

Fry Family Farm

CSA Newsletter

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USDA 2007 Census of Agriculture.

There are some interesting numbers here that allow us to see some trends in Organic Agriculture. All of this information is taken from www.agcensus.usda.gov and www.qualityinfo.org.

- Oregon's Certified Organic Crop Acreage is Surging:
2004: 31,000 acres,
2005: 45,000 acres,
2006: 60,000 acres,
2007: 92,000 acres.
- Of these 92, 000 acres, 42,000 of them are used for Organic pasture land. That's 46%.
- There are 933 Certified Organic Farms in Oregon, with 86% of them reporting fiscal data, reported a total income for 2007 at 88 million dollars. That is a 64% rise from 2005.
- Of these 799 farms, 55% of them reported incomes under \$5,000 for 2007.
- Of the 88 million total dollars in sales; 42 million are from crops, including nursery and greenhouse, 43 million are from livestock and poultry products, and 3 million are from livestock and poultry.

Have you had your hormones today?

One of the best ways to reduce your intake of pesticides and unnatural hormones is through the dairy and meat products you consume. Here in southern Oregon we have a number of organic meat producers that supply through the growers markets and local grocery stores. Full Circle Bison Ranch (check out their website) supplies amazing quality meat to all the markets and many stores. If you haven't tried buffalo, you better! It is amazing and better for you than cow! Also, there are local beef and chicken producers and The Rogue Creamery selling quality products at the markets. Its worth a trip through market to connect with these local producers.

IN YOUR BOX:

Partial Share:

Salad Mix
Broccoli
Slicing Cucumber
Cantaloupe
Cherry Tomatoes
Green Peppers
Summer Squash
Onions
Garlic
Parsley

FLOWERS:

Amazon Dianthus

Full Share:

Salad Mix
Broccoli
Slicing Cucs
Cantaloupe
Cherry Tomatoes
Green Peppers
Summer Squash
Swiss Chard
Onions
Garlic
Basil
Green Leaf Lettuce

FLOWERS:

Amazon Dianthus

The Broccoli this week is from Manny and Lucille Lawrence of Selma, Oregon. They have been farming for over 30 years and although not certified, they have always used Organic practices and products. Enjoy!!!

Does Garlic Repel Mosquitos?

It's not clear why garlic should be an effective natural mosquito repellent. It would seem that the powerful compounds such as allicin which garlic releases are inimical to mosquitos. They have therefore evolved to avoid garlic. Another possibility is that the strong smell of garlic overwhelms the mosquito's sense of smell and prevents them from finding their prey (us!).

Whatever the mechanism, garlic's ability to repel a variety of pests has been proven scientifically. Its effect against mosquitoes specifically is less well documented however there is much anecdotal evidence to support it.

If you wish to protect an entire area such as your garden, you could treat it with one of the commercially available garlic based sprays you can buy. For individuals, studies have shown that coating the body with a jelly based compound including garlic can keep mosquitoes away for some time. Obviously such a method, whilst effective against bites, has fairly major social side effects! (Warning: the allicin in garlic is very strong and can result in skin problems and allergic reactions. Consult your doctor)

Fortunately you probably don't have to go that far. There is strong anecdotal evidence that simply consuming more garlic can help to prevent mosquito bites.

This is not simply a case of mosquitos being averse to garlic breath! If you eat a large amount of garlic then it actually seeps out through the pores of your skin. Some people think that this invisible layer of garlic oil might create a natural barrier cream. Any mosquitoes which do find you will think twice before taking a bite.

(This article is reprinted from garlic-central.com)

Cantaloupe Sorbet

(Sorbetto al Melone)

2/3 cup sugar
1/2 cup water
3 cups 1-inch pieces peeled seeded cantaloupe
(about 1/2 cantaloupe)

Combine sugar and water in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Transfer to 11x7x2-inch glass dish and chill until cold, about 2 hours.

Puree cantaloupe in blender until smooth. Add to sugar syrup in dish and stir until well blended. Freeze until almost firm, stirring occasionally, at least 3 hours or overnight.

Transfer cantaloupe mixture to large bowl. Using electric mixer, beat until fluffy. Return to freezer and freeze until firm (do not stir), at least 3 hours or overnight. (Sorbet can be prepared 3 days ahead.) Cover and keep frozen.

Simple Summer Salad

Cherry Tomatoes
Sweet Onions
Cucumbers
White Vinegar
Sugar
Salt

Cut cherry toms in half and slice onions and cucumbers thinly. Pour Vinegar over top, enough to allow a good soaking. Sprinkle a few tablespoons sugar and a little bit of salt. This makes a nice mixture of savory and sweet. Allow to marinade for a little while, or even eat right away. Delicious and refreshing!