

Four Friends' CSA News

The Bean Pole

October 28, 2008

2008 Season

Issue No. 40

Dear Shareholders and Friends,

This week's harvest includes; Onions, cut culinary herbs, green beans, potatoes, acorn squash, and sweet peppers.

To celebrate the end of the season and to say thank you to all our members, please join us for a pot luck prepared by the farmers, tomorrow, from 4 to 7 pm, at the farm, 35 Pippin Orchard Road in Cranston.

Baked Acorn or Bon-bon Squash

1 Acorn squash
2 Tsp. butter, grapeseed oil, or canola oil
Cinnamon, ginger, freshly grated nutmeg
2 Tbsp. sugar

Pre-heat the oven to 350 degrees. Scrub the Bon-bon or Acorn squash. Cut it in half, and scoop out the seeds with a spoon. Place the halves upside down, (with the skin up), on a baking pan and bake it for about 12 minutes. Take the squash out of the oven and turn the halves over so the cavity is facing up. Put a Tsp. of butter or vegetable oil in the cavity of each half. In a separate bowl, combine the sugar with a sprinkle each of ground cinnamon, ground ginger, and freshly grated nutmeg. Sprinkle the spiced sugar mixture into the cavity and over the top of the squash halves. Cover the bottom of the baking pan with less than ½ inch of water. Bake the squash for another 45 or 50 minutes.

Season your foods with herbs and spices and get added health bonus

Research at the University of Georgia suggests that herbs and spices contain many anti-oxidant-rich compounds called phenols (often at higher levels than fruit and vegetables), which help the body block the formation of compounds associated with the damage caused by diabetes and aging. The more varied the seasoning the better, the study finds, since each herb or spice contributes a distinct phenol, which is absorbed in different ways by the body. [Full Story: UGA News Service](#)

New federal law requires fresh foods to be labeled with country of origin

Consumers generally agree that the new federal law, requiring fresh meat, poultry, seafood, fresh and frozen fruits and vegetables, macadamia nuts, and pecans to be labeled with their country of origin helps them avoid products from countries reputed to have poor sanitation laws and to support American producers. Some consumers still say, however, that they buy the lowest cost items, regardless of origin. [Full story: KXLY](#)

The final days of any undertaking are always bittersweet..

The farmers worked really hard his year and we were thrilled to be able to grow the best produce, herbs, and flowers that we could for the 103 members!

At the same time, we are tired and are looking forward to some rest.

We greatly appreciate your support and thank you for being a part of **Four Friends CSA.**

Chang (*PAK EXPRESS*), Katie & Johanna (*SCRATCH FARM*), Liz (*PIE GARDEN*), Mis & John (*BIG TRAIN FARM*) and Christina (*BLUE SKYS FLOWER FARM*), wish you a happy end of the year and a great 2009!!

IF you have not yet filled out our survey, please see below and email it back to me. We welcome your input!

PS please note my email going forward has changed to: Christina.dedora@gmail.com

Oh, also, there is a winter farmers market starting on December 2nd...please go to www.farmfreshri.org for more info.

"He who plants a garden, plants happiness."

Chinese Proverb

FOUR FRIENDS CSA SURVEY 2008 SEASON

1. Did you have a full or half share?
2. How many people were you feeding with the share?
3. Was it too little or too much for your household?
4. Anything we gave too much of? Or, what, if any of your vegetables went to waste?
5. What did you always wish we had given more of?
6. Is there anything that you didn't **ever** get that you wish you had?
7. Were you happy with the pick up/drop off arrangements? If not, please be specific...
8. Were you happy with the quality? If not, please let us know which items were lacking...
9. Did we communicate with you enough?
10. Can you think of any way to improve the CSA?

Any other comments: