

# FRY FAMILY FARM CSA NEWSLETTER

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## Frosty Farmers

Well folks, the highly anticipated first frost (and second one for that matter), hit us pretty hard this past weekend. Although it came on the early side, it is fairly typical to have a frost in early October. It is an event that changes our fields and our lives. It is remarkable to walk through green, lush fields one day, and because of a few little degrees, to walk through the same field the next day and see it completely blackened, wilted, and dying. Truly an amazing sight. We now turn towards fall and winter.

Before the frost came, Stevie and crew scrambled to get most of our winter squash picked, and what a sight to see!!! We have bins and bins of beautiful hard shells that should feed a lot of people for a long time. The crew also did a great job harvesting as many peppers and tomatoes as they could, so you will get to enjoy this last week of summery veggies. Savor every bite, for after this week we will not see peppers, tomatoes, eggplant or basil until next year.

After the frost, we still have a lot of work to do. There is a lot of mowing for Ronnie, bookwork for Suzi to catch up on, and fall planning and planting for Stevie. Laurie is busy at the markets trying to get everyone stocked up for winter. If you need any fall decorations, the growers market is the place. We have an amazing assortment of gourds and heirloom pumpkins that'll really knock your socks off.

We want to extend a giant bear hug to the folks whose CSA membership ends this week. Thank you so much for choosing US to be your host farm. We know that in these difficult financial times, every penny counts, and we are grateful and honored that you have placed your money and your trust in us. We hope that we have delivered not just a satisfactory, but an exceptional product and service to you. And we look forward to hearing from you and seeing you next season. Fare-well!!!

## **IN YOUR BOX:**

### **Partial Share:**

Spinach  
Lettuce  
Globe Eggplant  
Asst. Bell Peppers  
Tomatoes  
Potatoes  
Chiogga Beets  
Savoy Cabbage  
Delicata Squash  
Carrots

### **Full Share:**

Spinach  
Lettuce  
Globe Eggplant  
Asst. Bell Peppers  
Tomatoes  
Potatoes  
Broccoli  
Chiogga Beets  
Savoy Cabbage  
Delicata Squash  
Carrots  
Butternut Squash  
Green Onions

### **FLOWERS:**

Winged Gourds

## Spinach

Spinach is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.

## You say Potato and I say "Patata"

OR- Solanum tuberosum

There are about five thousand potato varieties worldwide. Potatoes originated in the Andes of Peru, but most varieties grown in America were brought over from European immigrants. We get the word "potato" from the Spanish "patata".

The good nutrition of one 3.5 oz. potato:

Carbohydrates 19g

-Starch 15g

-Dietary Fiber 2.2g

Fat 1.1g

Protein 2g

Vitamin B1 .08 mg 6%

Vitamin B6 .25 mg 19%

Vitamin C 20 mg 33%

Iron 1.8 mg 14%

## Valentine Beet Quiche

(From The City Gardeners Cookbook)

Here is a hearty vibrant version of the routine quiche. A flaky pie crust is filled with a custard like cheese and egg base interlaced with an out of the ordinary vegetable. Use red beets and a heart shaped cake pan to make a memorable quiche for Valentines Day; use golden beets for a harvest moon pie; use white beets for a sweet dessert quiche. Add caraway or dill seeds to the pie crust for a unique touch.

1 9-inch single pie crust, pre-baked

2 cups cooked, peeled, grated beets

1 1/2 cups milk or cream

3 large eggs, lightly beaten

1 cup freshly grated parmesan cheese, divided

Preheat oven to 375. To preheat pie crust, prick the bottom and sides with a fork. Line the pie crust with foil and weight with uncooked rice or beans. Bake for 10 minutes, until lightly cooked. Remove foil and beans. Lower the temperature to 350.

In a small bowl, mix the beets, milk or cream, and eggs together. Stir in one third of the cheese and pour into the pie crust. Sprinkle the remaining cheese on top and bake for 25-30 minutes, until golden brown and center is set. Cool slightly before cutting.

### Pie crust:

1 1/4 c. chilled pastry flour, 1/2 c. chilled butter, 1 egg lightly beaten, 1 T. finely minced nuts or herbs, 3-4 T. Water.

Cut butter into flour until texture of cornmeal. Add egg and nuts, then gradually add water. Lightly work dough JUST till it forms a ball. Cover and refrigerate several hours. Roll on floured board and shape into pan; trim and shape edges. Keep dough cool as possible till ready to bake. Makes 1 - 9 inch crust.