

# FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 19, October 9, 2008

## HOUSEKEEPING

- I know it's hard to believe, but next week marks number 20 of the CSA season, and thus the end of the "partial Season". It has been such a pleasure being with all of you every week. We encourage sharing your feelings and thoughts with us. We are all in this together so please be honest about what didn't work for you-or what did, and why you would choose to continue your CSA involvement next year, or not. We love feedback, and know there is always room for improvement. Thank you!
- Please look around to see if you have any extra CSA boxes around your houses, we'd be happy to pick them up, and if you are in the neighborhood after next week, you can bring us your last box at one of our markets. Thanks.
- The Growers Markets on Tuesday and Thursday still have 6 more weeks to go, please come and stock up for winter, or at least fill your fridge for your Thanksgiving guests. The last days of market are November 18 and 20 (Tues and Thurs.). The Saturday Ashland Market will be ending on October 25th. And the Saturday Grants Pass Market ends Nov. 22.
- For those "Full Seasoners", and there are a lot of you, we always look forward to this home stretch of the season and hope you are happy with your fall veggies. Over the next few weeks you will start to see the autumn creep into your box

## IN YOUR BOX:

### Partial Share:

Salad Mix  
Lettuce  
Tomatoes  
Green Beans  
Beets  
Asstd. Bell Peppers  
Black Futsu  
Squash  
Potatoes  
Parsley

### Full Share:

Salad Mix  
Lettuce  
Tomatoes  
Cherry Tomatoes  
Green Beans  
Broccoli  
Beets  
Asstd. Bell Peppers  
Black Futsu  
Squash  
Potatoes  
Parsley

### FLOWERS:

Assorted Grasses.

These bouquets should dry nicely to give you a bouquet all winter long!

## Roasted Roots

People at market often ask us how to cook their beets. Roasting them is our favorite. It is simple, healthy, and delicious. Mix with whichever combination of vegetables you wish.

Chop **beets, potatoes, carrots, onions, fennel bulb and winter squash** into bite size pieces. The beets do not need to be peeled. Just wash them well, and be sure to leave about a half inch of the stem on the beet, so they do not bleed. Then, toss with minced garlic, olive oil to coat well, and season with coarsely ground salt and black pepper, and fresh rosemary. Roast in a 425 degree oven for 45 minutes to one hour. Until tender with fork. This makes an excellent cold weather side dish.

## WINTER SQUASH

Last week I came across some winter squash in my friends basement from last winter, and it was perfectly in tact. I could hardly believe my eyes! Even though there were a few nicks on the skins of these butternuts, they held up for over a year. They told me their trick was to wash them with a mild bleach solution before storing them in their basement. Apparently the bleach kills off any undetectable bacteria that could fester and rot out the squash. Good deal, I'll definitely give that a try this winter.

## Betty's Roasted Pepper Puree

I never have enough of this base on hand. I use it blended up with cream cheese, goat cheese and onions for an amazing dip, I also use it in soups and sauces for that fiery-roasted flavor. Bon Appetit!

3 Colored bell peppers, roasted peeled and seeded

1-2 Hot peppers like Anaheim, Ancho, Jalapeno, roasted peeled and seeded.

Olive Oil

3 cloves Garlic (Either roasted or raw)

Salt and Pepper

Combine peppers and garlic in food processor and blend. Drizzle in olive oil until you get a nice saucy consistency. (PS-I make this in huge batches, once you start roasting you'll want to do a lot). Store in refridge. And add a cup or two to your favorite dishes. Enjoy.

## BLACK FUTSU SQUASH

A RARE, BLACK JAPANESE SQUASH, THE FRUIT IS FLATTENED, ROUND AND HAS HEAVY RIBBING. VERY UNIQUE AND BEAUTIFUL. THE BLACK FRUIT WILL TURN A RICH CHESTNUT COLOR IN STORAGE. FLESH IS GOLDEN COLOR AND HAS THE RICH TASTE OF HAZELNUTS. FRUITS ARE 3-8 POUNDS EACH. IF STEAMED, THE SKIN AND ALL CAN BE CONSUMED. THIS SQUASH IS EXCELLENT IN RECIPES, IT IS VERY MILD IN FLAVOR AND CAN BE TRAINED TO BASE A SWEET OR SAVORY DISH OF YOUR CHOICE. WE HOPE YOU LIKE IT.