

# Fry Family Farm

## CSA Newsletter

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### **EXTRA EXTRA**

In years past, as some of you know, we have offered an "extras" program where we would deliver other market vendors items like: pasta, bread, jams, berries, cheese, meat, etc. Although we are no longer offering delivery of these items, I still like to suggest them to people in recipes, as most of the items are available through local grocery stores, if not from market itself. Some items I will be featuring in recipes this week:

- **Wolf Creek Pasta Company:** Noodle of Choice, I prefer the Rotini or Cappelini (Angel Hair) for salad type recipes. This fresh pasta will make a convert out of any dried pasta eater in a hurry. There's nothing like the fresh noodle made out of just flour, eggs and water. Also, it cooks in like 3-5 minutes! Can be found at the Tuesday and Thursday markets, and at the Farmers Market store in G.P.
- **New Sammy's Cowboy Bistro:** Ready made Sourdough Pizza Crust from our favorite local bread maker and restaurateur. This pizza crust is available at all the growers markets and at many grocery stores throughout the valley. Not to mention a wide array of delicious breads. The unsliced sourdough round is my favorite and makes any other sourdough pale in comparison with its chewy, dense crust and soft fluffy insides. Never had it you say? You have not truly lived. This stuff is amazing.

### **ROASTED BELL PEPPERS MAKE ANYTHING DELICIOUS!!!**

Maybe it's just me, but I do believe in the power of the roasted red pepper. OR even orange and yellow ones for that matter. They are easy and they make every recipe better. Just blacken them over an open flame (I do mine right on the stove top), put in a plastic or paper bag for 10 minutes or so, the scrape off all the black stuff. De-seed them, and what you have left is a smoky flavored, sweet yummy fleshy pepper that increase the depth of flavor of ANY recipe. Tell me, what recipe can you make better? Hmm?

### **IN YOUR BOX:**

#### **Partial Share:**

Salad Mix  
Lemon Cucs  
Bell Peppers  
Zucchini  
Beets  
Celery  
Parsley  
Tomatoes  
Garlic  
Melon

FLOWERS: Celosia  
plumosa

#### **Full Share:**

Salad Mix  
Lettuce  
Lemon Cucs  
Slicing Cucs  
Bell Peppers  
Zucchini & Squash  
Beets  
Celery  
Moss Parsley  
Tomatoes  
Garlic  
Canteloupe  
Watermelon

FLOWERS: Celosia  
plumosa

### **20 Bucks a Box!!!**

That's right, get your farm fresh special CSA priced tomatoes, that's 20 pounds for 20 bucks. Can and freeze to your hearts and winters contents! Call 541-535-8044 to order for pick up or delivery.

## Our Favorite Summer Food

During the summer months when the time for cooking is harder to come by, we rely heavily on this favorite quick dish, or some variation of it, for many a dinners. This dish can be prepared totally with local ingredients.

Cooked Pasta (From Wolf Creek Pasta)  
Salad Mix (From us of course)  
Assortment of Vegetables  
Nuts of any type (Pine nuts are our favorite)  
Feta, Blue, or Parmesan Chz. (Rogue Creamery)  
Favorite Salad Dressing (DiBettas or Rising Sun)

Lay a bed of salad greens on a plate. To this add your favorite fresh cooked & cooled noodle. This is very tasty with pesto pasta, or pasta tossed with any of the Rising Suns yummy marinades or drizzles. Next add any combination of your favorite veggies, either steamed, grilled, sautéed, marinated, or raw. Top off with toasted nuts of your choice, and crumbled or grated cheese. Lightly coat with salad dressing, or olive oil and vinegar. This recipe, although simple, can vary greatly, and enjoyed with different flavor combinations almost every day of the week. Try your own combos and enjoy!

## Betty's Pizza

My favorite food! Pizza with whatever you've got in the fridge. What could be easier? Every time I've served this, it has been a hit. People love home-made pizza, and when you make it with farm fresh veggies and this yummy crust, it is hard to beat. Here's my ideal recipe with foods I always keep on hand: (Listed in order of layers)

New Sammy's Pizza Crust  
Pesto (Or tomato depending on your mood, I usually use a little of both)  
Feta Cheese (Light sprinkling)  
Onions (Chopped Finely)  
Minced fresh Garlic  
Sweet Bell Peppers (Chopped or sliced thin)  
Meat: Optional, usually leftover chicken. Shredded.  
Shredded Cheddar cheese  
Grated Asiago or Parmesan  
Fresh Oregano, Basil, Salt & Pepper.

I put these together in 5 minutes and they are done in 15. Obviously any variations are according to taste or stock on hand. Try one of these pizza crusts available at market or many grocery stores in the ashland/ medford area and see for yourself how easy and delicious they are!