

Fry Family Farm

CSA Newsletter

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Thoughts on Change...

Last night our neighbor held a fundraiser for Jeff Golden, who is currently running for a seat on the Jackson County Board of Commissioners. Not that I want to get too political here, in a "farm" newsletter or anything, but a big part of his platform and beliefs really DO have a lot to do with farming. I mean, this guy cares about keeping things local, and actually has SPECIFIC ideas of how to do that, from the food you buy for your family all the way up to where county governments are sourcing their purchases. But are we really ready for change? How do we change a system from within? How can we juxtapose our ideals with reality and emerge triumphant with liberty and justice for all?

How do we excite the people we need, the people who share our beliefs, yet are too disenfranchised with the political system (and rightly so), to help make a change? This is the big question, and part of the answer Jeff talked about was as simple as us having more one on one conversations with people. Taking the time to MAKE change, starts in our own brains. We can't be too busy to care about politics, they affect us everyday, and our future is in our hands. This is, I think, the missing link between what we want to happen and what never seems to get done. I see a lot of people preaching to the choir in our community. Yes it's nice to agree, and to surround ourselves with like minds, but it is not the main direction we need to go; it is not time to be sitting around patting each other on the back.

There is a huge population in this valley that does not care about eating local food, or buying local made goods at all. Or do they? Is there a population that doesn't come to the markets, or subscribe to a CSA, or go to a Farm to Fork event, that still actually does care, but doesn't know how to play his/her part? OF COURSE there must be a lot of folks out there, sitting on the proverbial fence between Mc Donald's and a backyard fruit stand. It is our *duty* and *obligation*, I think, to try to get us all on the right side of that equation. Go forth all you veggie community loving folks and RECRUIT for your causes!

IN YOUR BOX:

Partial Share:

Red Butter Lettuce
Red Romaine
Green Chard
Sweet Onions
Basil
Strawberries
Cauliflower
Green Cabbage
Spinach
Garlic
Flowers:
Mixed Lily Bouquet

Full Share

Salad Mix
Spinach
Red Romaine
Red Butter
Green Chard
Red Kale
Basil
Strawberries
Cauliflower
Green Cabbage
Sweet Onions
Flowers:
Mixed Lily Bouquet

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ Happy ★
★ Birthday ★
★ Stevie ★
★ and ★
★ Suzi ★
★ Fry! ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★

What's for Dinner?

Here are some thoughts on different things you can do with the veggies you're getting this week, enjoy...

- Use the butter lettuce to make lettuce "cups" or wraps, they are tender and delicious with thai style ingredients, or simply as a bread substitute for turkey and cheese.
- You can make a basil "paste" that will last for months in the refrigerator, without having to go through all the steps to make a pesto, and without letting any of it go bad. Just blend the basil leaves with olive oil and store in a jar in the fridge. Then add a spoonful of that paste to your favorite sauces, sandwiches, dips, eggs, or whatever. Delicious.
- Too much moisture on your greens and lettuces will cause them to spoil faster, so keep em dry till ya use em. I rinse my leaves just before I'm about to cook them, and then spin them dry in a pillowcase or cloth bag over my head (preferrably outside). Works like a charm, and the greens stay fresh for much longer cuz they are dry. Viola.
- I know Cauliflower is probably not your favorite veg, but this crop is so delicious! They are just sweet and creamy and fresh. I've been snacking on them raw, but also they are great just sauteed up or steamed with the broccoli.
- CHARD CHARD CHARD, and stems! Don't leave them out, the stems are delicious too! Chop them and add to your stir fry! They are tender and sweet.

Delicious Grilled Onions

The sweet onions you're getting this week are wonderful in a variety of dishes. They are very sweet and juicy...so RAW is great without being hot or spicy. Or COOKED is also a great way to enjoy the subtleties of their flavors. I enjoy a lot of grilling at t his time of year anyways, so I just go ahead and grill the sweet onions too. One simple way I do it is this:

- Cut onions in half so they don't fall apart.
- Drizzle with olive oil, Tabasco, salt and pepper.
- Use a brush to evenly coat, and cook them on a hot grill.
- When done to your liking (a little charring is nice on these), remove from grill, cut in half again and serve.
- These are delicious with just about anything. Enjoy!

Betty's Famous Cole Slaw

Well, it's not really famous, but everyone who eats it loves it. Just a basic slaw with a twist.

1. Slice cabbage as thin as possible and set aside. Chop some sweet or green onions and even shred a few carrots into the mix.
2. For the dressing, I never measure, so you are gonna have to put on your chef hats for this one. Mix mayonnaise, a little ketchup, a little sri-racha (rooster sauce), sugar and salt & pepper until all is dissolved.
3. Pour dressing over salad and allow it to meld for a little while if you can before serving.
4. Additions: Cilantro adds a nice coolness to balance out the hotter rooster sauce, chopped almonds add a nice texture, a squeeze of lemon adds a nice freshness.