

Fry Family Farm

CSA Newsletter

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Why Organic?

The notion of why organic farming practices are utilized or important varies greatly by geography, time and culture. From vegetable production to cut flower production, and all around the world, people have different reasons for doing what they do and how they do it.

In the world of cut flowers, the “organic” label is a hard sell, and getting a higher price for an organic bouquet is very difficult. *“Why does it matter if they are organic or not, if I’m not going to eat it?”*

While the moral or philosophical answer to this question may be obvious to some, it is definitely not widely supported in the greater world. We, in addition to growing numbers of organic flower growers, believe that what you put into the soil must be sustainable, whether the product is to be eaten or not. Using chemical pesticides or fertilizers, regardless of what crop you apply it to, is harmful for the circle of life and biological processes in general. Heard of the shortage of honey bees in the world today? This is directly related to the amount of pesticides we are pumping into our gardens and farms.

As far as organic food farming goes, it goes way back. Chemicals are expensive, and at many times in history and in many places around the world, this is just not an option. Most of the older population that visits us at the markets know, *that’s just how they’ve always done it.* Grandma never sprayed round-up or used miracle grow; The chickens that were to be meat later were fertilizing the veggies, and the weeds were pulled by hand or minimized by proper mulching, companion planting, and crop rotation.

In our current era, Cuba sets a fine example for Organic farming, even though under dire circumstances. You see, they have been unable to import chemical fertilizers and pesticides, so they have been forced to go organic. As the younger generations are raised on Cuban farms, they pass on the knowledge of how to support their families in natural, sustainable, and affordable ways, and the patterns of the future are further engrained in the organic, natural style.

Here in the Rogue Valley, we are fortunate to have all of you, who understand and support our Organic Farm. Thanks for keeping your eyes and brains open.

IN YOUR BOX:

Partial Share:

Red Lettuce
Cabbage
Chard
Slicing Cucumbers
Green Peppers
Zucchini
Red Onion
Japanese Eggplant
Garlic
Blueberries
Flowers: Gladioli

Full Share:

Green Lettuce
Red Lettuce
Cabbage
Chard
Parsley
Basil
Blueberries
Slicing Cucumbers
Squash/Zucchini
Red Onions
Green Peppers
Beets
Japanese Eggplant
Garlic
Blueberries
Flowers: Gladioli

Keeping Flowers Fresh:

An good way to extend the life of your cut flowers is to add a half teaspoon each of bleach and sugar to the vase water. The bleach helps kill bacteria and the sugar helps feed the stems.

Zucchini Fritters

Ever had potato pancakes? This variation on the same theme is an excellent and nutritious way to eat zucchini!

They are great hot, served with ketchup, sour cream, yogurt, or whatever your favorite dipping sauce is.

They are also delicious cold!

Ingredients:

- * 5 zucchini (about 1 1/4 pounds), grated
- * 1 cup finely chopped red onion
- * 1 1/2 teaspoon salt
- * 1 cup chopped fresh Italian parsley
- * 1 cup freshly grated pecorino Romano cheese (about 3 ounces)
- * 1 cup (scant) toasted whole wheat breadcrumbs
- * 2 large eggs, lightly beaten
- * 1/2 cup chopped fresh mint
- * 1 tablespoon dried oregano
- * Vegetable oil (for frying)

Preparation:

Toss zucchini, onion and salt in large colander. Let stand 1 hour; squeeze as dry as possible. Transfer mixture to large bowl. Mix in next 6 ingredients.

Pour vegetable oil into heavy large saucepan to depth of 1 inch. Attach deep-fry thermometer to side of saucepan; heat oil over medium-high heat to 350°F. Working in batches, shape zucchini-onion mixture by tablespoonfuls into balls. Add to hot oil. Fry in batches until fritters are brown, turning once, about 3 minutes total. Using slotted spoon, transfer fritters to paper towels to drain. Transfer to platter. Serve with favorite sauce.

Options: Change it up by varying the type of fresh herbs. These are excellent with rosemary and garlic as well.

(This recipe is adapted from epicurious.com)

Vegetable and Tofu Wraps with Miso Sambal

This is one of our very favorite appetizers, its always a hit. Yield 6 servings (serving size: 2 wraps)

In this appetizer, the fresh flavors of the vegetables come alive with the spicy, gingery sambal. This popular Indonesian condiment takes on many variations of the basic combination of chiles, brown sugar, and salt. Prepare a double batch, and serve the extra with fish. The creamy texture of the avocado pieces and tofu slices are a pleasant contrast to the crisp vegetables.

Ingredients

- * **Miso sambal:**
- * 2 tablespoons chile paste with garlic (such as Sambal oelek)
- * 2 tablespoons chopped peeled fresh ginger
- * 2 tablespoons white miso (soybean paste)
- * 2 tablespoons rice wine vinegar
- * 1 1/2 tablespoons sugar
- * 1 1/2 teaspoons dark sesame oil

Wraps:

- * 1 cup matchstick-cut English cucumber
- * 1/2 cup cilantro sprigs
- * 2 tablespoons chopped dry-roasted peanuts
- * 1 (12.3-ounce) package reduced-fat firm tofu, drained and cut into 1/2-inch-thick strips
- * 1/2 avocado, peeled and thinly sliced
- * 12 large Boston lettuce leaves

Preparation

To prepare miso sambal, combine the first 6 ingredients in a blender, and process until smooth.

To prepare wraps, divide cucumber, cilantro, peanuts, tofu, and avocado evenly among lettuce leaves. Drizzle each with about 1 1/2 teaspoons sambal; roll up.

(This recipe is re-printed from Cookinglight.com)