



May 18, 2005

Volume 2 Issue 1w

Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

- Lettuce
- Tat soi
- Leeks
- Garlic greens
- Arugula or Cilantro

Partial Share:

- Lettuce
- Tat soi
- Leeks
- Garlic greens

Share box: Rhubarb, Sorrel, Pea Shoots, Dried red peppers, Arugula & Cilantro.

Next week: lettuce, sugar snap peas, radishes, spinach, green onions, kohlrabi, spring turnips, and more garlic greens

Calendar

- May 25th — Distribution, Wednesdays
- May 28th/29th — Distribution, Weekend

 WELCOME

Welcome to the unofficial first week of the Fair Share Farm CSA. We, as always, wish for a good season with all of you, with adequate rain, and sunshine.

It seems every time we raise our heads up for air, Community Supported Agriculture is in the news. Last week USA Today had CSAs on the front cover, earlier it was the Wall Street Journal. Community Supported Agriculture began in the 1980s in the U.S. Almost 20 years later, we are hitting the mainstream. The press has so far been a blessing. Many of our new members found us through articles in print or on the web.

There are over 1,000 CSAs in North America and each one is unique, determined by the combination of the farm & the community group. We began the CSA last year modeling our effort on a 16-year, 260-member+ CSA in western New York state. Tom was a member of the Genesee Valley Organic CSA and Rebecca (that's me! I write the front page) apprenticed at the CSA's farm (Peacework). So, you can blame them for your farm shift

requirement and the core group. With the beginning of our 2nd season, we welcome your comments & suggestions. After all, our own CSA is unique too - determined by the combination of the farm & community group.

One way in which the CSA is adjusting to your needs, is a new twist called the "share box". Last year we learned that there is much diversity of taste among the members. We survey the membership twice each season to hear your thoughts on ways we can improve. Some of you love beets, others can't stand them. Ditto on many other vegetables. So, along with your regular choices, you will now have the added opportunity to trade out anything in your share and replace it with something from the share box. We'll seed it with a variety of veggies including staples or those that we don't have enough of to offer to everyone.

Another way to get something different

than what's in your share is to order from the bulk list. If you want extra beans to preserve, a big bunch of basil for pesto, or just an extra head of lettuce, fill out the bulk order sheet at distribution the week before you want the extra items. They will be waiting for you the following week. We charge wholesale prices to our CSA members & prices are listed on the sheet. We will start supplying a bulk order sheet at distribution starting next week.

Hope you enjoy your veggies, both the familiar and the less so. Our goal as CSA farmers is to grow a large variety of vegetables so that no matter what the weather you will have something in your share. We still focus on the standard favorites like tomatoes, beans, & corn, but save some room for the less well-known (but just as tasty & nutritious) like kohlrabi, tat soi, & leeks. Many of these vegetables, popular in Eastern Europe or Japan grow best in the Springtime. Check out the back of the newsletter for Tom's tips on cooking with these yummy offerings of Spring.

Liberty folks: See you in the garage of Fred & Carole Barth, 104 Nashua, next Saturday, May 28th from 2:00 -3:30 pm. The Barth's are graciously hosting the site thru June. Check your email for more info. soon.

Welcome to Page 2

Welcome to the 2005 Fair Share Farm CSA. Our objective on this back side of the newsletter is to provide you a useful source of information about your share. As we can only say so much on one page, we will be using lots of references that you can either find on our website, or elsewhere on the world wide web.

To help you regularly enjoy your vegetables, we suggest that you include some of the following ingredients in your pantry: *olive oil, bal-*

samic vinegar, Mediterranean dried herbs (rosemary, thyme, marjoram, oregano, savory, tarragon, fennel, dill) soy sauce, sesame oil, fish sauce, hot peppers, spices such as coriander, cumin and curry powder, as well as some lemons and limes.

We will do our best to provide the fresh vegetables, fruit and herbs.

I would like to hear from you; your thoughts on the value of the newsletter, your recipes or your food experiences.

Recipes

Angel Hair Pasta with Leeks and Garlic Sauté (*from food-downunder.com*)

We tested this recipe on Monday and were glad we did. The trick to a recipe like this is to heat the leeks quickly for a minute or two on high heat to get them nice and hot, and then cook them slowly on medium low heat to caramelize.

Ingredients:

1 pound angel hair pasta
3 tbsp olive oil
2 large or 3 medium leeks
Bottom half of 3 garlic greens, chopped
1 tbsp lemon zest
1/4 cup chopped cilantro
Grated parmesan or Romano cheese

Method

Trim tough dark green portions of the leek top away. Slice leeks lengthwise and rinse under cold running water, fanning leaves to remove all grit. Cut crosswise to form small strips.

Heat oil in a heavy bottom sauce pan large enough to toss the pasta. Sauté the leek with the green garlic, a pinch of salt and pepper. Reduce heat and continue to cook the leek until slightly caramelized. Add the lemon zest and cilantro. Toss with the cooked pasta. Serve at once, topped with grated cheese.



Your Share Items

In this portion of the newsletter, you will get to know a little about growing and eating your share. There is also information archived in our newsletters, so check the website if you want to know more.

Leeks

Leeks are one of our favorite vegetables, and so we are trying to get good at growing them. The ones in this weeks share were planted in the greenhouse in February 2004, so they are well over a year old. We plant varieties that, when mulched, are known to over-winter well and be ready to eat in the Spring. We want to be able to provide some vegetables with substance in the Spring, so that you are getting more than just leafy greens.

It is a little tricky to make sure you harvest them before they go to flower. Some of you may find the center to be somewhat solid—that's OK—it's only the beginnings of the seed stalk. You can see then, that the start of the CSA is in tune with the leeks.

Green Garlic

Another plant that was put in the ground awhile ago (Halloween 2004), green garlic is a garlic plant before it starts forming a head. The white part is the most tender and edible. Chop and use like garlic, or put in a salad for a mild garlic taste.

The dark green tops are best used to flavor a stock.

Lettuce

The CSA farm I was a member of in Rochester was known for its lettuce. They would give out lettuce for all 26 weeks of their season. That was in the Northeast. Here in the Midwest, our summers come too soon, and are much too hot to cultivate lettuce (without shade cloth and a water spray.)

We have found some head lettuce varieties to grow that taste good, have a nice range of crunchiness textures, and don't "bolt" to seed too early in the season. We hope to hand out lettuce for 5 to 6 weeks at the start of the year, and then a similar amount at the end.

We are growing Butterhead/Bibb, Cos/Romaine, Batavian and Loose Leaf/Oak Leaf. A new one that we are trying this year is in this week's share—Quattro Stagioni (4 Season)—an Italian seed that is growing well. It is a Bibb type, with dark red edges and a bright green center.

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