

Fry Family Farm CSA Newsletter

Vol. 3 Issue 2, June 14, 2007

This Week's Box:

- Spinach
- Red Butter Lettuce
- Green Leaf Lettuce
- Basil
- Broccoli
- Walla Walla Onions
- Beets
- Kale
- Artichokes
- FLOWERS: Snapdragon
(*Antirrhinum majus*)

fryfamilyfarm.com

Another exciting development in the world of "farmers who don't like to sit in front of computers", is that our newsletter is now on our website!!! Starting immediately you can go directly to our website and read your weekly newsletter.

We are excited about saving paper, but also know that not everyone has access to the internet. We would like to save as much paper as we can though, so **please send us an e-mail if you would like to read online only**, and skip the paper version. Our email address is:

fryfarms@wave.net

We will also have the extras order form available online. So hopefully we can stop the endless distribution of paper that gets thrown away.

78th Annual PLANT SALE

Okay, not really. The truth is we don't know if it's actually the 9th, 10th, 11th, 12th.....but we have been doing this for a LONG TIME!! Every year on Fathers Day Weekend, we open up our greenhouses to the public with DRASTICALLY reduced prices on everything we have! This is a truly AMAZING offer that you don't want to miss.

- VEGGIES- The widest variety of tomatoes you've ever witnessed, peppers, squash eggplant, melons, and more VEGGIES!!!
- HERBS - Basil, oregano, mint, thyme, tarragon, rosemary, cat nip, and more HERBS!!!
- ANNUALS - Petunias, Marigolds, and tons more annuals and specialty flowers for bedding or basket making!
- PERENNIALS-You won't find a better deal on a well loved, wide-variety of popular and interesting perennials and cuts.

Plus, we'd love to meet you all face to face! See you this weekend!

FRIDAY : 8am - 2pm

SATURDAY: 8 am - 2 pm

SUNDAY: 10am - 2 pm

DIRECTIONS: From hwy 99 in Talent, turn up Rapp Rd (Next to Jims Better Buys). Follow this road, it will turn into Wagner Creek Rd. after the 2nd stop sign. You will go up Wagner for about 2 miles. THERE WILL BE LOTS OF SIGNAGE!!!! Turn left down our dirt lane(also where Plant Oregon is) and follow directions to greenhouse (about 1/8 mile down and on the left side).

- Tell all your friends
- Come early for best selection
- We accept checks or cash

SEE YOU THERE !!!

From Farmer Fry

"The Machine keeps running forward!"

Mr. Fry is very excited about so many things right now. First and foremost, his tractor. Two weeks ago, one of his tractors broke down. This caused a semi-major setback for us. But now it is up and running, and he is working around the clock to catch up on making his beds for more lettuce, beans, fennel and kohlrabi. Luckily we were able to get a lot of lettuce seeded in the greenhouse (thank you Beth), so when we transplant the starts into the field, we won't suffer too great of a setback. The green beans however, will be a little later than planned. Such is the life of a farmer.

At our Phoenix farm, Raul and his crew have just finished planting our 10 acres of winter squash. They laid a state of the art drip irrigation system, and planted all of our wonderful varieties of our favorite hard shelled vegetable. It should be a great, maybe record breaking fall harvest for us.

Now the crew in Phoenix will start transplanting more of our cut flower starts, which we need to maintain our bouquets all season long. We have zinnias, celosia, sunflowers, and much more going in. Plenty of great colors headed your way!

We also will start planting our second round in Medford next week. In order to "keep it fresh" all season long, we always plant successively, to ensure a continuous harvest. Crops like tomatoes, melons, cucumbers, summer squash, basil and more....

And this year we have an amazing labor pool to get this all done. The machine keeps running forward., thanks to all the parts and pieces working harmoniously.

Keep your eyes peeled for upcoming: carrots, broccoli, snow peas, iceberg lettuce, and zucchini.

Green Living Journal

Last week, the *Green Living Journal* paid a visit to the farm. Mr. Stevie Fry took them on a lovely tour where they interviewed him and photographed our operations. We apparently did well, because we will be on the COVER of the upcoming issue (which went to the presses on Monday)!!! This is a free publication that can be picked up at natural food store like places around the Rogue Valley, and can also be subscribed to for home delivery. Check it out, it's a great magazine with lots of ideas for a more eco-friendly life! Their website is greenliving-journal.com.

BROCCOLI



Broccoli Salad

Salad:

- 1 Head of Broccoli, cut into small pieces
- 1 Lb. Bacon, cooked and crumbled
- 1 Small red Onion (or Walla walla), chopped
- 1/2 Cup Black Raisins
- 1 Cup Unsalted Sunflower Seeds

Dressing:

- 1 Cup Mayonnaise
- 1/2 Cup Sugar
- 2 Tbsp. Red Wine Vinegar

Mix the salad ingredients together and set aside. Mix the dressing ingredients in a separate bowl and then pour over salad. Refrigerate until ready to serve.