

# Fry Family Farm

## CSA Newsletter

Volume 5, Issue 4. July 2, 2009

### Newsorthy Notes...

- Please remember to place your jar of water out for your flower bouquets! It makes a huge difference in the life of your bouquet. Also, we need to re-use your boxes, so please if you have any extra boxes, we will take them!!
- **BASIL BUNCHES:** Fresh Basil can rot quickly when stored in plastic in a refrigerator. A better way to extend the life of your basil bunch is to store it like a flower bouquet; in a cup, or vase on your counter, or in the fridge. Parsley can also be stored this way, although its wilting problems are far less severe.
- **NEWSLETTERS:** We had a bit of a computer situation last week, sorry there was no newsletter. We hope to have it all ironed out for this weeks e-mail delivery system, please let us know if you don't receive it. And also, they will be available online at fryfamilyfarm.com ASAP. Thanks for your patience.
- The little pickling cucumbers can also just be eaten fresh if you're not feeling like pickling them! They are delicious!

### Fry Farm On The Town

Do you or someone you know sometimes wonder where you can find our products besides in your CSA boxes or at the growers markets? Here are some of our retail locations:

- **PRODUCE:** Ashland Food Co-op, Market of Choice (Ashland), Shop N Kart (Ashland), Tark's Market (Talent), Food 4 Less (Medford), and more to come....
- **FLOWERS:** Our Organic Bouquets are currently available at : Ashland Food Co-op, and Shop N Kart.

**If you shop at other stores that don't carry our produce (or any other local OG produce for that matter), LET THEM KNOW you want it. Local demand can directly affect supply. BE HEARD!**

### IN YOUR BOX:

#### Partial Share:

Salad Mix  
Romaine Lettuce  
Cabbage  
Carrots  
Pickling Cucumber  
Slicing Cucumber  
Summer Squash  
Dill  
Parsley  
Kale or Chard

**Flowers:** Patriotic theme of Shastas, Carnations, and Veronica.

#### Full Share:

Salad Mix  
Romaine Lettuce  
Basil  
Cabbage  
Carrots  
Slicing Cucumbers  
Summer Squash  
Pickling Cucumbers  
Dill  
Parsley  
Beets  
Broccoli  
Chard or Kale

**Flowers:** Patriotic theme of Shastas, Carnations, and Veronica.

**Happy  
Birthday  
to  
Stevie and Suzi  
Fry!**

## Irwin/Mason Cabbage Salad

This recipe was brought to us from our friend Nancy Mason in Medford. Thanks Nancy!

One Cabbage– Chopped finely  
6 Green Onions sliced  
1/2 cup slivered toasted almonds  
3-6 T . Sunflower seeds or pine nuts  
Ramen noodles, uncooked, throw out seasoning package.  
Toast seeds and slivered almonds. Toss all together with cabbage, onions, and noodles

### **Dressing:**

2 T. Sugar  
1/2 cup olive oil  
3 T Rice vinegar  
1/2 t. freshly ground black pepper  
1 t. beef bouillon granules  
1 T. Balsamic vinegar  
Mix all dressing ingredients in separate bowl. Pour over cabbage mixture and toss to coat. For a nice dinner salad, add diced chicken and cashews. Yum!

## Refrigerator Dill Cucumber Pickles

Printed from COOKS.com

Fresh Dill  
Whole Pickle sized cucumbers  
Chopped Fresh Garlic  
1 T. Pickling Spice  
Crushed dried red hot pepper  
Brine– 3/4 cup distilled white vinegar  
4 T. Kosher Salt to each Qt. Of water

In a gallon jar, (ingredients can be divided up into smaller jars if desired), layer fresh dill on the bottom and lots of chopped fresh garlic, pickling spice, hot peppers, then pack in the cucumbers, then add more dill.

For the brine, combine 3/4 cup vinegar, and 4 T. kosher salt to each quart of water that has been boiled and cooled first.

Leave on the counter for two days, then store in the refrigerator. The pickles will keep well until Christmas and are also fine after that.

## Aurora's Cucumber Salad

Ingredients

1/4 cup rice vinegar  
1/8 cup granulated sugar  
4 tablespoons water  
2 medium cucumbers–thinly sliced  
1/2 cup– thinly slice red onion  
2 tablespoon chopped fresh cilantro  
Salt and Pepper to taste, then refrigerate for at least 1/2 hour. If you want to serve it right away cool it down with ice cubes!  
• Other variations: Add 1 fresh Thai chili pepper, seeded and thinly sliced or 2 table–spoons chopped dry roasted peanuts or dill instead of cilantro.

## Sunburst Snackers

This is a wonderful side or main dish. It is quick to prepare and you can vary the cheeses and spices you use throughout the summer to make use of all the wonderful squashes without getting bored with the same flavor. Make as many or as few as you like.

Cut bottoms off of sunburst or patty pans so they lie flat. Next cut a small core out of the top center. Place in a flat pan with a little water and cover. Steam until soft. Remove from heat, drain water from pan.  
Next brush the squash with olive oil or mayonnaise (even better garlic flavored). Sprinkle with salt and pepper. Stuff cheese of your choice into center hole. Put back on heat until cheese is melted. Enjoy.