

Fry Family Farm

CSA Newsletter

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Fall at the Farm

With rainy days upon us, and the season coming to a close, we transition into our fall duties. Many of these jobs have already begun: tearing up our plastic mulch from the fields and recycling it, mowing and tilling in the dead summer crops, and planting cover crops to replenish the soil for next season. This week we are also planting a bunch of things. Our garlic and shallots will go in the ground now for a late spring harvest next year, and we are also planting a bunch of new berries!

Blueberries, and Raspberries, and Black berries, OH MY!!! Our latest addition to the fry family repertoire of produce includes all of our new berries. For us, its about changing with the times in order to bring the people what they want. And the public is demanding it. More fruit!!! We also saw an increase in the number of local family farms in the markets this year, doing much of the same as what we do, so we try to create our own niche in order to make us stand out from the crowd of the same. BRING ON THE BERRIES!!!

Week #23 sees an end to the Senior Box

And yet another sad day! This week marks the end of the Senior, or "every other week" delivery program. This option was new this year, and it seemed to be very popular. We are so glad we could make the CSA program work for those of you who felt inundated by a delivery every single week! Did it work out as well as you planned? Do you have suggestions that you feel might help make it better for you or anyone else? We're all ears, and would appreciate anything you'd like to share!

It seemed that many folks did come to market this year to supplement their weekly boxes, and with the 10% off, were able to save quite a bit. Don't forget, this discount applies to everything at our booth, so come spring time when it's time for plant starts, our members receive that discount on the plants as well.

We will be in touch before the start of the 2010 market season. We hope you have a nice relaxing warm winter, and thank you so much for being with us this year. We have enjoyed getting to know a whole group of new people, and continuing our relationships with ongoing members! Take care every one.

IN YOUR BOX:

Partial Share:

Salad Mix
Chard
Parsley
Green Cabbage
Fennel
Red Potatoes
Pears
Carrots
Sugar Loaf Squash
Spaghetti or
Red Kuri Squash
Kohlrabi
Onions
Eggplant

Full Share

Salad Mix
Chard
Arugula
Parsley
Green Cabbage
Kohlrabi
Fennel
Red Potatoes
Pears
Carrots
Beets
Butternut Squash
Sugar Loaf Squash
Onions
Green Peppers
Tomatoes
Eggplant

Roasted Kohlrabi and Butternut Squash

4 medium kohlrabi (2 1/4 lb with greens
or 1 3/4 lb without)
2 tablespoons extra-virgin olive oil
2 teaspoons finely chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon black pepper
2 1/2 lb butternut squash
Special equipment: a 17- by 12- by 1-inch
shallow heavy baking pan

Put oven rack just below middle position
and put baking pan on rack, then preheat
oven to 450°F. (If roasting vegetables
along with turkey, preheat pan for 15 min-
utes while turkey roasts, then roast vegeta-
bles underneath turkey.)

Trim and peel kohlrabi, then cut into 3/4-
inch pieces. Toss kohlrabi with 1 table-
spoon oil, 1 teaspoon thyme, 1/4 teaspoon
salt, and 3/4 teaspoon pepper in a bowl.
Transfer kohlrabi to preheated pan in oven
and roast 15 minutes.

Meanwhile, peel butternut squash, then
quarter lengthwise, seed, and cut into 3/4-
inch pieces. Toss squash with remaining 1
tablespoon oil, 1 teaspoon thyme, 1/4 tea-
spoon salt, and 3/4 teaspoon pepper in
same bowl.
Stir kohlrabi, turning it, then push it to one
side of pan.

Add squash to opposite side of pan and
roast, stirring and turning squash over
halfway through roasting, until vegetables
are tender and lightly browned, about 30
minutes total (after squash is added).

Toss vegetables to combine and transfer to
a dish.

Growers & Crafters Markets

Our market season is coming to an end pretty
soon here. It has been a great season, and we
have seen many new smaller family farms pop
up this year. It is great to see so many new ea-
ger growers and we are sad to see the season
end, but alas all things must. Here is the sched-
ule for the rest of the season:

TUESDAYS: Last day is November 24

THURSDAY: Last day is November 19

SATURDAY (Grants Pass): Our last
day is November 26, but many vendors
will be moving to an inside market at
Brighton Academy which will go
through December 20th.

"How long can I store a winter squash?"

An unmarred, clean, and properly stored
squash can last from 3 months to a year,
depending on the variety. The thinner
skinned varieties like delicata, will proba-
bly have a shorter shelf life than the
thicker skinned spaghetti, butternut,
futsu, or buttercup.

Try cleaning (gently scrubbing) the out-
side shell with a very mild bleach solu-
tion, dry well, and store in a milk crate
like container, in a cool, dark place. A ga-
rage or root cellar is best, but remember,
they don't want to get TOO cold. Average
temperature of around 50-55 is best.

Through the course of the winter, check
on them. If you notice spots forming, eat
those squash first.

If you need more to last through winter,
come see me at market!!!