

# Fry Family Farm

## CSA Newsletter

Vol. 3 Issue 1, June 7, 2007

### This Week's Box:

- Salad Mix
- Spinach
- Rainbow Chard
- Walla Walla Onions
- Beets
- Artichokes
- Red Lettuce
- Flowers: Sweet Peas

### Welcome to our CSA!!!

Thank you so much for being a part of our farm! We are thrilled to be sharing our harvest with you for what is now our third CSA season. Our overall mission in farming is to provide as much quality, local, certified organic food with as many people as we can. We hope you enjoy the fruits of our labor, as we strive to provide a wide variety of produce each and every week.

In addition to your regularly scheduled produce, we will be offering **EXTRAS!!!** These extra items are also locally produced, organically made foods that are offered by some of our other fine friends at the Growers Markets. Please see the additional sheet for more information. There will be more added as items become seasonally available. And rest assured, these are **QUAL-I-TY**. We have tasted and enjoyed all that we are offering, and hope you will too. Also come on down to market and meet us and them face to face. We'd love to get to know you! Thanks and stay tuned .

### CSA Delivery Logistics

This year we have two different options for getting your weekly box; pickup or delivery.

- **Delivery:** If you are having your box delivered to your home or business, please place your empty, reusable box in the place where you would like it dropped off the following week.
- **Pick-up:** For those of you picking up your boxes, please return your box to your pick up location.

Some other suggestions to help keep your items at their peak freshness:

- Put out a cooler with ice packs , we will empty your items into the cooler.
- Place a vase or jar with water out for your fresh flowers.

These things are especially important if you will not be home for more than a few hours, and also helps greatly in the dog days of summer.

### Greens, Greens, the Wonderful Fruit???



Well okay, not exactly a fruit, but wonderful nonetheless. Over the season, you will be receiving a **WIDE** variety of greens. And

often we find people at a loss for how to prepare them. Kales, Chards, and Mustards, OH MY! We will be giving many recipes, but keep in mind: Treat them like spinach. Any recipe calling for the popular green can have any other green substituted. Although they all have different flavors and textures, they provide a wonderful variety to your favorite dishes. Also, they are all excellent sautéed with garlic, olive oil, salt & pepper. Add them to eggs, eat them raw or have a green smoothie! YUM!

### From Farmer Fry

*"The farm has never looked better!"*

The way things are going so far, this season promises to be spectacular. Stevie is really excited about the way the soil is shaping up. After years of his magical soil amending and crop rotating, he's finally gotten it exactamundo! YAY! The crew in the fields has been planting non-stop for months, so there is plenty of great stuff on the way. And after a very cold and wet winter, the weather has been on our side too.

This past winter we also planted some crops in our greenhouses in Medford. This has provided some nice, albeit small, early crops of strawberries, cucumbers, and tomatoes for our market table.

Stevie is very busy in the fields right now filling a large order of produce to be shipped through the Organically Grown Company (more on them later), to grocery stores and restaurants from Eugene to Seattle and many points in between. More from him next week.

### HOW TO USE AND STORE: BEETS

#### Beets

The secret to beets is to cook them before you need them.

Just steam for 30 minutes or until tender, then soak in cold water and slip off the skins. Store in the fridge for 3-5 days, and add to a last minute salad or soup.

#### Beet Greens

Beet greens are loaded with nutrition, so be sure to eat them, too. Use within a few days for best results.

Saute garlic and add the greens with 1/2 cup of water, then cook until tender.

### French Style Swiss Chard

1 tablespoon olive oil  
4 cups coarsely shredded Swiss chard  
2 cloves garlic, minced  
4 tablespoons grated Parmesan cheese

Heat a large heavy skillet over medium high heat. Add the olive oil, Swiss chard, and garlic. Sauté the mixture for about 5 minutes, or until the Swiss chard wilts. Sprinkle with the cheese and serve immediately. Makes 4 servings.

### ARTICHOKEs:



These yummy artichokes are very easily prepared and absolutely scrumptious. Rinse, Trim the stems, and if you wish, snip the tips of the sharp leaves off. You can brush the cut edges with lemon juice if you desire. Place them in a pot with a generous amount of salted water. Bring to a boil and reduce heat. Simmer, covered for 20-30 minutes, or until a leaf pulls out easily.

Drain chokes upside down on paper towels. Most people dip the leaves in melted butter sauce or mayonnaise. (Adding fresh herbs makes it even better). Remember only scrape off the tender flesh at the base of each leaf with your teeth and then discard. When you get to the fuzzy choke, remove it with a spoon and then eat the remaining heart with a fork.

**Nutrition:** One medium artichoke contains: 25 calories, 0 fat, 170mg Potassium, and good source of Vitamin C, dietary fiber, folate and magnesium. Here's to your health!