

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 11, August 14 2008

A Mid-Summer Days Farm

During this part of the year, farm life consists of long days during which we can never seem to get it all done. There just never seems to be enough time in the day. We are heading into the peak of harvest season, and it seems that with each day we have a new crop to harvest. With all of the picking and processing we are doing, other important tasks become secondary. Of course watering is the most important, and keeping the water moving around the fields takes up a **huge** amount of time, and a huge amount of patience. There is only so much water at a given time. So, we wait. Then there's the weeding; this becomes less important, even though neglecting the weeds can be devastating to an entire crop. Unfortunately we have to till in beds that get overrun by weeds. Again, just not enough hours in a day at this time of year. However, do not fear...Melons are here!!! Watermelons, cantaloupes and casabas...oh my!

It is a strange year indeed when we have melons before tomatoes, but alas...this is what's happening. Unfortunately, it has just been a slow go for the little toms this year. We extend our apologies and our hopes that we will be seeing them soon. AND, we all get to exercise the art of patience. How lucky for us!!!

We are approaching the end of the planting season for fall crops, and are trying to get the last few crops of zucchini and cucumbers in for fall harvest. Stevie has just planted more beets, green onions and carrots for the late harvest. We are also hoping to get a crop of spinach planted for fall harvest, but it will not sprout when the weather is over 90 degrees. So we wait, patiently. And we live, patiently and gently. We do what we can do. Peace. Patience.

In your Box:

Partial Share:

Green Butter -
Lettuce
Salad Mix
Cucumbers
Green Peppers
Summer Squash
Basil
Chiogga Beets
Yellow Doll Water-mel
on
Globe Eggplant
Red Onion

FLOWERS: :

Bunches of Helenium,
Zinnias, and Marigold

Full Share:

Salad Mix
Green Butter Lettuce
Cucumbers
Green Pepper
Summer Squash
Basil
Green Cabbage
Watermelon- Crimson
Sweet
Globe Eggplant
Chiogga Beets
Onions

FLOWERS: :

Helenium, Zinnias
Marigold Bunches

A YUMMY DINNER

Last night my daughters were home and we were looking to make a great Thai dinner. Now some people are pretty experienced in this type of cooking, but it is always experimental for us. We thought it turned out pretty good so we thought we would share the dinner and a few of the recipes with you!!

1. Boneless chicken cut into chunks, marinated in "Soy Vey"* , Put on skewers and BBQed.
2. Aurora's Cucumber Salad
3. Curried Veggies
4. Brown rice
5. Peanut Sauce

* A bottled soy marinate that I like!

Aurora's Cucumber Salad

Ingredients

1/4 cup rice vinegar
1/8 cup granulated sugar
4 tablespoons water
2 medium cucumbers—thinly sliced
1/2 cup— thinly slice red onion
2 tablespoon chopped fresh cilantro

Salt and Pepper to taste, then refrigerate for at least 1/2 hour. If you want to serve it right away cool it down with ice cubes!

- Other variations!
Add 1 fresh Thai chili pepper, seeded and thinly sliced
or 2 tablespoons chopped dry-roasted peanuts
- Or dill instead of cilantro

Curried Vegetables

- We made this up using the Veggies we had and the ones in your box but they can be changed with the season and what you have on hand.

Sauté in olive oil

1 red onion
1 Green Pepper
1/2 of a large Globe eggplant
1 Zucchini
1 sunburst squash

Once these veggies are tender add 3 or 4 cloves garlic, and 3 or 4 TB chopped Basil. Cook a few more minutes and then add a can of coconut milk and curry paste to taste.

PEANUT SAUCE

2 tablespoons smooth peanut butter
2 tablespoons soy sauce
1-2 cloves garlic, minced or chopped
1/4 cup water
1 tablespoon brown sugar
juice from half a lemon (can be less, depending on your tastes)

In a non-stick pan, combine all ingredients, stirring constantly over medium heat until peanut butter has melted. You can do this in the microwave too, for about 30-40 seconds.

Pour this sauce over your grilled chicken skewers and rice. Enjoy!!!