

# Fry Family Farm CSA Newsletter

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## This Week's Box:

- Salad Mix
- Tomatoes
- Italian Kale
- Carrots
- Potatoes
- Sweet Dumpling Squash
- Red & Walla Walla Onion
- Green Beans or Eggplant
- FLOWERS: Mixed bouquet of:  
Safflower, Dill, Millet, Hypericum,  
and Spiraea.

## You say Potato and I say "Patata"

OR- *Solanum tuberosum*

There are about five thousand potato varieties worldwide. Potatoes originated in the Andes of Peru, but most varieties grown in America were brought over from European immigrants. We get the word "potato" from the Spanish "patata".

The good nutrition of one 3.5 oz. potato:

Carbohydrates	19g
-Starch	15g
-Dietary Fiber	2.2g
Fat	1.1g
Protein	2g
Vitamin B1	.08 mg 6%
Vitamin B6	.25 mg 19%
Vitamin C	20 mg 33%
Iron	1.8 mg 14%

## And We Bid You Farewell...

This week marks the 20th week of our CSA season, and thus the final delivery for our partial season subscribers. We hope it has been thoroughly enjoyable for you, has lived up to all of your expectations, and has expanded your understanding of Organic foods and farming.

We know there are many choices out there in terms of how exactly you will "eat locally", and we are so grateful that you chose to take part in our farms CSA program. It is with great joy and a sense of fulfillment that we provide good, honest food to our members. We hope that has come through in what you have received.

We will continue our CSA program next year, and for many years to come, as long as local folks want local food. This has been our third season with a CSA program, and although we have continued making changes to the program every year, we feel solid about the whole operation at this point. The system has been refined and re-worked for the benefit of all involved, until alas, we have arrived at a growing, satisfied group of members.

Our full season CSA members will continue receiving deliveries for four more weeks. And there is still a lot of food to go around. We look forward to wrapping up the season with you in the next month. And as temperatures drop and days shorten, we will begin our process of winter hibernation with the fallow fields. For us, this is a wonderful time of year when we can breathe deep and rest assured that all of our hard work has paid off and we have successfully grown a lot of great stuff, and successfully fed a lot of great people.

Thank you so much for being a part of our farms family. We are eternally grateful for your support, and hope that you too have a lot to be thankful for! Have a GREAT winter!

Manny Lawrence's Organic Farm Family's  
Portuguese Kale Soup

- 1 pound chopped kale
- 1/2 pound chourice, linguica, or other sausage
- 1 pound beef, with bone
- 1/2 cup cooked beans (I like to use white beans)
- 2 cups diced potatoes
- 1 medium onion, chopped
- 1/4 tsp. red pepper flakes, or equivalent
- 1/4 cup chopped fresh parsley, or equivalent dried
- 1/4 tsp. garlic, minced (I like to use a bit more!)
- 2 Tbs. coarse salt
- Freshly ground black pepper, to taste
- 2 Tbs. brown sugar
- 2 Tbs. olive oil
- 6 quarts water, chicken or vegetable stock

In a large kettle, brown the beef and sausage in olive oil. Add the onions, brown sugar, salt, pepper, pepper flakes and garlic to the browned meat. When the onions have caramelized, add water or stock and parsley, and cook until the meat is tender. Add the beans, diced potatoes and chopped kale (I use the Italian Kale, or Cavalo Nero). Cook at a low boil until the potatoes are tender. This soup, like all soups, is best served the next day!

Manny tells us that back in the early fifties, his mother would substitute chicken when she could not get beef, and when she could not get meat at all, she would use sweet potatoes and red beans for a meaty substance. This is one of the best examples of a recipe that lends itself to innovation and experimentation! Manny's oral rendition of the recipe offers so many possibilities, both in method and ingredients. This is a good reminder of the vast culinary possibilities available to us all! I hope that you all will continue to be bold, and experiment with ingredients, flavors, and methods ... And that you find your way with the best of what is available in every season ... !

Valentine Beet Quiche

(From *The City Gardeners Cookbook*)

Here is a hearty vibrant version of the routine quiche. A flaky pie crust is filled with a custardlike cheese and egg base interlaced with an out of the ordinary vegetable. Use red beets and a heart shaped cake pan to make a memorable quiche for Valentines Day; use golden beets for a harvest moon pie; use white beets for a sweet dessert quiche. Add caraway or dill seeds to the pie crust for a unique touch.

- 1 9-inch single pie crust, pre-baked
- 2 cups cooked, peeled, grated beets
- 1 1/2 cups milk or cream
- 3 large eggs, lightly beaten
- 1 cup freshly grated parmesan cheese, divided

Preheat oven to 375. To preheat pie crust, prick the bottom and sides with a fork. Line the pie crust with foil and weight with uncooked rice or beans. Bake for 10 minutes, until lightly cooked. Remove foil and beans. Lower the temperature to 350.

In a small bowl, mix the beets, milk or cream, and eggs together. Stir in one third of the cheese and pour into the pie crust. Sprinkle the remaining cheese on top and bake for 25-30 minutes, until golden brown and center is set. Cool slightly before cutting.

**Pie crust:**

- 1 1/4 c. chilled pastry flour, 1/2 c. chilled butter,
- 1 egg lightly beaten, 1 T. finely minced nuts or herbs, 3-4 T. Water.
- Cut butter into flour until texture of cornmeal. Add egg and nuts, then gradually add water. Lightly work dough JUST till it forms a ball. Cover and refrigerate several hours. Roll on floured board and shape into pan; trim and shape edges. Keep dough cool as possible till ready to bake. Makes 1 - 9 inch crust.