

# FRY FAMILY FARM CSA NEWSLETTER

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Well folks, here we are at the end of another CSA season. Week 24 finds us just where we should be in the middle of November in the Rogue Valley: somewhere between fogged in and rained out; still hoping for a few sunny days while we put on our rain gear and venture out to do the last of the years growers markets.

This time of the season is when we can finally catch our breath and stop to look around. Part of that introspection involves looking back to evaluate our successes and failures, and every year we learn so much. Of course every year is different based on the weather and other variables, but even after almost 20 years of farming, there are changes to be made. Apparently, you CAN teach an old dog new tricks.

Another part of what happens now is looking forward to what we should do next. Besides the vacations we are all planning, we start looking through seed and plant catalogues and planning for our greenhouses. While there is definitely some time to rest, we can't get to used to sleeping in: we start seeding flowers in January!! So, onward we shuffle to the drawing board.

Thank you so much for being with us this year. We really really really care about how this worked for you. We know economic times are REALLY tough right now and we are extremely grateful that you've trusted us with your resources. We hope you are happy with that choice. We've tried our hardest and will continue to do so next year. Any suggestions, criticism, or praise is encouraged. Have a wonderful winter, and we will be in touch in the early spring about next years CSA program. Farewell!

## **IN YOUR BOX:**

### **Partial Share:**

Salad Mix  
Collard Greens  
Potatoes  
Apples  
Pears  
Onions  
Fennel  
Green Cauliflower  
Butternut  
Squash  
Orange Buttercup Squash

### **Full Share:**

Salad Mix  
Potatoes  
Apples  
Pears  
Onions  
Swiss Chard  
Collard Greens  
Green Cauliflower  
Butternut  
Squash  
Green Onions  
Fennel  
Orange Buttercup  
Savoy Cabbage

### Cauliflower Mac n Cheese

1 large cauliflower broken into florets  
2 large, or 4 small tomatoes  
5 T butter  
1 leek, washed and sliced thin  
2 T flour  
1 c whole milk  
3 c grated gruyere, fontina or comte cheese  
¾ c parmesan cheese  
1 c sour cream  
1 T mustard  
10 oz pasta, penne is good

Prepare the pasta according to the package directions, but 3-5 minutes before the pasta is done, drop in the cauliflower to cook. Drain. Meanwhile, heat the butter in a skillet; add the leek and sauté until tender. Add the flour and stir to blend. Add the milk all at once and whisk together. Bring to a boil. Remove from the heat and add the sour cream, tomato and mustard. Combine the sauce with the pasta. Lay half the pasta in a 9x 13 pan. Sprinkle with half the gruyere. Add the rest of the pasta. Sprinkle with the remaining cheeses.  
Bake at 350 until heated through.

### Stuffed Winter Squash:

You can use this recipe for acorn or carnival, dumpling, or buttercup squashes. Slice the squash in half, scrape out the seeds and fill the cavity with one of the following. The recipes are enough for 4 squash halves.

- Combine 2 cups cooked wild rice a sautéed onion and garlic clove. Add ½ c chopped mushrooms or shredded apple. Try a handful of dried cranberries if you like. Add 2 T white wine or an egg to moisten. Fill squash halves
- Mix 1 pound cooked pork sausage with 1 cup bread crumbs or cooked rice, ½ c celery, ½ c red pepper and onion to taste. Fill squashes lightly with mixture.
- Do you already have a favorite stuffing recipe? Either homemade or from a box, whatever you eat with turkey will taste great in a squash.

Place your filled squash halves upright in a baking pan, pour water in the bottom just to cover by ¼ inch. Cover with aluminum foil and bake at 375 until cooked through-about 30- 40 minutes.

### Italian Spaghetti Squash

1 spaghetti squash, about 1 1/2 lbs.  
1 med. green pepper, chopped  
1 med. onion, chopped  
1 tsp. basil leaves, crushed  
1 tsp. oregano leaves, crushed  
1 tsp. garlic powder  
1/4 tsp. each of marjoram, thyme, and sage  
2 tbsp. Italian olive oil  
5 to 6 med. tomatoes, chopped  
2 tbsp. butter  
1/4 c. Parmesan cheese

Wash squash, prick with fork. Cook in 400 degree oven until tender, about 40 minutes. Cook and stir green pepper and onion with seasoning in oil over medium heat until vegetables are tender. Stir in tomatoes. Simmer uncovered 5 minutes. Cut squash into halves, remove seeds and fibrous strings. Remove spaghetti-like squash strands with two forks. Toss with butter and cheese. Spoon tomato mixture over squash.