

# Fry Family Farm CSA Newsletter

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## CALLING ALL BOXES !!!!

THANK YOU TO ALL WHO FAITHFULLY RETURN THEIR BOXES EVERY WEEK. THERE ARE STILL A LOT OF MISSING BOXES HOWEVER, SO PLEASE REMEMBER TO PLACE YOUR BOX WHERE WE CAN SEE IT, SO WE CAN RE-USE. THANKS!

## This Week's Box:

- Romaine Lettuce Hearts
- Salad Mix
- Radishes
- Parsley & Basil
- Rainbow chard
- Lemon cucumbers
- Slicing Cucumbers
- Mixed summer squash
- Corn
- Green Pepper
- Watermelon
- FLOWERS: Mixed Bouquet

## ORGANIC FARMING YIELDS AS GOOD OR BETTER: STUDY

WASHINGTON (Reuters) - Organic farming can yield up to three times as much food as conventional farming in developing countries, and holds its own against standard methods in rich countries, U.S. researchers said on Tuesday.

They said their findings contradict arguments that organic farming -- which excludes the use of synthetic fertilizers and pesticides -- is not as efficient as conventional techniques.

"My hope is that we can finally put a nail in the coffin of the idea that you can't produce enough food through organic agriculture," Ivette Perfecto, a professor at the University of Michigan's school of Natural Resources and Environment, said in a statement.

She and colleagues analyzed published studies on yields from organic farming. They looked at 293 different examples.

"Model estimates indicate that organic methods could produce enough food on a global per capita basis to sustain the current human population, and potentially an even larger population, without increasing the agricultural land base," they wrote in their report, published in the journal *Renewable Agriculture and Food Systems*.

"We were struck by how much food the organic farmers would produce," Perfecto said.

"Corporate interest in agriculture and the way agriculture research has been conducted in land grant institutions, with a lot of influence by the chemical companies and pesticide companies as well as fertilizer companies, all have been playing an important role in convincing the public that you need to have these inputs to produce food," she added.

## Veggie News & Reviews

- **CORN:** We hope you enjoy your bi-color corn on the cob! Please don't mind the worm too much, as he is a typical sign of ORGANIC corn. He comes in right at the end of the cycle, right before the corn is to be harvested, and is a real bugger to get rid of. Even if we could spray something (organic) to get rid of these guys, it is nearly impossible to do because the corn stalks are so tall. To eat, We just cut off the very end where he is living, and the rest of the cob is great! Enjoy, and thanks!
- **TOMATOES:** We want to express our apologies for our tomato crop being a little late this year. We know that a lot of people do have tomatoes already, but ours are just a little behind schedule. We have loads of them coming in the next two weeks! Until then we are finishing up our greenhouse tomatoes at the market. Thanks for understanding.
- **GLUTEN FREE SNACKERS:** For those of you who are "off the bread wagon", (I have just discovered my own allergies to wheat, and coming up with bread alternatives is quite a challenge), try using either lettuce or chard leaves to make **anti-sandwich wraps**. I just put whatever items I used to put in between two slices of bread in a large piece of lettuce or chard, and roll it up, YUM! Even just a cucumber tomato cheese with some ranch dressing. So good, AND another delicious way to enjoy your chard or romaine this week. There are also many great THAI recipes that involve wrapping shrimp and other yummy treats in lettuce and dipping into spicy or peanut sauces. Try some new hounderves for your family.

## Featured Vendor:

### New Sammy's

"Sample of our bread?", Ken Jaffe asks as you pass by his market booth. It's hard to resist free food, and even harder once you know how good it is.

Charlene and Vernon Rollins, owners of *New Sammy's Cowboy Bistro*, use only the best quality organic ingredients in their breads. But making great bread is like making great wine. The ingredients need to be of good quality to begin with, but the watchful eye of the maker over the fermentation process is the most vital ingredient. The Rollins' use no commercial yeast in their bread. Over the last 20 years they have developed a "starter" bread that is carried over from batch to batch. With each new batch, more flour and water are added. It is only with precise timing and temperatures that the right yeasts ferment to give each type of bread it's unique flavor, texture, and density. Each batch is a 3 day process from start to finish. They have definitely mastered the art of bread making.

Eighteen years ago, New Sammy's made about 16 loaves of their Cowboy bread per day, and sold most of those to one account, The Ashland Food Co-op. Today they make about 1500 loaves per week of 12 types of bread and sell them at a dozen or more retail locations, in addition to three growers markets per week.

We hope you take advantage of this addition to our CSA delivery and come visit Ken at the New Sammy's booth at market. He'd love to offer you a sample of these fine breads.

A new item available through us, from New Sammy's is their delicious pizza crust. These are great to have on hand to top with your favorite ingredients. Dinner or snack in 10 minutes! See last weeks newsletter for some delicious pizza ideas.