

Fry Family Farm

CSA Newsletter

Volume 5, Issue 20 October 22, 2009

Farewell Partial Season Members!!!!

We made it! Here we are folks, at the end of the partial season. For many of you, this will be your last week receiving a CSA box from us, and we hope you have enjoyed every minute of it. We know that there are a lot of strange vegetables that you may not have wanted to eat every week, and we congratulate and thank you for trying. We hope you have enjoyed our recipes, and that they have helped expand your cuisine and maybe even improve your health.

How *HAS* the season been for you? We'd really like to hear your honest feedback, as we are always trying to improve on how we do things. We try our best to provide the best possible variety of things all season long. We know that there are preferences and allergies and even some unliked veggies, and we try to accommodate all these things.

Part of the "real farm experience," we feel, is really about eating what is in season and that is what the CSA is all about. We know, even that you knew this going into the season with us, it can *STILL* be challenging and frustrating to try and eat all these unusual veggies and before you know it, you may have had a fridge full of unused stuff.

I know that feeling. Even being a determined farm girl and dedicated organic eater, I still run out of yummy ideas for certain veggies. But it has gotten a lot easier over the years. By sharing recipe ideas with folks at markets and in produce departments and in line at the grocery store, my veggie cooking repertoire has increased greatly! People love love love talking about their favorite recipes.

So, we hope that all of this experience has helped you to network into a greater, richer life in some way. We know there are several local farms out there offering memberships and we are grateful that you have chosen to be with us. Next year we will be celebrating our 20th year farming in the Rogue Valley, and we hope you will be with us again! We will be in touch, and thank you, thank you, thank you so much!!!

IN YOUR BOX:

Partial Share:

Salad Mix
Collard Greens
Celery
Parsley
Russet Potatoes
Ancho Peppers
Black Futsu Squash
Butternut Squash
Golden Beets
Bartlett Pears
Green Onions
Yummy Snack Peppers

Full Share:

Salad Mix
Collard Greens
Celery
Parsley
Green Onions
Russett Potatoes
Yummy Snack Peppers
Ancho Peppers
Black Futsu Squash
Butternut Squash
Golden Beets
Napa Cabbage
Bartlett Pears

Ancho Peppers are GREAT for making chili rellenos.

The little orange Yummy Snack peppers are SWEET and yummy RAW, all by themselves!

Italian Parsley and Beet Salad

Italian parsley isn't usually valued as a salad green. But when it is tempered by earthy, juicy raw beets and a citrus vinaigrette, the mineral-tinged flat leaves will be the talk of the table.

- * 1/4 cup fresh orange juice
- * 1 tablespoon fresh lemon juice
- * 1/4 cup extra-virgin olive oil plus more for drizzling
- * 2 1/4 pounds assorted beets with greens (such as Chioggia, white, golden, and red; 1 1/2 pounds if already trimmed)
- * 1/4 small red onion
- * 1 1/4 cups Italian (flat-leaf) parsley leaves (from 1 bunch), torn if desired

Whisk together juices, oil, and 1/2 teaspoon each of salt and pepper in a large bowl.

Trim beets, leaving 1 inch of stems attached, then peel.

Using stems as a handle, slice beets paper-thin (less than 1/8 inch thick) with slicer (wear protective gloves to avoid staining hands), then cut slices into very thin matchsticks.

Thinly slice onion with slicer.

Toss beets, onion, and parsley with dressing and season with salt. Let stand, tossing occasionally, 30 minutes to soften beets and allow flavors to develop.

Toss again and season with salt and pepper before serving drizzled with additional oil.

Black Futsu Squash

The small heavily ribbed squash in your box this week is the black futsu. It is an heirloom, Japanese variety, and it is DELICIOUS! The futsu has a maple chestnutty flavor, and is great roasted like other hard shell squashes.

Jerit loves to cook this by slicing into three equal width slices and brushing with olive oil, then roasting in an oven for about 20-25 minutes. Then you can peel and enjoy by itself or, toss it into a stir fry with greens of any sort and garlic. Toss it with a light, creamy, cheesy pasta dish. Or even blend it up with a little butter and sugar or syrup for a sweet treat.

Collard Greens Miniera

If you're from the South, you're probably used to collards cooked long and slow. What makes this simple, flavorful Brazilian dish unusual are greens that are finely sliced and barely cooked.

Active time: 25 min Start to finish: 25 min

- * 1 1/4 lb collard greens, halved lengthwise and stems and center ribs discarded

- * 3 slices bacon, finely chopped

Stack collard-leaf halves and roll crosswise into a cigar shape. Cut crosswise into very thin slices (no thicker than 3/4 inch) with a sharp knife.

Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp. Add collards, tossing to coat, and cook until just bright green, about 1 minute. Season with salt and serve immediately.