

Fry Family Farm CSA Newsletter

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This Week's Box:

- Fennel Bulb
- Tomatoes
- Golden Beets
- Leeks
- Potatoes
- Green Chard
- Romaine Lettuce
- Anaheim Peppers
- Delicata Squash
- Green Bell Pepper
- FLOWERS: Celosia

-A note on Celosia; it can be used as a fresh cut flower, or it can be dried-upside down for several weeks, and the put in a vase. It will hold its color for a year or longer.

WINTER SQUASH

Last week I came across some winter squash in my friend's basement from last winter, and it was perfectly in tact. I could hardly believe my eyes! Even though there were a few nicks on the skins of these butternuts, they held up for over a year. They told me their trick was to wash them with a mild bleach solution before storing them in their basement. Apparently the bleach kills off any undetectable bacteria that could fester and rot out the squash. Good deal, I'll definitely give that a try this winter.

Bits and Pieces

- I can hardly believe it folks, but next week marks the 20th week of our CSA season, and the end of the "partial season". We'd like to ask for your input if there were particular aspects you loved, or didn't love, so much. We'd be happy to take your opinions into perspective when building next years CSA plans.
- Also, if there are any extra boxes lying around, we'd love to pick those up next week! You can also return your final weeks box to us at market. Thanks!
- Our good friends and owners of New Sammy's Cowboy Bistro, on the 99 between Phoenix and Talent, would like to announce they are SERVING LUNCH!!! No reservations needed or taken, just pop on by between 12 and 2 pm weekdays, and enjoy their epicurean delights!

Roasted Roots

People at market often ask us how to cook their beets. and fennel. Roasting them is our favorite. It is simple, healthy, and delicious. Mix with whichever combination of vegetables you wish. Chop beets, potatoes, carrots, onions, fennel bulb and winter squash into bite size pieces. The beets do not need to be peeled when they are the baby size we have right now. Just wash them well, and be sure to leave about a half inch of the stem on the beet, so they do not bleed. Then, toss with minced garlic, olive oil to coat well, and season with coarsely ground salt and black pepper, and fresh rosemary.

Roast in a 425 degree oven for 45 minutes to one hour. Until tender with fork. This makes an excellent cold weather side dish.

Curried Winter Squash Soup

INGREDIENTS:

3 T. Butter
1 cup chopped scallions
1/4 cup chopped fresh parsley
1 T. jalapeno pepper, seeded, finely chopped
2 cloves garlic, minced
2 pounds Butternut squash, peeled, seeded, cubed
4 cups chicken or vegetable stock
2 cups chopped, peeled, fresh tomatoes
12 whole fresh curry leaves
1/2 t. ground allspice
1/4 t. ground mace
pinch freshly grated nutmeg
2 t. curry powder
salt
fresh ground black pepper
1/4 cup chopped fresh parsley (garnish)

DIRECTIONS:

1. Melt the butter in a large saucepan over medium heat. Add the scallions, sauté until soft and wilted, about 3 mins. Stir in the parsley, jalapeno, and garlic; cook, stirring occasionally, for 5 minutes.
2. Add the squash and toss to coat it with the scallion mixture. Add the stock, tomatoes, curry leaves, allspice, mace, and nutmeg. Bring to a boil, reduce heat and simmer, covered, until the squash is very tender, about 45 minutes. Let cool slightly.
3. Transfer the soup in batches to a blender or food processor, puree.
4. Transfer the soup back to the pot. Stir in the curry powder and add salt and pepper to taste. Return the soup to a simmer to heat through. Garnish with parsley just before serving.

Spicy Coconut Pumpkin

Pumpkin and curry powder are ideal mates. Combined with ginger, coconut milk, and a hint of cardamom, this dish is loaded with flavor and will bring praise to your table. For a hearty meal, enjoy this over basmati rice accompanied by kale and chutney. Serves 3-4

INGREDIENTS:

3 T Butter
1 T Vegetable Oil
1 large onion, thinly sliced
1 T fresh minced ginger
2-3 t. curry powder
1 t. finely chopped jalapeno or Serrano pepper
1/2 t. ground cloves
1/4 t. ground cardamom
1 1/2 pounds pie pumpkin, peeled, seeded, cut into 1/2 inch pieces
1/12 cups coconut milk
1 T raisins
1 t. maple syrup or brown sugar
salt & fresh ground black pepper

DIRECTIONS:

1. Heat the butter and oil in a heavy pan over medium heat. Add the onion; sauté until lightly browned, about 20 minutes. Add the ginger, cook for 3 more minutes.
2. Stir in the curry powder, jalapeno, cloves and cardamom; cook for 2 minutes stirring constantly.
3. Add the pumpkin chunks, coconut milk, raisins, and maple syrup. Cover, cook on low heat until pumpkin is tender, about 30 minutes. Uncover, and if the sauce is thin, let the coconut milk boil away until the mixture thickens to your liking. Season with salt and pepper to taste.