

# Fry Family Farm CSA Newsletter

Vol. 3 Issue 8 July 26, 2007

## This Week's Box:

- Lettuce
- Rainbow Chard
- Mixed summer squash
- Slicing cucumbers
- Lemon Cucumbers
- Pickling cucumbers
- Tomatoes
- Globe Eggplant
- Parsley & Basil
- FLOWERS: Artichoke Flower!!

## ORGANIC = ALIVE

Last week at one of the Growers markets, I received a letter from a very concerned customer who found a spider in one of her artichokes. She was very worried about the potential damage the spiders bite might do to someone. Let me assure you that this spider was not one of the two types of poisonous spiders that we have here in the Rogue Valley. Let me also assure you that the spider has a very important role in Organic Farming. Without such BENEFICIAL insects, we would either have a much harder time growing food, or we would be spraying pesticides to control all the non-beneficial insects (which in turn would kill all the beneficial ones too).

Personally, I thank the spiders. And I would much rather know they are there LIVING, than eat food covered with pesticides. You?

## THRIVE

Last week I printed an article about the Rogue Initiative for a Vital Economy (THRIVE). I'm sorry to say some of the information was outdated, so here are the correct numbers, and some additional information on upcoming THRIVE events. Thrive's phone number is 488-7272.

Mark your calendars for Eat Local Week September 9-16 -- deliciously packed week of special events helping you to eat a little closer to home -- Cooking classes, food & farming films, in-store tastings and Thrive's annual farm tour will encourage and energize you. Look for a schedule of events on our website [www.rogueflavor.org](http://www.rogueflavor.org).

Join your friends and neighbors in celebration of local food by pledging to eat from the greater Rogue Valley during the week of September 9-16. Cooking classes, food & farming films, in-store tastings and a farm tour will encourage and energize you during this fun week brought to you by The Rogue Initiative for a Vital Economy (THRIVE), grocers, restaurants and artisan food producers all over Southern Oregon.

The *Eat Local Challenge* is part of THRIVE'S mission to strengthen and connect businesses and community members in the greater Rogue Valley who share a commitment to creating an economy that preserves community character, promotes social justice and protects ecological health and diversity.

Begin your week at the first-annual Rogue Flavor dinner, an evening of eating, drinking and dancing at the beautiful RoxyAnn Winery Sunday September 9th. Tickets are \$60 and go on sale August 1 at the Ashland Food Cooperative.

## Long Live the Bouquet!

To give the longest possible life to your cut flowers, remember to re-cut the stems before you put them in a vase, and again in a few days time. Also changing the water and making sure your vase is free from dirt and bacteria will help!

## Eggplant Burgers



We are frequently asked what to do with this beautiful purple fruit. One of our favorite ways to enjoy eggplant is via the Burger Style, with a slight variation of course.

Simply slice a large globe eggplant into thin 1/2 inch slices. Soak in egg, and then bread with your favorite breading mixture. This is where your unique taste comes into full flavor. Whether you use bread or cracker crumbs, play with your breading, and mix in different spices, mix in some parmesan cheese, maybe even a curry powder for a Mediterranean flavor. Then fry the patties in a heat tolerant oil (healthiest options being coconut, sunflower, or safflower oil). Then drain on a paper towel, and enjoy between a nice wholesome bun, and your other favorite fresh vegetables.

You can also make little eggplant parmesans with the fried slices. After you've fried them up, put them on a baking sheet. Top with marinara sauce and parmesan or mozzarella cheese (or both), and brown under a broiler or high heat oven until cheese is melted and partially browned. These are excellent little snackers. Enjoy!

## Refrigerator PICKLES!!!

### INGREDIENTS:

- 1 1/2 lb small pickling cucumbers (like Kirby), cut in half lengthwise
- 2 cups cold water
- 1/2 teaspoon celery seed
- 3 tablespoons kosher salt
- 1 tablespoon dill seed\*
- 2 cups white distilled vinegar
- 1 tablespoons sugar
- 4 cloves garlic, sliced
- 1 tablespoon mustard seed\*
- 1 teaspoon red-pepper flakes

\*BEFORE adding the mustard seed, red pepper and dill seed, I crushed them slightly in my hand.

### DIRECTIONS:

1. Evenly divide the garlic, dill and cucumbers among four wide mouthed pint jars. In a large bowl, mix together vinegar, water, red pepper flakes, celery seed, salt, mustard seed and dill seed. Use a funnel to fill each jar with brining liquid.\*\*The spices may float to the bottom, so use a spoon to evenly divide anything that is leftover into the jars. Cap tightly and refrigerate at least one week before eating.

\*\*I suggest you do this over a large bowl. The cucumbers start to float and displace liquid. Add the overflow back into the brining mixture before you fill up the next jar.

### EXTRA EXTRA!!

Remember our other favorite local vendors offered in our EXTRAS section! So many easy summer dinners: Try a grilled vegetable pizza on NEW SAMMYS pizza crust, or a grilled vegetable pasta salad on PASTA DAVE'S linguini. Fast and easy!