

# FRY FAMILY FARM CSA NEWSLETTER

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## From the Farm

Well, summer is in full swing, and I'm not sure we could ask for better weather. Warm enough to be summer, yet not scorching any of our crops. Of course nothing is perfect and every year brings it's own challenges, which brings me to my next point about our current broccoli. Although the FLAVOR of this broccoli is sweet, it's appearance leaves a little something to be desired. But have no fear, it just got a little sunburned. Remember those 100 plus degree days we had about a month ago? Well, the broccoli does. Please enjoy this crop of broccoli, (they are at the Standing Stone Brewery), on the house, and whet your palates for the fall broccoli coming up real soon here, which should take your breath away with its amazing good looks.

Speaking of good looking, lets talk about our winter squash. TODAY is the first day of harvesting squash like **Turbans**, **Red Kubocha**, and **Acorns**. And this is just the beginning. We will be pulling from our 12 acres of winter squash well into November. Yummy. Other fall crops to look forward to are **Spinach** (just sprouting and still a ways off), and **Green Beans**. We should be having a nice fall crop of Beans in less than two weeks.

**Tomatoes** are really coming on now. We are harvesting about 2400 pounds of fruit per week right now! In addition to the markets, CSA's, and stores, our tomatoes are traveling, via General Produce Co., down to the Shasta Valley. With the influx of ripe fruit, we now have **cases of tomatoes available for canning for an amazing discounted price!** If you'd like to special order a box or two let us know and we will make you an offer you cant refuse!!!

Don't forget, it's **EAT LOCAL WEEK!** There are so many exciting and educational events, check out the schedule at [www.thriveoregon.org/thrive\\_events.htm](http://www.thriveoregon.org/thrive_events.htm)

## IN YOUR BOX:

### Partial Share:

Salad Mix  
Lettuce  
Corn  
Tomatoes  
Red Bell Pepper  
Orange Bell Pepper  
Potatoes  
Lemon Cucs  
Globe Eggplant  
Broccoli  
Zucchini  
Basil  
Jalapenos

### Full Share:

Salad Mix  
Lettuce  
Corn  
Tomatoes  
Cherry Tomatoes  
Red Bell Peppers  
Orange Bell Peppers  
Ancho Peppers  
Potatoes  
Lemon Cucs  
Globe Eggplant  
Broccoli  
Green Onion  
Zucchini  
Jalapenos

### FLOWERS:

Mixed Bouquet of:  
Perennial Sunflowers, Hypericum, Artemesia, and Bear Grass.

NOTE: The contents of your box are subject to last minute SUBSTITUTIONS!!! We try our hardest not to, but sometimes we must!  
Thanks for understanding!

## Southwestern Corn and Black Bean Salad

This is a very refreshing and flavorful way to enjoy corn in the summertime. We make it often, and typically vary the ingredients slightly, depending on what we have on hand. It's always a crowd pleaser.

### Salad:

2 cans **Black Beans**, drained and rinsed  
1 tsp. **Olive oil**  
2 tsp. **Cumin** seeds  
2 **Garlic** cloves, minced  
2 cups fresh **Corn** kernels  
2 cups chopped **Tomatoes**  
1 cup finely chopped **Onion**  
2 cups chopped mixed color **Bell peppers**

### Dressing:

1/2 cup fresh **lime juice**  
1T. **Chili powder**  
3 T. **olive oil**  
2 tsp. **Salt**  
1 1/2 tsp. **Ground cumin**  
2 tsp. **Honey**  
2 **Jalapeno peppers**, seeded and minced  
3 **Garlic** cloves, minced  
1/3 cup chopped fresh **Cilantro** (or more!)

### Directions:

Heat 1 tsp. Oil in pan, add 2 garlic cloves and cumin seeds, heat one minute and add beans. Cook bean mixture for 5 minutes, just enough to meld flavors. Remove from pan and cool. Combine with corn, tomato, onion and bell peppers in a large bowl. For dressing, combine juice with first seven ingredients and whisk. Stir in cilantro. Pour dressing over bean mixture, stir gently to combine. Cover and refrigerate at least 30 minutes.

## Sister Sandy's Amazing Potato Salad

This is quite honestly the best potato salad I've ever eaten. The flavors are so full and the texture is perfect. Thanks to Suzi's sister Sandy for sharing this with us! You're gonna love it!

2 1/2 to 3 lbs. **Potatoes**  
3 TB **Balsamic Vinegar**  
1/3 C **Apple Cider Vinegar**  
2/3 C **Canola Oil**  
1/2 t **Tabasco Sauce**  
1 TB **Italian Herbs**  
1 t **Garlic Powder**  
1/2 t **Pepper**  
1/2 t **Kosher Salt**  
6 **Hardboiled Eggs** Diced  
3 Stalks of **Celery** including Leaves Diced  
1/4 C Fresh **Parsley** Chopped  
1 Sweet **Onion** (medium)  
1 t **Dill Weed**  
1/2 to 3/4 C **Best Food Mayonnaise**  
1 TB **Dijon Mustard**  
1/2 t **Tabasco**  
**Salt and Pepper** to taste

Cut potatoes into uniform pieces. (2" potatoes cut in half) Boil potatoes in salted water until tender. Mix Oil, Vinegars, Tabasco, Garlic Powder, Herbs, Salt and Pepper. Marinate the potatoes with the vinegar & oil mixture and refrigerate until potatoes are cool (or overnight) stirring a couple of times to keep marinade on potatoes.

Cut cooled potatoes into small pieces. You may leave skin on the new potatoes. Stir Tabasco and mustard into mayonnaise and add with celery, onion, dill weed, parsley and eggs to potatoes. Add salt and pepper to taste. Garnish with paprika and parsley.