

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 5. July 3, 2008

In your Box:

Partial Share:

Salad Mix
Spinach
Red Lettuce
Chard
Basil
Walla Walla Onions
Cauliflower
Artichokes
Zucchini

Full Share:

Salad Mix
Spinach
Romaine Lettuce
Red Lettuce
Rainbow Chard
Purple Kale
Cauliflower
Zucchini!!!
Basil
Broccoli
Walla Walla Onions
Artichokes

FLOWERS:

Snapdragons

Happy Independence
Day everyone!
We hope all is well
and wish you a fun
filled fourth!

Please continue to
send in recipes and
please keep returning
boxes. How do you
like our new vases?
Thanks to Willow for
providing the jars!

From the Editor

If you haven't yet picked up the June/July Issue of *The Sentient Times*, I highly recommend grabbing one at your earliest convenience. A large part of the issue is dedicated to farming and food production and there is a lot of great information in there. I will hit on a few highlights that rocked my world a little bit...

The following quotes are reprinted from the June/July Issue of *The Sentient Times*. *The Documented Health Risks of Genetically Engineered Foods*, by Dr. Jeffrey Bland.

- American Crystal, a large Wyoming-based sugar company and several other leading US sugar providers have announced they will be sourcing their sugar from genetically engineered (GE) sugar beets beginning this year and arriving in stores in 2008. Like GE corn and GE soy, products containing GE sugar will not be labeled as such. Since half of the granulated sugar in the US comes from sugar beets, a move towards biotech beets marks a dramatic alteration of the US food supply. These sugars, along with GE corn and soy, are found in many conventional food products, so consumers will be exposed to genetically engineered ingredients in just about every non-organic multiple-ingredient product they purchase.
- There are reports from all over North America that show cows, pigs, geese, elk, deer, raccoons, mice, and rats all avoided GM feed when given a choice. In fact, the CEO of Calgene, the company that put out the first approved, genetically engineered food crop (the Flavr-Savr tomato) said that even if you were Chef Boyardee, these rats were not going to eat their GM tomatoes. They force fed the rats the tomatoes and several developed stomach lesions and seven of twenty died within two weeks. We know now from documents made public from a lawsuit that the FDA was willing to let that go on the market as is. Calgene voluntarily used a different line of their transformed tomato to introduce to the market. But it shows you that the FDA was ready to turn a blind eye to some pretty serious results. Now the FDA has no required consultation (it is all voluntary), so that was the only study in which raw feeding-study data was ever submitted. If the FDA asks for further studies and further questions, they are typically ignored.

Please grab this issue, or even read online at www.sentienttimes.com

Irwin/Mason Cabbage Salad

This recipe was brought to us from our friend Nancy Mason in Medford. Thanks Nancy!

One Cabbage- Chopped finely
6 Green Onions sliced
1/2 cup slivered toasted almonds
3-6 T. Sunflower seeds or pine nuts
Ramen noodles, uncooked, throw out seasoning package.

Toast seeds and slivered almonds. Toss all together with cabbage, onions, and noodles.

Dressing:

2 T. Sugar
1/2 cup olive oil
3 T Rice vinegar
1/2 t. freshly ground black pepper
1 t. beef bouillon granules
1 T. Balsamic vinegar

Mix all dressing ingredients in separate bowl. Pour over cabbage mixture and toss to coat. For a nice dinner salad, add diced chicken and even cashews. Yum!

Chard Pie

This recipe was contributed by CSA member and friend Liz Jacobsen. She likes it as "a great way to use up all of the healthy bitter greens when you get bored with salads and sautés.

1 bunch of Chard
1 bag of Fry family Spinach
1 small bunch of Kale
1 medium Onion
Olive oil
4 Eggs
1/2 cup shredded parmesan
2 cloves minced garlic
Salt/pepper to taste

Cut the stems off the kale and Chard, then chop these and the spinach. Sauté until wilted, then set aside. Chop medium onion, and sauté for a few minutes. Add garlic and sauté for another minute. Set aside with the greens. Whisk 4 eggs with the salt & pepper, then add parmesan. Mix all of these together and pour into a pie shell. Bake on 425 for 20 minutes, then reduce heat to 375 and bake for another 25 minutes.

Spinach Salad

2 bunches spinach
1 can sliced water chestnuts
2 hard boiled eggs
6 slices bacon (crisp & crumbled)

Dressing:

1/4 cup vinegar
1/2 cup chopped onion
1/2 cup ketchup
2/3 cup sugar

"Mix dressing and pour over salad and serve. It is so good. I like to put the dressing on right before I serve the salad and I don't care for the leftovers because the spinach gets kinda soggy. But, some people might like it that way."

This recipe was sent in by friend and CSA member Keri George. Thank you Keri!!!