

Fry Family Farm

CSA Newsletter

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Sharing the Wealth...

The thing is, just by being a member of a local, organic CSA program, you ARE all doing "a" part in sharing "the wealth"; your dollars, our bounty, etc. So what's the next step? Maybe you already take the whole eating local thing in other directions...maybe you do all you can do already. But maybe you're looking for more ways to be a bigger part of your local food chain. Check out these links to other families and locally owned and operated businesses and organizations helping to connect us all. Enjoy.

- **THRIVE** (The Rogue Valley Initiative for a Vital Economy) www.buylocalroque.org: Thrive brings community members and locally-owned, independent businesses together to create a more socially, environmentally and financially sustainable economy in the Rogue Valley.
- **JCLAC** (Jackson County Local Action Coalition) www.jclac.org: They are committed to restoring local control of our natural resources and developing a plan of action that will promote greater community self-reliance and a healthy local economy.
- **Rogue Valley Farm to School**: www.rvfarm2school.org: Educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals. They work to inspire an appreciation of local agriculture that improves the economy and environment of our community and the health of its members.
- **Food Hub**: www.food-hub.org: By the flat or by the field, By the head or by the herd...Food Hub helps you find your perfect match, where regional food buyers and sellers connect.
- For top quality, local, organically produced meats and cheeses, check out these farms: **Full Circle Bison Ranch**: www.fullcirclebisonranch.com; **Willow Witt Ranch**: www.willowwitranch.com; **The Rogue Creamery**: www.roguecreamery.com; **Plaisance Ranch**: www.plaisanceranch.com.
- For more info on local producers and growers, check out our market page at www.rvgrowersmarket.com

IN YOUR BOX:

Partial Share:

Salad Mix
Red Lettuce
Moss Parsley
Purple Kale
Radishes
Beets
Zucchini
Japanese Eggplant
Red Onion
Broccoli
Strawberries
FLOWERS:
Marigold & Solidago

Full Share

Salad Mix
Red Lettuce
Green Lettuce
Purple Kale
Moss Parsley
Beets
Carrots
Radishes
Squash
Japanese Eggplant
Red Onions
Broccoli
Strawberries
FLOWERS:
Marigold & Solidago

Tender Zucchini Fritters with Green Goddess Dressing

Bon appetit magazine , August 2010

Makes about 12

Dressing:

1 cup mayo
1/4 c. each fresh chives, fresh dill
2T each fresh parsley, fresh tarragon
1T White vinegar
1 Anchovy fillet, chopped
Blend all ingredients in food processor. Chill.

Fritters:

1 1/2 lbs. Zucchini
1 1/2 tsp kosher salt, divided
6 1/2 T Flour
1/2 tsp baking powder
1/2 tsp black pepper
1/4 cup BEER
4 oz. Fresh goat cheese or feta cheese
1/3 cup olive oil or more
Greens for serving on

Grate zucchini into colander, sprinkle with 1 tsp salt and toss. Let sit for 30 minutes, continuing to toss, press on zucchini to release as much liquid as possible. Empty zucchini onto kitchen towel, roll up to enclose, squeeze to dry.

Whisk flour, b. powder, pepper, & salt in bowl to blend. Mix in beer. Scrape zucchini into bowl, and stir to coat evenly, it will be very thick. Mix in crumbled cheese.

Heat oil in skillet until very hot, then, working in batches, drop batter by 1/4 cupfuls into skillet, flattening to 3 inch rounds. Sauté until brown and cooked through, about 4 minutes per side. Continue till done, adding more oil as needed.

Toss salad greens with a few T. of dressing, put on plates, top with fritters, and pass remaining dressing alongside. Enjoy!

Eggplant

This is a spongy, mild-tasting vegetable that's meaty yet low in calories. It's never eaten raw, but it can be baked, grilled, or sautéed. The best eggplants are firm and shiny eggplants with unbroken skin. Male eggplants tend to have fewer seeds, and are therefore less bitter than female eggplants. To sex an eggplant, look at the indentation at bottom. If it's deep and shaped like a dash, it's a female.

If it's shallow and round, it's a male.

Smaller eggplants also tend to be less bitter. Freshness is important, so don't store them for very long.

AKA:

aubergine = berenjena = brinjal = garden egg = egg apple = patlican = melongene = melanzane = Guinea squash

Easy Eggplant

Grilled eggplant is delicious and easy, and goes on anything. Make some of these and keep them in the fridge to throw on a sandwich, on a pizza, chopped up in a cous-cous or cold rice salad, they add a delicious smoky, chewy element.

- Slice asian eggplants in to long thin strips (about 1/4 inch thick).
- Marinade in olive oil and balsamic vinegar, and fresh herbs of your choice
- Grill on HOT grill very quickly, 2 minutes per side. The point here is that you want charring and you don't want it to turn mushy.
- Remove from flame and eat immediately, or serve as suggested..