the statehouse that land conservation is important to you and other Rhode Islanders.

Why do we need this Bond?

- Bond funds will be used to permanently protect farmland and the other special open space lands in our communities!
- This Bond will protect places that we treasure!
- This Bond will benefit our state and communities FOREVER!
- The Bond will enable future generations - children, parents and grandparents - to have the same opportunities to share and enjoy the sights, sounds, smells and feelings that make these places so special to us.

Rhode Island has already lost 80% of our working farmland since 1945. Only 1/4 of the state's remaining farmland is currently protected. There are over 20 additional farmers who have applied to protect their working farmland and been approved by the state program. The state farmland protection program is out of funds and needs this bond to continue the program and provide some of the match to get millions of \$ each year from the federal farmland protection program.

Saving working farmland is an investment in Rhode Island's economy and quality of life. It helps us to keep local produce, farmer's markets, pick your own pumpkin patches, apple orchards, berry patches and corn mazes. Agriculture contributes \$100 million to Rhode Island's economy.

Bond funds also give the state the flexibility to jump at opportunities that arise like a new park at Rocky Point. Places like the shoreline at Rocky Point are an important part of our history, culture and stories. It is important that we can act quickly when the opportunities appear to save these special

places as part of our heritage.

Can we afford this Bond? In tough economic times, it is critical to make sound investments. Every one dollar (\$1) in state bond funding for land conservation will attract three to four dollars (\$3 - \$4) in additional funding from federal programs, foundations, private contributions and municipalities.

**Results:** \$2.5 million in state bond funding will generate at least \$10 million for protecting the farmland and places we love in communities across the state. This is an unbeatable investment: Rhode Island only pays 20% - 25% of the costs for the state's land conservation programs. Without the state bond funding, Rhode Island will lose much of these matching funds.

The cost to Rhode Island's budget for this bond is less than \$250,000 a year. This is a cost of only 25 cents per year for each Rhode Island resident. And this is a permanent investment. It does NOT GO AWAY OR NEED TO BE REPLACED in 20 Years like most other state and municipal capital investments.

We can NOT afford to lose our remaining farmland, its contribution to the state's economy and our quality of life. And we can not afford to lose \$3-5 million each year in non-state funding for our land conservation programs.

Many studies document that investing money in land conservation saves municipalities and the state much more money in infrastructure costs and service costs that are incurred if land is unprotected and gets developed.

Bond funding is a sound fiscal investment for Rhode Island and will save some of our special places forever - let's leave these places as a legacy for future generations to enjoy and treasure.

**Vote to APPROVE QUESTION 2: OPEN SPACE AND RECREATIONAL DEVELOPMENT BOND.**

Help us to build voter understanding about the importance of this Bond to your community!

If you have questions about the Bond or want additional information, contact Rupert Friday or call 401-331-7110 ext. 39.

To read a commentary on this issue written by RiCAPE Director Stu Nunnery that appeared in a recent Providence Journal, [click here](#).

#### **FOUR FRIENDS FARM NEWS**

This weekend the farmers worked together at Urban Edge to get things ready for winter. Winter already? Well, not exactly just yet, but it seems we always have to think a season ahead.

**We disconnected the diesel pump and drained the lines. We battened down the sides of the greenhouse and greased up the vent hinges. We patched a few minor holes in the greenhouse plastic and did general tidiness in and around the greenhouses.**

Still to be done is changing the oil and filters on the diesel pump and on the tractors.



PS...please remember to fill out the survey ...we really appreciate and need your feedback and are already looking forward to next year!!

And, next week, our last week, please partake in the goodies that the farmers will be preparing for you!!

