

Fry Family Farm

CSA Newsletter

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Bienvenidos!

Welcome to the Fry Family Farm Community Supported Agriculture program! We are so excited to have our fifth CSA season underway, and we hope you are too. We pledge to do our best to fill your bellies with nutritious, organic food all season long. We look forward to meeting you all and hope you'll let us know how it is working out for you. We want to thank all of you for putting your faith, and dollars, into our farm. It is together that we go forth into a brighter future. Here's to a happy, bountiful season! Thank you!

Greens, Greens, the Wonderful Greens!

On a recent trip to see my brother in Southern California, it came to my attention that a large portion of people do NOT in fact eat or know much about the world of, KALES, CHARDS or greens in general, other than spinach. I am here to help. Although there are some reluctant folks out there, we know y'all are the adventurous, curious type (not to mention smart), otherwise you probably wouldn't be here with us now. So, here goes my soapbox...

Most greens (kales, chards, mustards) can be eaten raw or cooked, basically treat them like spinach, substitute them for spinach in any recipe you have, and you will be pleasantly surprised. **Chard** has the biggest similarity to spinach, in flavor and texture, especially when cooked and mixed with other ingredients (ie- GARLIC). **Kales** are a little stronger in flavor and tend to be a little tougher, however, they hold up excellently in soups or casseroles where wimpier greens wilt away to almost nothing. There are several types of kale in our salad mix that give it our signature salad flavor. The **Mustard** family includes many different types of greens you will be getting, including: Red or Green mustard bunches, Arugula, Mizuna, Tot-soi, and other things that are also in our salad mix. All these greens together, including various types of leaf lettuce, comprise our salad mix, which you can find throughout the valley. ENJOY!

IN YOUR BOX:

Partial Share:

Salad Mix
Spinach
Romaine Lettuce
Cabbage
Broccoli
Fresh Garlic
Cilantro
Swiss Chard
Beets
Flowers: Veronica

Full Share:

Salad Mix
Spinach
Romaine Lettuce
Cabbage
Swiss Chard
Purple Kale
Broccoli
Fresh Garlic
Cilantro
Cudliflower
Artichokes
Beets
Flowers: Veronica

PLEASE READ:

For delivered boxes:
We re-use the cardboard boxes, please place them back outside for us to pick-up, in the place where you want your new box dropped off. Also, the jar for your flowers is for use all season long. Please place it back outside with your box so your flowers next week can have a place too! Thank you so much! Any questions? Email please! Thanks!

FRESH GARLIC

We had a great garlic year this year! We just began harvesting the beautifully over-wintered crop, and are thrilled at the flavor and success rate. This garlic can be eaten fresh or dried. To eat fresh, just remove the tops and outer skin of the bulb, and the rest is completely edible and has a strong, delicious garlic flavor, no need to peel! To dry for later use, you want to tie the stems together with a string, and hang it in a well ventilated area, ideally around 70-75 degrees. Your garlic should be completely dried and ready in two to three weeks.

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, toasted or candied nuts.

CAESAR DRESSING

This is a great way to use your fresh garlic, and romaine lettuce! This recipe is taken from epicurious.com. ENJOY!

- * 2 garlic cloves, minced and mashed to a paste with 1/4 teaspoon salt
- * 1 teaspoon anchovy paste
- * 2-4 tablespoons fresh lemon juice
- * 1 teaspoon Dijon-style mustard
- * 1 teaspoon Worcestershire sauce
- * 1 cup bottled mayonnaise
- * 1/2 cup freshly grated Parmesan
- * 1/2 minced shallot

In a bowl whisk together the garlic paste, the anchovy paste, the lemon juice, the mustard, and the Worcestershire sauce, add the mayonnaise, the Parmesan, and pepper to taste, and whisk the dressing until it is combined well. Toss the dressing with romaine lettuce from Fry Family Farm.

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!