

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 7. July 17, 2008

In your Box:

Partial Share:

Salad Mix
Red Lettuce
Green Chard
Moss Parsley
Walla Walla
Carrots
Green Beans
Mix summer squash
Beets

Full Share:

Salad Mix
2 Lettuce
Beets
Green & Red Chard
Japanese Eggplant
Moss Parsley
mix summer squash
Basil
Carrots
Walla Walla
Green Beans

FLOWERS:

Mixed Bouquet

Earwigs on your plants? Try putting a paper bag out with a rock inside, these guys come out at night and in the morning you can just close the bag and carry them away.

From Farmer Fry

If any of you have gardens of your own, you may have noticed the outrageous amounts of bugs on your plants this year. Whether its weather related or cyclical, the bugs in the fields this year are like never before. Specifically the squash beetle, cucumber beetle, flea beetle and the earwigs—they are just propagating like crazy. It is interesting to note that the bug populations are significantly less in the beds that are drip irrigated vs. the beds that are irrigated by rain—birds (taller sprinklers). The natural habitat for these critters is in the weeds, so the less weeds, the less bugs. Thus where we have drip irrigation, there is less habitat for them. Makes sense.

To deal with all these critters before they demolish our crops, we spray three times a week with an organically approved pesticide called Pyganic. Pyganic is a botanical pyrethrum based pesticide derived from a specific type of chrysanthemum flower. It can literally be sprayed the day of harvest and is totally non-toxic and free of allergens. It breaks down in the soil very quickly and has no long lasting effects on soil or atmosphere. The use of Pyrethrum derivatives goes back to the early 1800's and has been effectively used ever since. It is not cheap but serves as an effective treatment for many types of undesirable bugs, and is approved for use on all of our crops. Thank you chrysanthemums.

Besides battling the bugs, Stevie and crew are busy tilling in old beds of cabbage and lettuce, and re-planting. Believe it or not, NOW is the time to plant Kales for the fall. We are also planting fennel, kohlrabi, and salad mix. Due to the over-population of bugs this year, we have planted more salad mix greens (arugula, mizuna, mustards, Pac choi) inside our greenhouses. These brassicas should be ready for harvest soon, look out for a nice fresh change in the salad mix in a few weeks.

THIS SATURDAY, JULY 19TH— Our new Ashland Market Begins!!! We are really super psyched and hope you can all come down to see us! From 9-1 at the corner of Siskiyou and 1st St. Right across from the post office. We will also still be doing the Grants Pass Market on Saturdays from 9-1. See ya there!

Dramatically Seared Green Beans

2 T Canola Oil
1 lb. Green Beans, trimmed
1 T Minced or crushed Garlic
Red pepper flakes, to taste

1. Place a large deep skillet or wok over medium heat. After 2 minutes, add the oil and swirl to coat the pan.
2. Turn the heat to high and wait another 30 seconds or so, then add the green beans and a big pinch of salt.
3. Cook over high heat, shaking the pan and/or using tongs to turn the beans so they cook quickly and evenly.
4. After 3 minutes, taste the beans to see if they are to your liking. They should be relatively crunchy, but you get to decide. If you like them cooked a little more, keep going until they're your kind of tender.
5. Sprinkle in the garlic and some pepper flakes and cook for just a minute longer. Serve hot, warm, or room temperature.

Serves 4-6.

This recipe was sent in by one of our CSA family, and comes from Mollie Katzen's *The Vegetable Dishes I Can't Live Without*.

Basic Vinaigrette

(by Sue Jaffe)

1 t. Dijon mustard
3 T Red wine vinegar
Juice of 1/2 lemon
Kosher or good seas salt and black pepper
1/4 cup vegetable oil
1/2 cup extra virgin olive oil

Combine the mustard, vinegar, lemon juice and ssp to taste in a stainless steel or glass bowl. Slowly drizzle in both of the oils, whisking constantly as you go, until the ingredients are combined. Adjust the seasonings to taste. Makes about 1 cup. This dressing will keep for several weeks in a covered jar in the refrigerator. These are basic ratios; now you can have fun adjusting the ingredients. For example, omit the Dijon and add fresh garlic, experiment with different vinegars (IE- the Dijon is terrific in combination with unseasoned rice vinegar-add just a bit of sugar to unite the flavors), add fresh herbs such as thin strips of fresh mint or a sprinkle of lavender flowers.

Also be sure your lettuce or salad is completely dried when tossing with dressing, otherwise the dressing will not coat completely. And dress lightly, you can always add more!

Sue Jaffe's More than Simple Grilled Vegetables Before grilling, I like to marinate my vegetables in a simple mixture of extra virgin olive oil, lemon juice, finely chopped garlic, and salt & pepper. This is the best, as well as the simplest, preparation. I play with these ingredients according to vegetable, sometimes replacing the acid of the lemon juice with a vinegar such as balsamic and sometimes adding fresh herbs.

***Sue Jaffe is our personal chef consultant and caterer to the stars. Be on the lookout for more simple yet amazing flavors, tips and recipes throughout the season.