

FRY FAMILY FARM CSA NEWSLETTER

Volume 1 issue 3. June 19, 2008

In your Box:

Partial Share:

Salad Mix
Spinach
Red Lettuce
Rainbow Chard
Red Cabbage
Artichokes
Cauliflower
Broccoli

Full Share:

Salad Mix
Spinach
Romaine Lettuce
Red Leaf Lettuce
Rainbow Chard
Artichokes
Cauliflower
Broccoli
Red Cabbage
Italian Parsley

FLOWERS: A mixed

bouquet of Shasta Daisy,
Coreopsis, Ribbon grass, and
Huskers penstemon.

FROM THE EDITOR...

We hope you all are enjoying your veggies!!! As we enter into our third week of CSA, we are getting all the kinks worked out that are specific to this years routes and routines. We hope you are all happy, and comfortable communicating with us if you're not. We are totally here for you.

As the season carries on, we would really like to share your stories and recipes in our newsletter. Please e-mail any contributions to lauriehultquist@gmail.com. Tell us what you love to write about as it relates to our program, and share with us your favorite recipes for all to enjoy.

PLEASE remember to return your old boxes!!! Whether you are a pick up or delivery, we need your boxes back please! Believe it or not, those wax boxes get pretty spendy, so we need to re-use. Thanks.

As for the farm right now, we are all super happy that we are finally having consistent, nice warm weather. With the nights holding at around 50 degrees, the summer stuff will really be happy and start moving. And with the outlook set at 80 for the next week, I'd say we are back in the swing of things. Our flowers are really coming on now. Be on the lookout for some great photos coming up on our website. One of these days we'll get really computer savvy...until then, we have our computer guru-thank you Virginia Brown-to assist and teach us the ways.

Next week we will be meeting with the Ashland school board (amongst many others) to discuss uniting schools with locally grown, organic food. What a concept huh? At this point it will be purely informational and setting up steps to look at what it will take, if its possible to make that happen. And more farming and marketing for us. Cheers to us all!!!

Broccoli Almondine

1 1/2 pounds broccoli, stems peeled, then head cut into 2-inch-wide spears

1/2 stick unsalted butter

1/3 cup sliced almonds

1 tablespoon fresh lemon juice

Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.

Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss.

Cauliflower

Cauliflower is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium and Manganese.

Although excellent in its raw form, cauliflower can be prepared many different ways. Here are a few of the less common yet most delicious ways to enjoy...

Roasting: Blasting cauliflower florets in a hot oven concentrates their natural sweetness, turning them into something akin to vegetable candy. Chop into 1&1/2 inch pieces and toss with olive oil and sea salt to coat. Spread in one layer in a shallow baking dish and roast in 450 degree oven, stirring and turning occasionally, until golden brown, about 25 minutes.

Pureed: Pull the leaves off the cauliflower and cut out the core in a kind of cone-shaped section. Then pull the florets off the head with your fingers, using a knife when you need to. Break or cut the florets into smaller, regular pieces (about 1 1/2 inch) and put them in the steamer insert. Bring about 1 inch of water to a boil in the steamer pot, add the insert, cover, and cook for about 15 minutes, or until you can poke a paring knife into the stems and you can feel that there's still a little texture there. (Tooth, it's called.) Stir the cauliflower well a few times while it's steaming so that it cooks evenly.

Dump about half of the cauliflower into a food processor. Measure out 3/4 cup of the steaming liquid, and pour in about 1/4 cup; purée until smooth. Now dump the rest of the cauliflower on top, add about 1/3 of the remaining liquid, and purée again. You'll need to stop and scrape and stir the purée a few times; add more liquid as you need to, but with the understanding that you really want to add as little liquid as you can get away with. With the motor running, process in the butter, salt, and pepper through the feed tube. Taste for seasoning and serve hot. (You can reheat over low heat in the same pan if you're not eating immediately.)

Cook's Note: Cauliflower is an excellent canvas for other flavors. I like things spicy and I love mustard, so I sometimes add a tablespoon of Colman's, the amazing English mustard powder, to this purée;. You might also add curry powder, grated Parmigiano, crumbled blue cheese, or a chopped fresh herb.

(This recipe is being reprinted here from The Food You Want to Eat, by Ted Allen)