

# Fry Family Farm

## CSA Newsletter

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### Farm News

Greetings CSA people! Here we are in the middle of harvest season! Truly, all of our crops are so abundant right now, and this is what we live for and prepare for all year. RIGHT NOW is the climax of the year; the summit of the mountain, the peak of our annual cycles. We are harvesting so many summer crops (which we are JUST starting to see waning slightly), and now here comes the pumpkins and winter squash!

We can feel it in the air too. The chilly, dark mornings, followed by the hot, sunny days, and the earlier sunsets— are a sure sign that the seasons are beginning to shift. And while I do feel an approaching calm, the load is not yet lighter. We push on and harvest and sell as much as the day will allow.

Typically our first light frost in the Rogue Valley falls around October 10th, and our first heavy frost around October 25th. Of course, each year can be different. The light frost will typically kill the sensitive summer types: tomatoes, basil, peppers, eggplant, squash, and most of the flowers. We should be able to do a heavy harvest of peppers and tomatoes right before the frost, as to extend the season for you for a couple weeks. After that first frost, typically things will rebound a little bit until the hard killing frost towards the end of October. By then, our fall crops of greens, brassicas, potatoes, onions, squashes and fruits are in full swing, and the fall harvest boxes are quite a satisfying change for cold weather meals.

So, LIVE IT UP and enjoy the rest of your summer because fall is fast approaching!!! We hope you are enjoying new vegetables and trying different recipes! We know it can be challenging to prepare some of the veggies you're not used to, so GOOD JOB!!! We hope the recipes help and we congratulate you all for participating. EAT LOCAL!!!

### IN YOUR BOX:

#### Partial Share:

Salad Mix  
Pink Chard  
Green Beans  
Shallots  
Parsley  
Bell Peppers  
Tomatoes  
Japanese Eggplant  
Zucchini  
Cucumber  
Melon  
FLOWERS: Cockscomb  
Celosia

#### Full Share:

Salad Mix  
Pink Chard  
Green Beans  
Shallots  
Parsley  
Bell Peppers  
Tomatoes  
Japanese Eggplant  
Cherry Tomatoes  
Zucchini  
Cucumbers  
Melons  
FLOWERS: Cockscomb  
Celosia

### EAT LOCAL WEEK

Its not too late to catch a THRIVE event for eat local week! Check out [www.thriveoregon.org](http://www.thriveoregon.org) for scheduling details!

### What's so great about Parsley???

Parsley is the world's most popular herb. It derives its name from the Greek word meaning "rock celery" (parsley is a relative to celery). It is a biennial plant that will return to the garden year after year once it is established.

Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, is rich in vitamin A and contains folate, potassium and calcium. What's more, parsley is also recognized for its cancer-fighting potential. Some of the potent chemicals in parsley include:

- **Polyacetylenes**, which seem to protect against certain cancer-causing substances found in tobacco smoke. It may also help to regulate the body's production of prostaglandin, which is a powerful tumor promoter.
- **Coumarins**, which help prevent blood clotting, reducing your risk of arterial blockages that can lead to heart attacks.
- **Flavonoids**, some of which act as antioxidants that neutralize dangerous free radicals, others that have been shown to prevent or slow the development of some cancers.
- **Monoterpenes**, which are thought to have cancer-delaying properties, especially with breast tumors, and to reduce cholesterol.

But also in medicine its effectiveness as a diuretic and as a stimulant on the kidneys to expel waste is valued. Parsley is particularly helpful in treating kidney and bladder inflammations, irritable bladder and edema (an observable swelling in certain parts of the body). For general health, a decoction (30 grams of parsley to one liter of water) is beneficial, one to two cups to be drunk daily. The root and top should be used in equal parts. Try a sprig of fresh parsley for fresh breath!

### How do you use all that Parsley?

Here's a common challenge: you get a bunch of parsley in your harvest box, what do you do with it? Here are some of our favorite ways to enjoy this TASTY fresh herb:

- Mix it in your Mashed or boiled Potatoes
- Sautee it up with garlic and olive oil for a light and flavorfully fresh pasta sauce.
- Blend it up with olive oil, vinegar and other herbs for a lively salad dressing.
- Make and freeze Parsley Pesto! This is an EXCELLENT variation on the classic Basil Pesto.

### Crispy Potatoes with Green Beans and Eggs

This is a one skillet meal, reminiscent of diner fare at roadside restaurants. Don't, rush this dish, you want to cook the potato cubes until they are crispy outside but still tender inside. Serves 4.

1 cup fresh or cooked GREEN BEANS  
2 T. Olive oil  
2 lbs. POTATOES– cut into 1/2 inch cubes  
2 cloves GARLIC  
1/8 tsp. Crushed red pepper  
1/2 tsp. Salt  
Pepper to taste  
Paprika (optional)

Cook beans in boiling water until crisp tender, about 3 mins, drain in cool water. Spread potatoes in a single layer in a hot pan with oil. Turn every few minutes until tender & brown (15 mins). Stir in green beans, garlic, red pepper, s&p. Crack each egg on top of the vegetables, spacing evenly. Cover and cook over medium heat until the whites are set and yolks to your taste. Serve immediately.