

Fry Family Farm

CSA Newsletter

Volume 5, Issue 2. June 18, 2009

Annual Plant Sale This Weekend!

Friday and Saturday Only

June 19th & 20th

8am–2pm

8657 Wagner Creek Rd. Talent.

541-261-5768

We are once again opening our greenhouses to the public for our annual sale. We have 4 greenhouses full of everything you could want;

Annuals, Perennials, Herbs, Vegetables, Melons and much much more. Prices will be slashed as we want to get rid of as much as possible before our plant season ends.

DIRECTIONS:

From Ashland: Take 99 N to Rapp Rd and turn Left. This road turns into Wagner Creek Rd. after the 2nd stop sign. Go just past the 2 mile marker and turn left down our dirt lane. There will be signs.

From Medford: Take 99 S to Rapp Rd. and turn Right. This road turns into Wagner Creek Rd. after the 2nd stop sign. Go just past the 2 mile marker and turn left down our dirt lane. There will be signs.

Extending the Life of your Greens

The best thing you can do to maximize the shelf life of your greens is to keep them dry! Other than the obvious need for refrigeration, the moisture content is the key. For the salad mix; it has been washed and spun dry, so it should be fine. The bunches of lettuce, chards, and kales, if washed first, should be dried very well. Otherwise, I'd recommend not washing them until you are ready to use them. A pillowcase works great for spinning your greens dry; just stuff the washed greens inside the case, and spin the case over your head like a helicopter (outdoors recommended). Also, if any of your greens get wilted, soak them in LUKEWARM water for 10 mins or so. It is easier for the leaves to uptake warm rather than cold water.

IN YOUR BOX:

Partial Share:

Salad Mix
Red Leaf
Curly Parsley
Strawberries
Fennel
Broccoli
Red Cabbage
Red Kale
Garlic
Flowers: Larkspur

Full Share:

Salad Mix
Red Leaf
Basil
Curly Parsley
Strawberries
Beets
Fennel
Broccoli
Red Kale
Cauliflower
Red Cabbage
Flowers: Larkspur

Larkspur is the annual variety of the delphinium family of flowers. Its Latin name is delphinium consolida. It can be enjoyed for up to a week as a cut, fresh flower, or hung to dry, it will last and hold its color for a year or longer. We also sell starts of it in the spring.

THE AMAZING NUTRITION OF A FENNEL BULB (FINNOCHIO)

One raw fennel Bulb Contains approx:

70 Calories
120 mg Sodium
17g Carbohydrates
7g Dietary Fiber
3 g Protein
Vitamin A 6%
Vitamin C 46%
Iron 9%
Calcium 11%

The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Dried fennel seed is an aromatic, anise-flavored spice, brown or green in color when fresh, slowly turning a dull gray as the seed ages. For cooking, green seeds are optimal. The leaves are delicately flavored and similar in shape to those of dill. The bulb is a crisp, hardy root vegetable and may be sautéed, stewed, braised, grilled, or eaten raw.

Fennel Favorites

- Slice the bulb very thin and use it raw in a green salad, or add it to coleslaw for a nice bright flavor.
- Chop the bulb coarsely and mix it with other root vegetables; potatoes, carrots, beets, onions, and turnips. Toss with olive oil, salt & pepper, and rosemary and roast in hot (450) oven for 30-45 minutes or until done. The flavor of the fennel is MUCH milder and sweeter when roasted or cooked.
- use the delicate foliage as a seasoning in stews, salads, marinades.

Kale Chips

This is a quick and super tasty way to enjoy Kale. And kids love it too! If you find you like it, try experimenting with different spices like parmesan, brewers yeast, garlic powder, curry or whatever!

Preheat oven to 250

1 Bunch Kale,

Olive Oil to coat

Sea Salt, Pepper

Wash and dry kale. Split leaves in half length-wise and remove center ribs and stems. Toss with oil in a large bowl, and sprinkle with salt and pepper and seasonings of your choice. Arrange leaves in single layers on baking sheets. Bake until crisp. 20-30 minutes.

PARSLEY PESTO

YES, *PARSLEY* PESTO. NO BASIL NEEDED HERE, PARSLEY PESTO IS A VERY LIVELY, FRESH VARIATION ON THE CLASSIC BASIL PESTO. YOU WILL BE PLEASANTLY SURPRISED!

1 BUNCH PARSLEY

1/4 CUP OLIVE OIL

1-2 GARLIC CLOVES

1/8 CUP ROASTED NUTS

(RECOMMEND ALMONDS OR PINENUTS)

1/4 CUP GRATED DRY CHEESE

(PARMESAN, ASIAGO, ROMANO)

FRESH LEMON JUICE

SALT AND PEPPER

BLEND ALL INGREDIENTS TOGETHER IN A FOOD PROCESSOR. I USUALLY ADD THE CHEESE LAST. THESE MEASUREMENTS ARE *ESTIMATES!* ADJUST ACCORDINGLY TO YOUR TASTE AND THE SIZE OF YOUR BUNCH. ENJOY ON CRACKERS, PASTA, SANDWICHES. MIX IT WITH CREAM CHEESE FOR A DELICIOUS PARTY DIP!