

# Fry Family Farm CSA Newsletter

Vol. 3 Issue 4, June 28, 2007

## This Week's Box:

- Salad Mix
- Red Leaf Lettuce
- Purple Kale
- Carrots
- Broccoli
- Garlic
- Onions
- Green Cabbage
- Raspberries (Pennington Farms)
- FLOWERS: Lisianthus, Ribbon Grass, Snapdragons.

## **Happy Birthday Steve and Suzi !!!**



**We Love you and  
give thanks for all  
you are and all you  
do. Cheers to  
another year of  
Life!!!**

## From Farmer Fry...

- Stevie has been busy finishing up his new Semi-truck-trailer-cooler at the farm. We have had one semi truck cooler for years, but it just isn't enough room anymore. So the **new cooler** is being finished as I type. It is 55 feet long, and they have divided it so we now have 35 feet of new cooler space, and a nice 20 foot long lunch room. So not only do we have more storage for cooling our produce, our workers can all have some chill time too. What a deal. I'm sure we'll all be taking our turns in that cool room.
- On the political side of things, our neighbors on the north side of the farm are currently waiting on a **Measure 37** claim. The 300 acres in dispute is currently operating as an Organic farm, but the owner wants to convert to 150 two-acre parcels! This is prime farming land, with great soil. What a shame it would be to see all that land get covered up with houses and concrete. We are on a letter writing campaign to try and influence that decision. It is currently pending. We shall see...
- This week Stevie told me about "*Water & Steel*". This organic growers mantra refers to the irrigating and then tilling in of the first crop of the season. Apparently the first crop gets very weedy, so when it has been overcome by weeds, it all gets tilled in and then replanted. The second sowing does much better because the weeds have all been tilled in and they can't come back as fast the second time. In these beds we are now seeing round two of : lettuce, radish, green onion, spinach, beets y mas.

**FEATURED VENDOR:**

**Pennington Farms**

Cathy and Sam Pennington and their five children: Jackie, Tatum, Sloane, Max, and Sam Jr., own and operate Pennington Farm, located in the lovely Applegate Valley of Southern Oregon. Growers of fine quality organic berries and specialty flowers, you can find the Pennington's at our local growers markets (Ashland, Medford, & Grants Pass), and you can also visit them directly at their farm stand and bakery on the Williams Hwy, in the Applegate Valley. At their booth you can find an amazing variety of fresh berries, Jams and spreads, and also a fresh baked pie, tart, or many other delicious baked goods they offer.

The Pennington's have been farming for over 25 years. Their farming began in what was once rural Colorado, where they grew a wide variety of flowers and fruits. When the urban area began encroaching on their rural farm area, they decided it was time to seek a new locale, and lucky us, they decided on the Applegate Valley. Here now for the past 12 years, the Pennington's have really focused on the more edible side of farming, selling their 7 types of fresh berries, and an even wider variety of fresh jams. Their baked goods and berries are unsurpassed in freshness and quality, and also offer a new variety of tastes for our hungry palates.

Please come down to market and meet the Pennington's in person for the whole experience, or order some of their products through our extras program. You will love it!

Thank you Pennington's for all you do!!

**Bavarian Cabbage**

- 1 Medium Cabbage (Red, Green or half & half)
- 1 Medium to Large Onion
- 4 Slices Bacon
- 1/3 cup Sugar
- 3/4 cup Rice Vinegar (OR any Vinegar will do)
- 1/4 cup water

Cut bacon into pieces and sautee with finely chopped onion. Chop cabbage finely and add to pan.

Mix sugar with vinegar and water and add to pan. Cover and let steam until cabbage has absorbed most or all of liquid, about 10 minutes. Remove from heat and serve. Garnish with caraway seeds, parsley, or chives. This makes a wonderful side dish served with sausages or any other traditional German style meal. Enjoy!

**Fry Farm On The Town**

Do you or someone you know sometimes wonder where you can find our products besides in your CSA boxes or at the growers markets? Here are some of our retail locations:

- **PRODUCE:** Ashland Food Co-op, Market of Choice (Ashland), Shop N Kart (Ashland), Tark's Market (Talent), Food 4 Less (Medford), Gooseberries (Grants Pass) and more to come....
- **FLOWERS:** Our Organic Bouquets are currently available at : Ashland Food Co-op, Market of Choice, and Shop N Kart,

If you shop at other stores that don't carry our produce (or any other local OG produce for that matter), LET THEM KNOW you want it. Local demand can directly affect supply. BE HEARD!