

# FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 4. June 26, 2008

## In your Box:

### **Partial Share:**

Salad Mix  
Spinach  
Red Lettuce  
Chard  
Green or Savoy  
Cabbage  
Walla Walla Onions  
Cauliflower  
Carrots

### **Full Share:**

Salad Mix  
Spinach  
Romaine Lettuce  
Red Leaf Lettuce  
Red Chard  
Red Kale  
Cauliflower  
Zucchini!!!  
Green or Savoy  
Cabbage  
Carrots  
Walla Walla Onions  
Artichokes  
Garlic

### **FLOWERS:**

Shasta Daisy with  
Goldenrod.  
(Solidago).

## News From the Farm Front...

- **BOXES BOXES BOXES!!!** Please please please remember to place your last weeks box out for us to pickup or bring it back if you do your own box pick up!!! Sorry to be redundant and oh-so demanding, but as you know, we love to 'reduce, re-use, recycle'!
- **FLOWER VASES!** Please place a jug of water out by your box drop off location. This eliminates the need for so much wasted wrapping of your bouquets, and keeps the flowers much fresher and long lasting. Any sort of container will do, plastic cup, mason jar, pitcher, etc. Thank you!
- Now that we are oh so totally computer savvy, you can read all newsletters on-line. And you can even peruse the archives from last year to find recipes, stories, tips. We try not to be too redundant from year to year, but there might be some duplication of our very favoritest things to talk about. Happy reading!
- To those of you that have sent in recipes, THANK YOU! We absolutely love hearing what everyone is doing with their produce. Please send all to fryfarms@wave.net
- **BUGGY LETTUCE???** If you have noticed your lettuce to come with slugs, dirt, or even just the holes that were left by such critters, HAVE NO FEAR!!! We know that this is not the most appetizing thing initially however, it really is a sign of healthy soil and organic methods! This is the effect of the reason we love ORGANIC!!! Give your lettuce a good soaking in a bowl or sinkful of water and then a spin to dry. Tip: Put your washed, wet lettuce in a pillow case and spin it around in the air. The centrifugal force spins out the extra moisture.

## Rogue Valley Growers and Crafters Market is Expanding !!!

**On Tuesday night the Ashland Planning Commission approved the Saturday Ashland Market! It is scheduled to begin in two weeks. We are so excited to have a downtown market, please come by and see us. The market will be held from 9-1, at the corner of 2nd Street and Lithis Way, right in the heart of downtown. It will be a smaller scale market, with enough space for about 25 vendors. Also, it will exist mostly of agricultural products and pre-made foods. There will be no on-site food preparation, but hey we'll be right downtown with plenty of options to snack on. See ya there! Market is scheduled to begin Saturday July 12th and run through November. (We will still also be doing the Saturday Grants Pass Market).**

### Overnight Fruit Salad

This recipe was sent in by one of our CSA members, THANK YOU for sharing.

#### Ingredients:

- 1 small cabbage (5 cups) shredded
- 1 15 oz. Can pineapple chunks (drained)
- 2 11 oz. Cans mandarin orange (drained)
- 2 cups seedless green grapes
- 1/3 cup light raisins
- 1 1/2 cups cubed edam cheese
- 1 8 oz. Carton lemon yogurt
- 1 cup dairy sour cream

#### Directions:

1. Place cabbage on bottom of large salad bowl.
2. Top with pineapple, oranges, grapes and raisins. Sprinkle cheese atop..
3. Combine yogurt and sour cream; spread over salad, sealing to edge of bowl.
4. Cover and refrigerate for 4-24 hours. If desired, garnish with lemon and lime twist, curly endive, and a grape.

### Suzi Fry's Spinach Salad

This is the best spinach salad I've ever had. Tangy and sweet and so nutritious. You'll be hooked from the first bite.

#### Ingredients:

- 4-6 cups fresh spinach
- 1 cup Olive oil
- 4-5 cloves minced garlic
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 1/4 cup red wine vinegar

#### Directions:

Over medium heat cook olive oil and garlic until lightly browned. Lower heat slightly. Whisk in honey and dijon until creamy. (Should be very creamy, if the oil is not totally absorbed, add more honey and dijon.) Remove from heat and whisk in red wine vinegar. Pour over spinach and toss to coat evenly. Leftover portions will store in the refrigerator fine.

Optional Salad toppings: Walla Walla onions, Fresh bacon crumbles, grapes, oranges, and toasted or candied nuts.

### Pasta Dave's Bavarian Cabbage

(yum)

#### Ingredients:

- 1 medium cabbage (any variety)
- 1 medium/large onion
- 4 slices bacon
- 1/3 cup sugar
- 3/4 cup rice vinegar (any vinegar will do)
- 1/4 cup water

#### Directions:

Cut bacon to pieces and sauté with finely chopped onion. Chop cabbage finely and add to pan. Mix sugar with vinegar and water and add to pan. Cover and let steam until cabbage has absorbed liquid, about 10 minutes. Remove from heat and serve. Garnish with caraway seeds, parsley or chives. This makes a wonderful side dish to sausages or any other German style meal. Enjoy!