

Fry Family Farm CSA Newsletter

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This Week's Box:

- Salad mix
- Basil & Parsley
- Green Beans
- Walla Walla Onions
- Tomatoes (Heirloom & Hybrid)
- Bell Peppers
- Swiss Chard
- Seedless Watermelon
- Summer squash
- FLOWERS: Sunflowers, or Zinnias with Celosia.

WHERE'S THE BEEF?

I'm so glad you asked. Because it's right here in lovely Central Point, Oregon. Larry Martin and his family at **Martin Family Ranch** work hard to bring us the best quality, local, organic eggs and meats. We have included a pamphlet for you this week about their farm. As well as being one of our CSA members, we have known the Martins for years and love to support their local farm life. If you are interested in some of their products, but feel you couldn't possibly eat that much, maybe someone else feels the same way and could split an order with you! Let me know and I can HOOK YOU UP with a fellow or two. Thanks Folks!

Eat Local Week Begins NOW!!!

Our annual eat local week is starting this Saturday with a BANG! We at Fry Family Farm are very excited to be a part of the TALENT HARVEST FESTIVAL for the first time this year. We are usually too swamped at this time of year to afford staff to participate in our home town's annual harvest event, but this year, thanks to all of our hard working staff, we are able to join in the fun!!! Come visit us in downtown Talent where we will be selling our delicious melons and spreading the word of good cheer and farming! As CSA members, you are more than welcome to hang out for a while and join in the goodness! I won't say it's REQUIRED that you attend, but... it will be fun for the whole family. It is quite the party. Parade in the morning followed by face painting, food galore, music, arts and crafts. etc. etc.

There are so many visit-worthy events going on all week. You should check out all the events outlined at

www.thriveoregon.org

You could even win your next years CSA membership for free, on Sunday night, September 9th at Roxy Ann winery. They are holding an auction and Rogue Flavor dinner. Folks, this is one gorgeous place to be. The dinner will be prepared for you by all the best chefs around the valley, and they are auctioning off all kinds of great goodies. Show your support for THRIVE and all things great and local!

Make a commitment to attend at least one event this upcoming week, and you'll surely feel all warm and fuzzy (no, not from the wine) inside for being such an involved, supportive community member! See you there!

Tomato Tapenade

A variation on the traditional tapenade made with olives and capers, this is a great, healthy, quick, and tasty way to enjoy your tomatoes and cucumbers! It can be enjoyed as an accompaniment to so many things. Some suggestions: over cooked pasta, over salad mix, with any grilled meat, as a topping for fresh or garlic bread....use your imagination and let your palate be your guide!

Cube fresh tomatoes (Small pieces)
Chop cucumbers (Same size pieces)
Dice onions (Smaller pieces)
Chop Fresh Basil (Smaller=better flavor distribution)

Mix all ingredients with olive oil, red wine vinegar, salt and pepper. This is best served immediately, but can chill for a short while. Remember though, tomatoes get mealy and mushy when their temperature goes below 50 degrees, so as you would NOT store your fresh tomatoes in the refrigerator, you don't want your chopped toms in the ice box either. This dish has quickly become an essential for every summer time meal for us, we hope you like it too!

Gingered Watermelon Compote

(From Cooking Light)

This is by far the best, most refreshing fruit salad I've ever tasted. Don't let the name scare you, if you've never tried anything like this, LIVE A LITTLE! Try it on for size, you will not be disappointed. The ginger and mint juxtapose perfectly with the sweet melons of summer. Enjoy!

1/4 cup Sugar
1/4 cup water
2 t. Grated lime rind
6 T. Fresh lime juice
2 T. Fresh grated ginger
2 T. Fresh mint chopped

8 cups Watermelon cut into 1 inch cubes (5 lb. melon)

2 cups Honeydew cut into 1 inch cubes (3 lb. melon)

2 cups Cantaloupe cut into 1 inch cubes

Mint Sprigs

Combine first 6 ingredients in small bowl and set aside. Combine melon pieces (or balls) and add juice mixture. Cover and chill at least one hour. Serve garnished with mint sprigs.
Makes about 12 servings.

Who Loves Pesto ???

(Really, who doesn't?)

For many of you, the bunch of basil you receive in your box is not nearly enough. Well, we are here to save the day (and the long cold winter without it). You can order extra basil BY THE POUND, to be delivered in your box, or to be picked up at market. We have plenty to go around, and it sells for \$5.00 per pound for bulk orders! Let Suzi Know how much you want! fryfarms@wave.net

Calling All CSA Party People !!!

Dear all of our lovely CSA friends,

We'd love to gather together with all of you. Who couldn't use more friends in this world? Please let us know if you'd like to join together for a pot luck dinner at the farm! Thanks and look forward to hearing from you!
Love,

All your hard working farm guys and gals!

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