

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 6. July 10, 2008

In your Box:

Partial Share:

Salad Mix
Red Lettuce
Kale
Basil
Red Onions
savoy cabbage
Green Beans
Mix summer squash
Cherries

Full Share:

Salad Mix
Lettuce
Beets
Swiss Chard
Kale
Cauliflower
mix summer squash
Basil
savoy cabbage
Red Onions
Green Beans
Cherries

FLOWERS:

Zinnias & Marigolds

- ITS HOT!!!!!!!
- Now that it looks like summer is here to stay I just want to remind people to put out ice chest if you are going to be gone. We are happy to transfer your veggies into that!! Frozen milk jugs work great to keep things cold!

NOTES FROM SUZI !!!

*Hello to all !!!! Laurie who is our regular Newsletter publisher is taking a break so I am taking my turn at filling in. It certainly is not my favorite job on the farm but feels good to communicate with you all and let you know how much we really DO appreciate your membership in our CSA program. I think back just 4 years ago before we started the CSA and how tough the spring time was. Here we were excited to be farming again and motivated to get things in the ground, but we could not do as much as we wanted because money was tight. We could not hire as many people as we need, we had to spread out our fertilizer bills and barrow money to get by. Now that we are able to raise early money from CSA memberships we can hire more people, take out less loans and live a less stressful existence in the spring. Thanks You So Much!!

- Talking about planting I just want to let you know that all of the summer veggies like peppers, tomatoes, corn, eggplant, cucumbers, melons, ect. Are all looking good!! It was just a cool, wet late spring; (which is hard to remember now that it is 100 outside), and believe it or not we are still several weeks behind. It may seem like we have had the same veggies since we have started but enjoy them now because before you know it the spring veggies will be replaced. Already you may have noticed the first of the summer squash, basil and a few green beans this week.
- PLEASE!!! Please-please remember to put out you mason jars with water in them for the flowers!! We are not wrapping them in paper and plastic anymore, so we do not have to use as many plastic bags! So in order for your flowers to stay FRESH they will need water to be put into!! I know its hard to remember every Thursday and we will have extra jars and water. But not enough for everyone!
- We hope you all had a great 4th of July!! Steven and I and 4 of our daughters got to get away for 3 days. We got to spend the holiday with a big group of my family at my brothers house in Gold Beach!! Lots of good food, swimming, boating, book reading, long walks and naps. I can't tell you how helpful a little get away can be. We came home refreshed and ready for a Full Summer.
- We love the recipes!! If you have favorites please remember to share them with us!!

Fresh Basil Pesto

2 Cups Basil packed
1/2 cup olive oil
3 cloves of garlic (medium size)
1/2 cup fresh grated parmesan
1/3 cup pine nuts or walnuts
Salt and pepper to taste

Combine the Basil and pine nuts, pulse a few times in a food processor. Add garlic, and pulse a few more times. Slowly add the olive oil in a constant stream while the processor is on. Stop and scrape sides. Add the grated cheese and pulse to blend in Salt and pepper to taste.

- Serve over pasta, spread on French bread, use as a base on pizza crust, enjoy in a cream sauce, or right on steamed or roasted veggies.
- Remember you can make your pesto and freeze it for the upcoming winter! Small batches can be frozen in ice cube trays and then popped out and put into freezer bags.
- You can vary this recipe by adding parsley to it, or just making parsley pesto without the basil. You can also try cilantro pesto, or green onion pesto.

OUR FAVORITES

- As you can imagine life on the farm is busy and coming home to cook can sometimes be challenging!! I am lucky though to be able to go out into the walk-in and grab veggies for the evening meal.
- I usually come in with a big hand full of things and then decide what to do with them. Some of my favorite easy things are-
- Roasted veggies on the B-QUE. I pretty much roast all of the veggies except the greens. Right now onions, garlic, carrots, summer squash, cauliflower, beets and beans are all super! Cut them into chunks and place on a cookie sheet. Coat with olive oil, cayenne, garlic powder, salt, pepper, rosemary or other herbs of your choice.
- One of our favorite ways to eat summer squash (especially the patty pans) is to cut a small hole in the middle. Brush with garlic olive oil and fill with grated cheese. Place in a skillet with a small amount of water and steam until the squash is soft.

Green Bean Salad

1/4 cup Walnuts
1# Green beans
1/2 fresh squeezed lemon
1/2 cup fresh grated parmesan cheese
3 T olive oil
1 tsp salt
Fresh ground pepper to taste

1) Toast walnuts in a dry, heavy skillet over high heat, until they start to brown. Watch carefully and transfer to cool dish.

2) Bring pot of water to a boil. Add beans and cook until tender, 3-5 min.

3) Transfer beans to a colander and run cold water over them.

4) Toss beans in a large bowl with walnuts and salt and pepper to taste.

5) In a small bowl, whisk lemon juice and olive oil. Pour over beans and toss. Scatter the parmesan shavings on top.

* This recipe serves 4-6. Divide in half to serve 2-3 people (partial share)