

Fry Family Farm CSA Newsletter

Vol. 3 Issue 12 August 23, 2007

This Week's Box:

- Lettuce
- Basil
- Green Beans
- Rainbow Chard
- Carrots
- Slicing Cucumbers
- Summer Squash
- Tomatoes
- Green Peppers
- Walla Walla Sweets
- FLOWERS: Helenium

EAT LOCAL WEEK INFO

Some great events are lining up for Eat Local Week this year including an "Eat the View" harvest dinner, a screening of King Corn and a Grants Pass farm tour! Thrive has them posted them on their website so be sure to check back often. www.rogueflavor.org Also, the Mail Tribune is looking for one or two individuals who would be willing to share their Eat Local Week experiences through a daily blog on their website. Please contact Thrive Director Wendy Siporen at 488-7272 or Mail Tribune reporter Sarah Lemon 776-4487 if you are interested.

Also, please visit the website for many interesting ideas: www.eatlocalchallenge.com

CARROTS GALORE !!

Brightly orange colored, carrots are an excellent provider of carotenoids and flavonoids, two important phytochemicals. Phytochemicals are a natural bioactive compound found in plant foods that work with nutrients and dietary fiber to protect our bodies against disease. Carotenoids protect the body by decreasing the risk of heart disease, stroke, blindness and certain types of cancer. Beta-carotene is an important member of the carotenoids family and was originally found in carrots. Carrots are also a good source of disease-fighting flavonoids that provide antioxidants that neutralize free radicals in our bodies. A diet without antioxidants will allow these free radicals, highly unstable and extremely reactive molecules, to attack the cells of our body everyday.

Before storing carrots, remove their green tops, rinse, drain, and put the carrots in plastic bags and store them in the coldest part of the refrigerator with the highest humidity. They'll last several months this way. To keep the carrots crisp and colorful add a little bit of water in the bottom of the plastic storage bag; this will keep the carrots hydrated. Carrots should be stored away from fruits such as apples and pears, which release the ethylene gas that cause carrots to become bitter.

Preparation

Scrub carrots clean before eating, as this will help remove any dirt that remains on them. Carrots are excellent raw and are a staple found on most vegetable platters. Raw carrots are also a great addition to a child's lunchbox. Kids love their sweet taste, but parents know how nutritious they are for them.

Carrot's nutritional values increase when they are cooked. Raw carrots have a tough cellular wall that our bodies are not able to breakdown very easily. Therefore, cooking carrots until they become slightly tender actually makes their nutrients, including beta-carotene, more accessible to our bodies. Cooking carrots properly will also bring out their natural sweetness.

Don't forget that carrots form the basis of many sauces and stocks, so keep plenty on hand for those purposes. Carrots are even good for some spaghetti sauces along with diced onion and celery.

Gingered Carrot Soup

From The Moosewood Cookbook, by Mollie Katzen.

2 lbs carrots
4 cups of water
1 Tbsps butter or oil
1 1/2 cups chopped onion
2 medium cloves garlic, minced
2 Tbsps freshly grated ginger
1 1/2 tsp salt
1/4 tsp each: cumin, fennel,
cinnamon, allspice, and dried mint
3 - 4 Tbsps fresh lemon juice
1 cup lightly toasted cashews
optional: buttermilk, to drizzle on top

✧ Peel and trim carrots, and cut them into 1-inch chunks. Place in a medium large pan with the water, cover, and bring to a boil. Lower the heat, and simmer until very tender (about 10 to 15 minutes, depending on the size of the carrot pieces).

✧ Meanwhile heat the butter or oil in a small skillet. Add onions, and saute over medium heat for about 5 minutes. Add garlic, ginger, salt, and spices. Turn heat to low, and continue to saute for another 8 to 10 minutes, or until everything is well mingled and the onions are very soft. Stir in lemon juice.

✧ Use a food processor or blender to puree everything together (including the toasted cashews). You will need to do this in several batches. Transfer the puree to a kettle, and heat gently just before serving. If desired, pass the a small pitcher of buttermilk, for individual drizzlings. ★

Glazed Carrots

(Adapted from Judy Gorman's Vegetable Cookbook)

1 lb carrots sliced 1/4 inch thick
4 Tbsps butter
1 tsp sugar
3 Tbsps honey (for carrots)
Salt
Fresh grnd pepper
Fresh grated nutmeg
Lemon juice
✧ Place carrots in a wide saucepan with enough water to cover them by 1 inch. Add 2 tablespoons of butter and sugar. Place over medium heat and cook uncovered at a gentle bubble for 10 to 12 minutes until tender.

✧ Add the honey and the remaining butter. Increase the heat and cook, stirring constantly, until all the liquid is evaporated and the carrot slices are coated with shiny glaze. Season with salt, pepper and lemon juice, if desired. Transfer to a serving dish & sprinkle with nutmeg. ★

Coming Attractions.....

- Soft, juicy cantaloupes
- Rich, meaty heirloom tomatoes
- Colored, sweet bell peppers
- Hot, flavorful anchos and anaheims
- What to do with green beans?
- More Pictures on the website
- CSA season party thoughts are in the works...send us your suggestions/desires.

Extras Continuing but changing...

In our continuing efforts to use less paper, we will no longer be distributing the "extras" form with your weekly box. If you are still interested in ordering these fine products, please keep your final form from this week, and just use the prices and availability from that with an attached sheet of paper! Thanks!