

Fry Family Farm CSA Newsletter

Vol. 3 Issue 3, June 21, 2007

This Week's Box:

- Salad Mix
- Spinach
- Romaine Lettuce
- Broccoli
- Carrots
- Walla Walla Onions
- Artichokes
- Green Chard
- Mixed Herbs
- FLOWERS: Snapdragons

Suzi Fry Spinach Salad

Ingredients:

- 4-6 cups fresh Spinach
- 1 cup Olive Oil
- 4-5 cloves Garlic, chopped
- 1/4 cup Dijon Mustard
- 1/4 cup honey
- 1/4 cup red wine vinegar

Over medium heat, cook olive oil and garlic until lightly browned. Lower heat to medium. Whisk in honey and Dijon mustard until creamy. (Needs to be very creamy, if not, add more honey and Dijon.). Remove from heat. Whisk in the red wine vinegar. Pour over spinach and toss to coat evenly.

Optional salad toppings:

- Walla Walla onions
- Fresh Bacon crumbles
- Grapes, Oranges, toasted or candied nuts.

Summer Solstice

(taken from Wikipedia)

A **solstice** occurs twice a year, whenever Earth's [axis](#) tilts the most toward or away from the [Sun](#), causing the Sun to be farthest north or south at noon. The name is derived from [Latin](#) *sol* (sun) and *sistere* (to stand still), because at the solstice, the Sun stands still in [declination](#), that is, its movement north or south is minimal. The term *solstice* can also be used in a wider sense as the date (day) that such a passage happens. The solstices, together with the [equinoxes](#), are related to the seasons. In some languages they are considered to start or separate the seasons; in others they are considered to be center points (in English, in the Northern hemisphere, for example, the period around the June solstice is known as [midsummer](#), and Midsummer's Day is [24 June](#), three or four days after the solstice itself).

All that being said. Does the Solstice mean anything to you, personally? At the farm, the Solstice really does mark a big change for us. Life definitely shifts at this time of year, going from what we thought was full time to really really full time. I'm not sure I can explain it in words so well. I guess just being more in touch with the seasons is a direct effect of all this farmy stuff we do. The plant start season is over for us, and the field work is on. The growers markets get much more seasonally festive...school is out, the kids are all playing and having fun, everyone is wearing their summer clothes. It is so exciting.

What can you do in your own life to mark the passage of spring into summer? What things are already in your life that change right about now? (hopefully it's not just your electric bill). For starters, y'all get your csa boxes! Good on ya. On Thursday sometime, take a second out to welcome in the SUMMER

Farm Happenings

Farmer Fry is a happy camper. The farm is looking great, we have so much planted, and the beat goes on. We are currently working on finishing the planting of 10 acres of flowers in Phoenix. It is quite a site, with 900 foot rows of color splashes. And having full time weeders working out there makes it so much more efficient. Gotta keep those flower girls happy.

As a flower girl myself, it is really happening now. We are picking in full force, and it is not only great work, but a great workout too. We pick three different fields (Ashland, Medford, and Phoenix), three days a week (Monday, Wednesday, & Friday), for our three different growers markets the following days. It usually takes us 4-5 hours with 6 girls picking.

After everything is picked, we stock the refrigerated truck for Joan to sell to Florists, then we take everything else back to Talent, where we assemble hundreds of mixed bouquets and flower bunches for our markets and our stores (currently The Ashland Food Co-op, Shop n Kart, and Market of Choice). It is quite the task, somewhat artistry and somewhat production bouquet making. Very challenging indeed, as the flowers are always changing from one crop to the next, so too are the bouquet mixes. Needless to say, it takes some time to get it all down. This year we have a fine crew of flower girls, and we are looking forward to more crazy fun times with all the female energy.

Markets are going great right now. We have transitioned out of plant season, as the 4" pots and 6 packs get too tired, and have to make room for all of the field grown produce and flowers coming on. We love the transitions just as much as each season itself. As we get new beginnings we see how much we love each time for the unique qualities and opportunities offered to us. Cheers to SUMMER!!!

PAPER SAVERS OF THE WORLD

UNITE!!!!!!!!!!!!

We did not get a loud response from our announcement last week of the new and improved newsletter online! Can anyone do without the printed version and read our fabulous commentaries from the comfort of their very own computer? Please drop us a quick line at:

fryfarms@wave.net

Thank you in advance for your dedicated commitment to saving the trees, one newsletter at a time. Peace.

The Best Way to Store Your.....

Carrots

Remove the tops immediately and store in a plastic bag or in a sealed container full of water for easy snacking (the water will help keep the carrots crispy).

Basil (and other Herbs with stems attached)

Basil is tough to keep for more than a few days. Try putting the stems in a cup full of water, in the fridge, covered with a plastic bag. If you don't use it after a few days, you can dry it in the microwave and use it later in sauces. To dry in the microwave, place the basil on a paper towel and microwave on high power for 30 seconds at a time, until basil is brittle and completely dry - store in an airtight container.

Walla Walla's

These "uncured" beauties are tender and sweet, yet they are not so long lived as a cured onion. They need to be refrigerated in a sealed container. They should keep 2 weeks or more!