

FRY FAMILY FARM CSA NEWSLETTER

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We are entering week 13 of the CSA season, and our summer harvest is heading towards its peak. We are harvesting many new crops, and even picked an acorn winter squash the other day. As we encounter more and more crops that are ready, we like to pass the bounty on to you. We hope it doesn't overwhelm you, but we are adding a little extra to the boxes at this time of year. You are definitely getting more than your money's worth. We like to reward y'all for being so patient while we've been waiting for these more highly desired crops like tomatoes, peppers, cucs, basil, etc. So, while we have an abundance, so shall you.

AND, there is still much more to come. We hope you are enjoying tracing the progression of the season in accordance with the changing contents of your box. It gives us great pleasure to provide the fruits that reflect the season. Coming up still we have more crops of green beans, carrots, different melon varieties, winter squash and not to mention all the fall greens like spinach, arugula, mustards and more.

As for the people behind your produce, we are like the fruits of our labor: Our seasonally determined energy fulfilling all the tasks that need to be done. Somehow it always works out that we get it done, regardless of the seemingly insurmountable tasks that lie ahead in terms of harvesting, planting, marketing, delivering, and maybe even a little bit of sleeping. Share with us your seasonally related adventures. We'd love to know about you. Peace.

CAUTION!!! The flowers this week need to be handled carefully and kept out of range of your pets and children. All parts of this plant are poisonous if ingested, and the milky sap when stem is cut should be avoided. If contacting the sap, wash thoroughly.

IN YOUR BOX:

Partial Share:

Salad Mix
Basil
Green Onions
Lemon Cucs
Cantaloupe
Cherry Tomatoes
Slicing Tomatoes
Globe Eggplant
Bell Peppers
Squash
Red Onions
Jalapenos
Potatoes

Full Share:

Salad Mix
Basil
Green Onions
Lemon Cucs
Cantaloupe
Cherry Tomatoes
Slicing Tomatoes
Globe Eggplant
Bell Peppers
Squash
Red Onions
Jalapenos
Potatoes

FLOWERS:

Euphorbia marginata,
Snow on the Mountain

New Fresh Potatoes

This is our first week harvesting our new potatoes. The skin has not yet developed, that takes time for "curing", so at this point they are thin skinned. Do not fear the unusual appearance, its youth in fact ensures a really outrageous potato-y potato flavor, *and* no need to peel. Enjoy our new crop. There are many more to come!

Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil

This recipe can be prepared in 45 minutes or less. Servings: Serves 8.

Ingredients:

4 bell peppers (any color)
1 pint cherry tomatoes
1 bunch green onions
1 cup packed fresh basil leaves
3 garlic cloves
about 3 tablespoons olive oil

Directions:

Preheat oven to 425°F and lightly oil a large shallow baking pan.
Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems. Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, and salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Roasted Jalapenos

These are so good – and I get asked how to make them all the time. My husband drenches them in the soy sauce and over-cooks them for a super-salty jerky-like treat. I tend to cook them until all crunch is gone, but no further. You know what though? I have never seen these babies go wrong. They go with any Mexican fare as a topping but we favor them dressing tostadas.

10 jalapenos
oil (canola is fine)
soy sauce or tamari

Heat oven to 300 or 400, depending on how much of a hurry you are in.

Wearing gloves and in a well-ventilated kitchen, halve seven of the jalapenos and de-seed them. Wash the remaining three. The first batch will be your gringo-penos and these last three will going to be your El Diablo Fire-Ass jalapenos and should only be eaten if you know what you're doing (the seedless ones will be quite mild – or at least I think so!). Toss with soy sauce and oil (the amount is up to you) in an oven-safe glass pan or roasting dish or self-made tinfoil pan if you're desparate or camping (my goal is to be able to make these anywhere there is a heat source).

Roast uncovered until done. They are done when they are wilted but not blackened. In a 300 oven, this should take about 45 minutes. In a 400 oven, about 25 – and make sure to toss a few times.