



September 1, 2004

Volume 1, Issue 15w

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Broccoli  
Sweet peppers  
Turnip greens  
Cucumbers or okra

Carrots

Beets

Baby leeks

Garlic

Extra: flowers

### Partial Share:

Tomatoes

Cucumbers or sweet peppers

Carrots or beets

Baby leeks

Garlic

Extra: flowers

**Next week:** look for more sweet peppers, broccoli and potatoes.

## Calendar

September 8th — CSA Distribution, Crossroads Market

September 11th — CSA Distribution, Fair Share Farm

CSA core group meeting

## Beyond Organic

At least once every week Tom and I get the question: "Is your produce organic?" Simple enough, right? My first instinct is to respond with a resounding yes. Our produce is grown with compost and cover crops, shielded from bugs with fabric and natural repellants and weeded by hand. We allow large areas of our fields to remain wild providing habitat and preventing soil erosion. But since 2002 the word "organic" is owned by the US Dept. of Agriculture. Unless a farm is USDA certified organic (we are not), the word organic cannot be used. This winter we will be looking into a program through the Missouri Dept. of Ag. for organic certification.

We will also be asking your opinion on whether it is important to you for us to be certified organic.

In the world of organic farming there is a broad spectrum of farms. At one end is the Land Institute in Salina, Kansas. With the help of foundation grants, they have embarked on a 100 year project to perennialize grain crops and incorporate them into a sustainable and edible prairie that doesn't rely on fossil fuels to feed the world. On the other end is a farm like Earthbound Farm in the Central Valley of California, operated much like its conventional neighbors as far as scale, economics, and labor. Just like its conventional counterparts, organic produce grown on large commercial farms is completely dependent on the labor of

undocumented workers.

Fair Share Farm is somewhere in-between the non-for-profit research farm and the agribusiness mega farm. The farm is small and therefore is more in harmony with the landscape. Our crops move with the flow of the land and give way to wild areas where the soil is too wet or the slope too steep. We are dependent on the marketplace up to a point, but the CSA (you) make the swings of retail sales less dramatic. And while we are not a non-profit (that may be our current status, although not our goal), we do have access to land, a home, a barn, and a tractor all passed down through the Graff family. The impact of these gifts is incredible. One of the hardest struggles new farmers face is how to build a farm while being saddled with loans. Many farmers we know are in that predicament: working a day job while trying somehow to find time to plant, cultivate, and harvest not to mention time for a personal life with loved ones. What other industry could survive under these conditions? It's a testament to the nature of the farming profession that so many are still trying.

## Core group meeting Saturday, September 11th at 4:00 pm

**Location:** Ann and Mark Flynn's home, 416 N. Leonard, Liberty MO

**Directions:** Rt. 152 exit off I-35, travel east on 152/Kansas St. Follow Kansas St. thru Liberty square. Turn left on Leonard, follow to 416 N. Leonard.

**Agenda:** Most of this meeting will be spent planning the end-of-the-season dinner scheduled for October 23rd. The core group has some fun ideas for the party. If you have a talent, musically or otherwise, we want you. Come to the meeting or contact the farm for details. We will also review the mid-season survey results.

## Recipes

### **Cheese Stuffed Peppers (from Romagnolis Meatless Cookbook)**

This tastes as good as it sounds. We tried it on Monday in our "test kitchen" and it was delicious that night, as well as cold for lunch the next day. A dish kids should love.

The Topepo Rosso (small round and red) and Red Marconi (long horn shaped) peppers are both perfect for stuffing. The T. Rosso's will sit nicely in a baking dish, while the Marconi's you will have to lay on their sides. Also, if you like hot peppers, the Jalapenos, Pepperoncini and New Mexico Sunset taste really nice too.

- ◆ 6 sweet peppers
- ◆ 6 tbsp chopped parsley or basil
- ◆ 1/2 clove garlic
- ◆ 2 to 3 slices day old bread
- ◆ 3/4 cup (approx.) milk
- ◆ 1 cup grated Parmesan cheese
- ◆ 1 cup ricotta cheese
- ◆ 1 tsp freshly grated nutmeg
- ◆ 1/2 tsp salt to taste
- ◆ 1 large egg
- ◆ Olive oil
- ◆ 1 tbsp unsalted butter

Preheat oven to 375°F. Cut out tops of peppers and save to "recap" the peppers later. With knife or small spoon, scrape out seeds and rind from inside of peppers.

Shred the bread and moisten it with enough milk to make about 1-1/2 cups of damp bread. Finely chop together the parsley/basil and garlic.

Add it to the bread-milk mixture, along the cheeses, nutmeg, salt, and the egg. Mix well, taste for salt, and add some if desired. Add enough olive oil to make a soft paste.

Fill the peppers with the mixture and dot with butter. Oil the bottom of a baking dish large enough to hold the peppers close together. Put in the filled peppers, cover each with its own top to keep the stuffing moist during baking, and drizzle a little olive oil on each.

Bake for about 40 minutes, or until the peppers are tender to a fork and the filling has puffed slightly and seems cooked. Let cool. Good warm or cold.

### **Turnip Greens with Bacon**

If you don't eat bacon, sesame seeds are a nice alternative.

- ◆ 1 bunch turnip greens, chopped
- ◆ 1 clove garlic, crushed
- ◆ 1 small onion or leek, chopped
- ◆ 1/2 cup chopped bacon
- ◆ 2 tbsp olive oil
- ◆ Juice of 1 lemon

Sauté bacon in olive oil over medium high heat for 5 minutes. Add onion and garlic and cook 2 minutes more. Add turnip greens and lemon juice. Stir until greens are wilted. Cover and simmer on medium low heat 5 to 10 minutes or until tender. Season with salt and pepper.

### **Giving Credit**

I use a lot of references in writing the newsletter. One in particular I would like to mention is *FoodBook for a Sustainable Harvest* by Elizabeth Henderson and David Stern. Liz was the head farmer at Peacework Organic Farm near Rochester. Printed for binders, it is a well researched source of information on the history and nutritional value of vegetables, as well as their storage requirement and recipes.

## Your Share Items

### **Turnip Greens**

While you are getting greens again this week, you are getting a new one. By the end of the year you will have received about 9 different varieties of greens. While some grow better in fall than spring, and vice versa, we will use the end of the year survey to try to hone in on the greens most preferred by the CSA.

Last year we had more than one customer ask us for turnip greens. It seems for some reason to be a green of choice in Kansas City, so we thought we should be sure to include it in a share this year. We pull these in order to thin out our turnip planting, so they are young and tender greens.

Like most greens, the turnips' are a very healthy dish and a nice source of protein, calcium, iron, Vitamin A, thiamin, riboflavin, niacin, ascorbic acid and potassium.

### **Broccoli**

We have learned from our mid-season survey that many of you

want more broccoli. We will do our best to provide it this year, and keep it coming (at least in season) in the future.

A native of the coasts of Europe, it started receiving attention in the late 17th century, and was known as Italian asparagus.

Broccoli is perhaps the most nutritious vegetable out there. It has more Vitamin C than orange juice, and has as much calcium as milk.

### **Flowers**

While we promised you 4 to items for partial and 7 to 9 items for full shares, we have tried and succeeded in providing the high range every share so far. At times when the vegetable supply may be low, we may provide non-edible items. This week it's flowers.

Rebecca is working on having a good mix of cut and dried flowers that won't take up too much of our time or space, yet be available almost year round. We hope you like your bouquet. Let us know if you are aware of any flower varieties that are good for the area, easy to cut, and keep well.

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