

Fry Family Farm

CSA Newsletter

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Good day everyone, and a Happy Summer to you! It is finally starting to feel warm outside, and it couldn't come at a more perfect time. The last few weeks have been a big push; getting through the big wedding weekend, (yes, Steve and Suzi Fry finally tied the official "knot"), hosting a very successful plant sale, and now we are transitioning into our summer mode. While plant sales are coming to a stop, flower picking is on, and the planting all of our summer and fall crops is well underway. We are all scrambling to get it all done as we adjust to our hot weather lives. The fields are a flurry of activity and all is right on the Fry Family Farm. It is a beautiful time of year here in the valley, hope you are all enjoying it!

PLEASE PUT OUT A VASE OR JAR WITH WATER FOR YOUR FLOWERS!!!

The bouquets will fare much better if they are in water!
Thank you! (And PS-Always re-cut your stems)

Growers Markets

Please come meet us at the local markets if you can! Don't forget, you get 10% off all purchases at our market booth. Whether you need a beautiful bouquet for that special occasion or person in your life, maybe some extra veggies, or even just want to meet us in person, the growers markets are really coming alive these days. It is a great place to do all your shopping, and keep your dollars local. I find myself planning all my meals around what is available at market lately. Some things you can find are: Buffalo meat, Organic chicken, pork and beef, local wines, fresh pasta, olive oil, honey, strawberries, tomatoes, cucumbers, peas, pesto, breads, jams, EGGS, butter, cheese...I mean the list goes on and on and with every passing week there are new items. It is exciting and feels really good to know where your food comes from! It's also a great place to buy gifts for people. It seems just about everyone on *my* list gets pottery, jewelry, jams, cutting boards, or other local crafts for every occasion. Come see how it can fit in your life!

IN YOUR BOX:

Partial Share:

Salad Mix
Spinach
Red Romaine
Kale
Fennel
Cauliflower
Broccoli
Carrots
Parsley
Garlic
Flowers: Penstemon

Full Share

Salad Mix
Spinach
Red Romaine
Purple Kale
Red Mustard
Broccoli
Cauliflower
Carrots
Italian Parsley
Walla Walla Onions
Fennel
Garlic
Strawberries
Flowers: Penstemon

Market Locations:

Tuesdays:

Ashland Armory
8:30am- 1:30pm

Thursdays:

Medford Armory
8:30am-1:30pm

Fridays:

Roxy Ann Winery
3-7pm

Saturdays:

1st & Lithia, Ashland
9am-1pm AND
4th & F Grants Pass
9am-1pm

How to Enjoy Fennel:

Tips for Preparing Fennel:

The three different parts of fennel: the base, the stalks and the leaves can all be used in cooking. Cut the stalks away from the bulb at the place where they meet. If you are not going to be using the intact bulb in a recipe, then first cut it in half, remove the base, and then rinse it with water before proceeding to cut it further. Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and your personal preference. The best way to slice it is to do so vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it. The stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning.

A Few Quick Serving Ideas:

- Healthy sautéed fennel and onions make a wonderful side dish.
- Combine sliced fennel with avocados and oranges for a delightful salad.
- Braised fennel is a wonderful complement to scallops.
- Next time you are looking for a new way to adorn your sandwiches, consider adding sliced fennel in addition to the traditional toppings of lettuce and tomato.
- Top thinly sliced fennel with plain yogurt and mint leaves.
- Fennel is a match made in Heaven when served with salmon!

The Amazing Properties of Fennel

Fennel contains Anethole, an aromatic compound, which has a huge number of medicinally beneficial qualities, as well as commercial applications. Medically speaking, fennel has been used widely for its carminative properties-especially in infants, its anti-inflammatory properties-especially for the eyes, its diuretic properties, its ability to treat hypertension, and its promotion of breast milk in lactating mothers. Commercially, fennel has the potential to be used as an insecticide-it has been used successfully against fleas and certain nematodes; and a flavoring (anethole is distinctly sweet, measuring 13 times sweeter than sugar). GO FENNEL!

Lets Talk "PESTO"

Lets for a moment disregard what we think of as *pesto*, that basil garlic oil cheese stuff we all know and love. Lets instead look at the actual definition of the word; *Pesto*-is actually an adjective meaning "to pound". Hmm. So then, it doesn't really say "what" to pound...In my mind, a traditional basil pesto is a way to get all the other ingredients in my mouth. I've started experimenting with basil substitutes like parsley, spinach, cilantro, and even kale in my "pesto"...and they are all delicious. Your assignment this week is to "pesto" your own pesto!
Good luck!