

FRY FAMILY FARM CSA NEWSLETTER

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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, grilled, sautéed, 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!

In your Box:

Partial Share:

Salad Mix
Lemon Cucumbers
Ananheim Peppers
Summer Squash
Parsley
Celery
Canteloupe
Japanese Eggplant
Green Onions
Cherry Tomatoes

FLOWERS: :

Celosia

Full Share:

Salad Mix
Celery
Lemon Cucumbers
Green Pepper
Ananheim Peppers
Summer Squash
Basil
Parsley
Green Onions
Cherry Tomatoes
Canteloupe
Japanese Eggplant

FLOWERS: :

Celosia

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 at market or many grocery stores in the ashland/ medford area and see for yourself how easy and delish they are!!

Grilled Zucchini with Garlic and Lemon Butter Baste

Ingredients:

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)

Directions:

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