

Fry Family Farm CSA Newsletter

Vol. 3 Issue 15 September 13, 2007

This Week's Box:

- Lettuce
- Tomatoes
- Heirloom Tomatoes
- Carrots
- Corn
- Basil
- Red & Orange Bell Peppers
- Potatoes
- Watermelon
- FLOWERS: Sunflowers

Eat Local Week Still Going Strong

There are still a lot of delicious events this week in which YOU can partake! This event happens only once a year folks, and A LOT of great, local folks put A LOT of great down home yet epicurean energy into this. Please, if you haven't already done so, ATTEND SOMETHING! Whether it's just stopping by Tark's Market in Talent this Friday to taste amazing local food and wines; stopping by Pennington Farms bakery on the Williams highway to sample their scrumptious slab pies; Or even attending one of the dinners, it is a great way to fill your body with goodness, and your brain and soul with new friends. Get out there and network! You never know what may come of sharing some space with like minded folks. You are a part of all of this. Thank you!

www.thriveoregon.org/thrive_events.htm

King Corn

A "corny" documentary

6-8:30 pm

Friday, September 14

Science Works Museum
1500 E. Main St. Ashland

6pm- Six short films on food and
sustainability
7pm- *King Corn*

Wine and herbal brew tasting courtesy
of Weisinger's Winery, Valley View
Winery, and Heartsong Herbal Brew
Company

King Corn is a feature documentary
about two friends, one acre of corn, and the
subsidized crop that drives our fast-food
nation.

In *King Corn*, Ian Cheney and Curt Ellis,
best friends from college on the east coast,
move to the heartland to learn where their
food comes from. With the help of friendly
neighbors, genetically modified seeds, and
powerful herbicides, they plant and grow a
bumper crop of America's most-productive,
most-subsidized grain on one acre of Iowa soil.
But when they try to follow their pile of corn
into the food system, what they find raises
troubling questions about what we eat-and
how we farm.

Good Film Shorts:

[www.mediathatmattersfest.org/
mtm_good_food/](http://www.mediathatmattersfest.org/mtm_good_food/)

Cajun Corn & Kale Salad

(From Angelic Organics Kitchen)

This is simple summer cooking. The bright, clean flavors of this dish will put a smile on anyone's face. If you don't have a Cajun seasoning mix, you can make your own by combining 1/4 teaspoon salt and a pinch of the following: cayenne pepper, fresh ground black pepper, dry mustard, crushed fennel seeds, and dried thyme. You can serve this dish over couscous or with chunks of boiled or steamed potato mixed in. Serves 4-6

2 Quarts Water

4 Ears Sweet Corn

1 Large bunch Kale, stems removed (abt. 1 lb)

2 t. Salt plus more to taste

1 Large red bell pepper, diced

1 Green bell pepper, diced

1 Large Tomato, diced

1 Small sweet onion, minced

1 Clove Garlic, minced (abt. 1/2 t.)

1/4 cup Olive oil

2 T. Fresh lemon juice

1 1/2 t. Cajun seasoning

1. Bring Water to a boil in large pot; add the corn. Turn off heat and let corn cook for 5 minutes. Set ears aside and reserve the water. When corn has cooled, cut kernels from cobs.
2. Return corn water to a boil and add the kale and 2 t. salt. Cook about 5 minutes. When kale is cool enough to handle, squeeze out excess liquid with your hands and chop finely.
3. Toss the kale with remaining ingredients in large bowl until well combined. Season with salt to taste.

Fresh Sweet Corn Bread

The succulent texture of fresh corn kernels, the smooth richness of cheese, and the aroma of rosemary all conspire to make this corn bread truly irresistible. It is a must with any chili and makes a wonderful breakfast with some good honey. Serves 4-6.

Butter and Flour for preparing the baking pan

1 cup cornmeal

1 cup Flour

2 T. brown sugar

1t. salt, baking soda, and baking powder

3 eggs, beaten

1 cup buttermilk

2/3 c. grated pepperjack cheese

1 cup fresh corn kernels

1/4 cup butter, melted

1t. chopped fresh rosemary

1. Preheat oven to 400 degrees. Butter and flour a 9 inch square baking pan.
2. Combine the cornmeal, flour, brown sugar, salt, baking powder & soda in a large bowl.
3. In another bowl, mix eggs, buttermilk, and cheese.
4. Make a well in the center of the dry ingredients & pour in the liquid mixture; beat together lightly. Fold in the corn, butter, and rosemary. Pour the mixture into pan, & bake 35-40 mins. (until toothpick inserted into center comes out clean). ENJOY!!!

Last Call...

Regardless of how much fun we are at parties, we understand that y'all are super busy, and super, too. Unfortunately, I've only heard interest from a very few folks regarding a fall CSA party. Hmmm.... If anyone else is interested (and you know who you are), let me know in the next week. lauriehultquist@gmail.com