

Fry Family Farm CSA Newsletter

Vol. 3 Issue 9 August 2, 2007

Featured Vendor: Wolf Creek Pasta

Dave Deichler, (AKA Pasta Dave), owner and operator of Wolf Creek Pasta, is in his second decade of pasta making. He began this pasta making 13 years ago, back in his restaurant days. Dave says that he enjoyed the process and the product so much that he wanted to continue on his own. Nine years ago, Dave began his market career, and we have been enjoying the fruits of his labors ever since. What better way to "Make pasta, not war", and to spread his pasta around the community than at the Growers Markets? And is there anything better than fresh pasta? Trust me, as a big fan of the stuff, once you go fresh, you can't go back. Dried noodles are a thing of the past.

Dave offers his pasta in many different shapes and sizes, including: Rotini, Linguini, Fettucini, Cappelini, Lasagna sheets, Spelt pasta, and specialty noodles that vary with the seasons. Spelt is a whole grain that makes a lower carb noodle. Some of his specialty noodles include: spinach pasta, basil pasta, rosemary pasta, and lemon & pepper pasta. The ingredients are otherwise basic: Organic semolina flour, organic eggs, and Water. Simple as that and delicious as anything. The noodles stay fresh for 7-10 days refrigerated.

Pasta Dave offers his fresh noodles at three growers markets every week. You can find him easily, as he is our neighbor at every one! He also sells his pasta at the *Farmers Market* in GP. He can be reached at: 660-3166.

This Week's Box:

- Romaine Lettuce
- Green Onions
- Beets
- Lemon & Slicing Cucumbers
- Mixed Summer Squash
- Green Pepper
- Eggplant
- Corn
- Strawberries
- FLOWERS: Mixed Bouquet of Phlox, Gladiola, Cattail, Bear grass.

"Organic" Website Links

Here are just a few of the websites with amazing amounts of information on the whole organic movement. It is Definitely worth checking out these sites for the latest and greatest about the organic certification process, organic movements and trends, organic nutrition facts, and much much more. If you know of more valuable sites, or fun facts about organic stuff, let me know!!

lauriehultquist@aol.com

- www.localfoodworks.org (Nutritional Facts and Studies)
- www.ifoam.org (International Federation of Organic Agriculture Movements)
- www.ota.com (Organic Trade Association)
- www.organic.org
- www.go-organic.co.za
- www.tilth.org (Oregon Tilth Certification)
- www.organicconsumers.org
- www.qai-inc.com (Quality Assurance International)
- <http://attar.ncat.org> (National Sustainable Agriculture Information Service)

Betty's Pizza

My new favorite food! Pizza with whatever you've got in the fridge. What could be easier?

Here's my ideal recipe with foods I always keep on hand: (Listed in order of layers)

New Sammy's Pizza Crust
Pesto (Or tomato depending on your mood)
Feta Cheese (Light sprinkling)
Onions (Chopped Finely)
Minced fresh Garlic
Sweet Bell Peppers (Chopped or sliced thin)
Meat: Optional, usually leftover chicken.
Shredded.
Shredded Cheddar cheese
Grated Asiago or Parmesan
Fresh Oregano, Basil, Salt & Pepper.

I put these together in 5 minutes and they are done in 15. Obviously any variations are according to taste or stock on hand. Try one of these pizza crusts available through extras and see for yourself how easy and delish they are!!

Grilled Zucchini with Garlic and Lemon Butter Baste

8 Medium Zucchini trimmed and halved lengthwise.

1/2 cup butter

2 T. Fresh Lemon juice

1 t. Lemon Pepper Seasoning

1 t. Garlic Powder

1 t. Dried Oregano

1/4 t. Curry Powder

1/4 cup Grated Parmesan Cheese (optional)

Pre-heat barbeque (medium heat). Score cut side of zucchini halves diagonally about 1/4 inch deep at 1 inch intervals. Melt butter with lemon juice and seasonings in heavy small sauce pan. Season with salt and pepper. Brush seasoned butter onto cut side of zucchini. Place zucchini on grill and cook until charred on all sides and just beginning to soften, about 12 minutes. If desired, arrange zucchini on grill cut side up, and sprinkle with parmesan cheese; close lid of barbecue and cook until cheese just softens, about 1 minute. Transfer to platter and serve!

This recipe comes from July 2006 BonApetit p.98

Recipe: Our Favorite Summer Food

During the summer months when the time for cooking is harder to come by, we rely heavily on this favorite quick dish, or some variation of it, for many a dinners. This dish can be prepared totally with local ingredients.

Cooked Pasta (**From Wolf Creek Pasta**)
Salad Mix (From us of course)
Assortment of Vegetables
Nuts of any type (Pinenuts are our favorite)
Feta, Blue, or Parmesan Chz. (Rogue Creamery)
Favorite Salad Dressing (DiBettas or Rising Sun)

Lay a bed of salad greens on a plate. To this add your favorite fresh cooked & cooled noodle. This is very tasty with pesto pasta, or pasta tossed with any of the Rising Suns yummy marinades or drizzles. Next add any combination of your favorite veggies, either steamed, marinated, or raw. Top off with toasted nuts of your choice, and crumbled or grated cheese. Lightly coat with salad dressing, or olive oil and vinegar. This recipe, although simple, can vary greatly, and enjoyed with different flavor combinations almost every day of the week. Try your own combos and enjoy!