

Fry Family Farm

CSA Newsletter

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News from the Farm

Well folks, change is upon us: we have had our first pretty serious frost, which marks a big transition from summer veggies to fall crops; not to mention a pretty big transition in our daily lives and farming duties. The frost killed pretty much all the tomato, pepper, basil, eggplant, summer squash and flower plants. We are currently gleaning all the fruit that we can that was protected by the foliage of the plants themselves, so we will be able to supply some of the summer veggies for a little while longer. Sometimes some of the crops will “rebound” from the first major frost, and continue to produce until the next frost: for this we will have to wait and see what transpires.

As far as the flowers go, they are, unfortunately, pretty much done. So, in their place we will be providing extra veggies from here on out. (Two more weeks for partial season, 6 more for full season members). This week we have substituted a Sugar Pie Pumpkin in place of the flowers. We will continue to substitute yummy things in place of the flowers, and soon will be adding apples and pears to your boxes from our fellow local organic growers.

We hope you have all enjoyed the summer’s bounty and look forward to delicious fall crops as well. As we transition with the weather and the seasons, so too do our diets and daily duties change. Colder nights call for winter soups and root roasts, and shorter days allow us time to stop and look around. We now begin to clean up after the whirlwind that every season is: the bedding plants and propagation houses that were abandoned in June, the beds that need to be prepared for winter, and just general clean up of all the things that were put off for “when we have time”. That time is now. These changes that we experience at this time of year are bitter-sweet; they are natural and they are necessary. The mad rush of the season is waning, and while being able to sleep a little longer is great, the harvest is what we live for, it is what we prepare all year for. This time now, is just after the climax. We know it has to come, we even welcome it, yet at the same time are saddened by the departure of summer.

There is nowhere that all this is more obvious than in the fields. To go from beautiful, lush, green rows of crops and blooming flowers one day, to blackened rotten collapsing stalks the next, is truly amazing. It’s one degree on the thermometer, but it’s a world of difference in our lives.

We look forward to transitioning with you and hope that being with us this season has been enjoyable and educational. Enjoy your bounty and please share with us any experiences you are having during this changing time. Cheers!

IN YOUR BOX:

Partial Share:

Red Lettuce
Green Onion
Eggplant
Tomatoes
Ancho Peppers
Anaheim Peppers
Red Peppers
Parsley
Potatoes
Red Chard
Red Beets
Spaghetti Squash
Pie Pumpkin

Full Share:

Salad Mix
Red Lettuce
Eggplant
Tomatoes
Ancho Peppers
Anaheim Peppers
Red Peppers
Parsley
Potatoes
Red Chard
Green Onions
Red Beets
Acorn
Carnival
Spaghetti Squash
Pie Pumpkin

WINTER SQUASH:

Most can be used interchangeably in recipes, be creative!

Betty's Pepper Paste.

Loving the flavor of roasted peppers as I do, I have come up with a way to have them year round! How you ask? Let me show you the way. I do this with sweet bells (red and orange mixed), OR mildly hot peppers like anchos and anaheims.

1. Roast peppers over open flame until blackened, turning to ensure even doneness.
2. Place blackened peppers in a plastic or paper bag until cool enough to handle. This allows them to sweat, which will make peeling easier.
3. Scrape black skins off and discard, then slice peppers open and discard stems and seeds.
4. Place beautiful roasted pepper flesh in the food processor and blend with a touch of olive oil.
5. Now you have a lovely pepper puree of the sweet or spicy variety. You can freeze this or use it fresh. Some of the things I enjoy these purees in are :
 - squash soups
 - Veggie soups of any sort
 - Cream cheese dips
 - Sauces

Just a few spoonfuls of the ancho puree adds a nice smoky, slightly hot flavor, and the sweet bell paste adds a nice roasted sweet depth. I always get rave reviews when I add these things, and no one ever knows how I did it! Enjoy!

What to do with Spaghetti Squash?

Spaghetti Squash should be roasted in the oven like other winter squashes (or can be micro waved). The big difference is that its flesh turns into strands like noodles, so tossing it with your favorite sauce is excellent and a delicious way to enjoy a low carb "pasta" dish!

Spaghetti Squash with Parsley Walnut Pesto

Ingredients:

- 1 (3 1/2- to 4-lb) spaghetti squash
- 1/4 cup walnuts (3/4 oz)
- 1/2 garlic clove
- 1 1/3 cups packed fresh flat-leaf parsley
- 3 tablespoons extra-virgin olive oil
- 2 1/2 tablespoons finely grated Pecorino
- 1 tablespoon water
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon finely grated fresh lemon zest

Cut squash in half lengthwise and scoop out seeds. Rub with olive oil and place face down in a baking dish with 1/2 inch of water. Roast in 350 oven for about 30 minutes (until soft all the way through when pierced with a knife).

While squash is cooking, toast nuts in a dry small heavy skillet over moderate heat, stirring frequently, until fragrant and a shade darker, about 6 minutes, then cool completely.

Pulse nuts and garlic in a food processor until finely ground. Add parsley, oil, cheese, water, salt, pepper, and zest and pulse until parsley is coarsely chopped.

Working over a bowl, scrape out squash flesh with a fork, loosening and separating strands. Toss with pesto in a bowl.