

Fry Family Farm

CSA Newsletter

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Greetings all! We hope your summer is going well and you are enjoying the fruits of our labors. This early summer is an exciting time, as new veggies are coming on weekly. We are finding many ways to enjoy eggplant, and bell peppers are making their first appearance as well. This is also the beginning of canning season, and we are seeing lots of folks at market stock up on pickling cucumbers and green beans. We have these available in discounted bulk rates if you'd like to try your hand at a little preserving. Its easier than you think and can be a great way for younger people especially, to bond with more experienced relatives or neighbors. And who doesn't love a good dilly bean or pickle in their life, eh? I have found this valley to be full of people that have been canning for a LONG time, and who are very eager and willing to share their experiences and recipes to interested parties. Just start asking about canning, its like opening up a whole new world. You will meet new friends and learn more about this foody world we live in! Enjoy, and please let us know anything...

Japanese Eggplant

Description. This miniature model of the eggplant is really just that - a miniature eggplant. In flavor, texture and cooking qualities, the Japanese eggplant is the same as its larger cousin yet the fruit is longer and more slender. Fruits are most commonly purple but may also be white or green and are produced on vigorous-growing plants that often are 4 feet tall.

Culture. The eggplant is a Solanaceous plant like a tomato and responds to the same basic cultural care. Set plants in the garden in early spring after all danger of frost. Maintain the plants in a vigorous growth state with adequate fertilizer and moisture. Drought stress causes bitter flavor.

Selection. Select fruits with a glossy shine that are 6 to 8 inches long. A dull or brown color indicates the fruit is over mature and will be tough and bitter. Eggplant is best if it is consumed soon after harvest or purchase. Optimum storage conditions for eggplant are 40o to 50o F. and a humidity near 80 percent. Even under ideal conditions, the fruit will keep only about 7 to 10 days.

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Basil
Green Beans
Slicing Cucumbers
Lemon Cucumbers
Summer Squash
Green Kale
Walla Walla Onion
Japanese Eggplant
Garlic
Flowers: Gladioli

Full Share:

Salad Mix
Romaine Lettuce
Red Lettuce
Basil
Green Beans
Lemon Cucumbers
Slicing Cucumber
Summer Squash
Kale
Walla Walla Onions
Green Peppers
Garlic
Japanese Eggplant
Flowers: Gladioli

BERRY SEASON!!!

May I also suggest coming to market right now and checking out the amazing selection of berries at our friends booth, Pennington Farms! It is quite a sight, and the berries are outta this world!

Dilly Beans

These are excellent as a snack, served with a bloody mary, or with crackers and other dips. Also a great way to preserve green beans!

This recipe is for just one pint of canned dilly beans.

- * 1 cup and 2 tablespoons water
- * 3 tablespoons pickling salt
- * 1 cup and 2 tablespoons distilled white vinegar
- * 1-1/2 heads fresh dill weed
- * 1 tablespoon and 1-1/2 teaspoons pickling spice
- * 1 tablespoon and 1-1/2 teaspoons mustard seed
- * 1-1/2 dried red chile peppers
- * 3 cloves garlic, peeled
- * 1/8 teaspoon alum
- * 15 ounces fresh green beans, rinsed and trimmed

1. Sterilize 1 (1 pint) jar in boiling water for at least 5 minutes.
2. Combine the water, pickling salt and vinegar in a pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jar.
3. In the jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.
4. Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

Ratatouille in Japanese Eggplant Boats

- 2 baby japanese eggplants, halved
- 1 zucchini squash, diced
- 1 yellow squash, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 medium onion, diced
- 2 tomatoes, diced
- 1/4 cup extra virgin olive oil
- 4 cloves garlic, mashed
- 1 sprig fresh thyme
- salt and freshly ground pepper
- nicoise or black olives, chopped, for garnish
- cooking spray

Preheat oven to 350 degrees.

Spray eggplant halves with cooking oil and arrange cut side up on a cookie sheet or baking dish. Place in oven and roast until flesh is soft - about 15-20 minutes.

Remove eggplants from oven. When cool, scoop out flesh carefully. Reserve both the flesh and the hollowed-out shells.

Dice the cooked eggplant, then place in a sauté pan with the onions, garlic and olive oil. Cook over medium flame until the onion turns translucent, then, add the remaining vegetables one at a time in the following order: yellow pepper, red pepper, yellow squash, zucchini, tomatoes. Finish by adding the thyme, salt and pepper, and simmer for an additional 10 minutes.

When ratatouille is finished, remove from heat. Mound in the hollowed out eggplant shells, and garnish with the chopped Nicoise or black olives and serve.