

# Fry Family Farm CSA Newsletter

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## Featured Vendor:

### Evans Valley Roasting Co.

Every morning when I wake up I am so thankful to have a locally roasted coffee bean to help me through my day. Paul Gilbertson, of Wimer, Oregon is who I thank for that. The owner and operator of Evans Valley Roasting Company, Paul has lived in Oregon for 7 years now, and has found a perfect niche for himself. An epicurean by nature, Paul has a very discriminating palate which has enabled him to perfect the art of roasting coffee.

Sourced from all over the world, Paul selects the best organic "green beans", and brings them to his roasting facility in Wimer. He roasts his beans in his roaster to very specific guidelines.

If you've ever met Paul, you know he has a very detail oriented, scientific mind, that, when applied to coffee roasting, produces some fine, fine flavors. Coffee roasting has a lot of room for error, and it is not to be undertaken by just anyone. He has taught himself and done his research, and as a result of his love of the bean, we have wonderful, local coffee. Thank you Paul.

Evans Valley Roasting Co.'s Coffee is available at all three growers markets, and at many retail outlets in the Rogue Valley. There are many wonderful roasts and regions to select from, and it is worth your while to visit Paul at one of these markets. His knowledge of coffee is unsurpassed and growing, and he would be happy to help you select the perfect brew for your needs. 541-582-1492.

## This Week's Box:

- Lettuce
- Tomatoes
- Beets
- Eggplant
- Lemon cucumbers
- Mixed summer squash
- Corn
- Green Pepper
- Anaheim Peppers (mildly hot)
- Watermelon
- FLOWERS: Mixed Bouquet

## Suzi's New Summer Salad

(a local favorite)

This was an impromptu salad put together by Suzi, that has quickly become the neighborhood favorite. Try adding your own specialty ingredients or just like this!

- One bunch Beets : Cooked and cut into bite size pieces
- 2 Ears Corn : Boiled and corn cut from cob
- 3 Lemon Cucumbers : Cut into bite size pieces.
- 3 Tomatoes : Cut into bite size pieces
- 2 Green onions : Chopped
- 1/4 cup chopped fresh basil
- 1 clove Garlic : Minced.

Mix all ingredients together and use a basic olive oil and vinegar dressing to coat. Season with salt and pepper to taste.

Le Mera Gardens:  
Joan Thorndike

We would like to introduce you to Mrs. Joan Thorndike, our business partner of seven years. Joan started Le Mera Gardens over 13 years ago, and has been successfully growing and selling beautiful cut flowers in the Rogue Valley ever since.

When Joan and Suzi Fry joined forces six years ago, the cut flower business potential exploded for us. With the hard work, creative genius, and willingness to try new things, these women opened up a whole new market for local, certified organic cut flowers that simply was not there before.

Le Mera has always provided wholesale cut flowers to florists around the valley. But it is through the combined forces of Fry Family Farm and Le Mera Gardens that she has been able to expand her market to provide wholesale flowers for events and weddings. If you have an occasion that you need flowers for, Let us know!!! You can speak with Joan directly about your color scheme, event theme, budget etc. She knows exactly what will be available at any given time of the season, and is a real treat to work with. Her enthusiasm and charm are genuine and contagious, and her experience in the world of flowers is unmatched.

For weddings, or whatever occasion, please consider Le Mera. Joan would be happy to meet with you. Her clients are always ecstatic about the quality and variety of flowers she has to offer, as well as the professional courtesies that she extends.

You can reach her at 857-8223.

ORGANIC FLOWERS?????

Q: We often get asked: Why is it important to grow and purchase locally grown, organic flowers?"

A: In addition to all of our produce being certified organic, all of the flowers we grow are too. With the flower market made up primarily of *conventional* (This term is used to state the opposite of organic) flowers, we feel it is important to make them available in the organic fashion. The flowers that we grow are also different in that they are **locally grown**. Most flowers on the market today are imported from quite far away. Is that system sustainable? Here are some facts on conventional, imported flowers.....

- Holland is the worlds largest producer of cut flowers.
- Colombia is the second largest. One of every two flowers sold in the U.S. is grown in or around Bogota.
- International development agencies push floriculture as an exportable alternative to traditional crops, but increased competition for water and croplands near transportation centers has created conflicts with indigenous farmers.
- In the U.S. flower imports are not inspected for pesticide residues because they are not edible; however, since they are still an agricultural product, they must be pest free when imported. As a result, highly toxic and ozone depleting sprays are used.
- Pesticide use in other countries is not regulated like in the U.S. Many still use DDT. The workers have fewer rights and more illness.

Is this what you want to support? Next time, consider locally grown organic flowers instead.