

# Fry Family Farm CSA Newsletter

Vol. 3 Issue 7 July 19, 2007

## This Week's Box:

- Salad Mix
- Romaine Lettuce
- Cabbage
- Purple Kale
- Cucumbers
- Yellow Zucchini, Sunburst Squash, Crookneck Squash
- Walla Walla Onions
- Tomatoes
- Basil
- Strawberries
- FLOWERS: Gladiolas

## The Co-op Farm Tour

The tour will visit several local farms, including: Larry Martin's egg and cattle ranch, Butte Creek Mill, The Eagle Point Growers Market, and finally, Eagle Mill Farm in Ashland.

Saturday August 25  
8 am-2pm

Price of the tour is \$25 per person to ride in the van or \$10 per person if you follow in your own car. \$5 per child ages 5-12. 5 & under free. Lunch included. Reserve your spot by Monday August 20. To register contact the Information desk at the Ashland Food Co-op, in person, or call 541-482-2237.

## THRIVE

### The Rogue Initiative for a Vital Economy

THRIVE is a local non-profit economic development organization actively working to build a healthy local economy by supporting sustainable locally owned businesses.

Locally owned businesses make our region unique and contribute to our local economy. Research has consistently shown that these businesses return more of their income to the community and that return is multiplied when they, in turn, support other local businesses. (Case in point: This CSA program).

THRIVE hosts an annual winter gathering called the Food Connection to help local restaurants, grocery stores and specialty food businesses connect with our local farmers. Mark your calendars for Saturday, **October 8th**, when THRIVE will take food lovers on a farm tour of the Applegate Valley. For the first time this summer, THRIVE published the *Rogue Flavor* guide to help everyone find fresh local food.

The *Rogue Flavor* guide highlights what makes our valley unique: the local farms and food businesses that create the distinctive flavor of our community- whether it's world class cheeses or a juicy heirloom tomato. Later this fall, you will begin to see the Rogue Flavor label in our locally owned grocery stores.

This article was contributed by Wendy Siporen. For more information, you can contact her at: 541-772-4029 or [wendy@thriveoregon.org](mailto:wendy@thriveoregon.org)

## REMINDER...

PLEASE REMEMBER TO RETURN YOUR CSA BOXES FROM THE PRIOR WEEK!! WE RE-USE THESE TO SAVE ON RESOURCES AND MONEY, PLEASE REMEMBER TO PUT THEM ON YOUR PORCH. THANKS!

## Massaged Kale & Currant Salad

Ingredients:

1 Bunch Kale  
1 tsp. Sea Salt  
1/3 cup Walnuts, toasted  
1/3 cup Currants  
3/4 cup diced apple  
1/4 cup Olive Oil  
2 Tblsp. Raw Apple Cider Vinegar  
1/3 cup Gorgonzola cheese, crumbled

Directions:

De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry. Cut kale into small pieces or stack leaves and chiffonade (cut into thin ribbons). Put kale in a large mixing bowl. Add salt, massage salt into kale for two minutes. To toast nuts, put in a skillet over low to medium heat and stir constantly for a few minutes until they change color and give off a nutty aroma.

Gently stir onion, currants, apple and toasted seeds into kale. Dress with oil and vinegar. Taste for salt and vinegar, adding more if necessary. When at desired flavor, gently stir in cheese.

## Sunburst Snackers

from Suzi Fry's Kitchen

This is a wonderful side or main dish. It is quick to prepare and you can vary the cheeses and spices you use throughout the summer to make use of all the wonderful squashes. Make as many or as few as you like.

Cut bottoms off of sunburst or patty pans so they lie flat. Next cut a small core out of the top center. Place in a flat pan with a little water and cover. Steam until soft. Remove from heat, drain water from pan.

Next brush the squash with olive oil or mayonnaise (even better garlic flavored). Sprinkle with salt and pepper. Stuff cheese of your choice into center hole. Put back on heat until cheese is melted. Enjoy.

## Recipe Ideas...

- Your romaine lettuce is excellent GRILLED. I know this seems strange, but it is very gourmet, and delicious! Just use the inner portion, the "heart" of the romaine that will not fall apart.. Cut in half lengthwise and brush with olive oil, sprinkle with salt and pepper. Place, face down, on high heat grill, and let to char for 4-5 minutes, until charred, but not entirely heated through. Remove from grill and use as the bed for your favorite salad. Excellent flavor!
- Rosemary Skewers? Yes, you can use the more woody stems of your rosemary as skewers for shish-kabobing your favorite veggies and meats. Great rosemary flavor!