

October 5, 2005

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This Week's Share:

Full Share:

Tomatoes

Choice of greens: kale, lettuce, or chard

'Bintje' potatoes

Summer squash or cucumbers

Basil or cilantro or arugula

Sweet peppers

Turnips with greens

Kohlrabi or green tomatoes or radishes

Garlic

Extra: eggplant, take what you want

Partial Share:

Tomatoes

Choice of greens: kale, lettuce, or chard

'Bintje' potatoes

Basil or cilantro or arugula

Turnips with greens

Sweet peppers

Extra: eggplant, take what you want

Next week: green bell peppers, broccoli, greens, and onions.

Calendar

October 12th— Distribution, Wednesdays

October 15th— Distribution, Saturday

Fair Share Farm CSA Newsletter

I apologize in advance if this newsletter is a little hurried. Tom did a great job on the back side with his four ways to eat a pepper. We had two of the variations for dinner tonight and they were both scrumptious.

I am feeling a little rushed however with our trip days away and a frost in the forecast. We have spent the last two days doing little else except harvesting the frost-tender crops and preparing for our departure (read more on the back page titled '*Sweet and Green Peppers*'). Luckily we have a great crew of folks from CSA members to family helping us attend this important family event (Tom's sister is getting hitched). We are looking forward to seeing family, enjoying the ceremony, and sampling some hearty New England fare and fall scenery.

The last gasp of summer this week with highs in the 80s really made everything grow. We are astonished to have another week of tomatoes. Its been a great tomato year for us and we're glad to have been able to share the wealth with all of you. Perhaps a few stray slow-ripeners will be in the shares next week, but after that it will be farewell to our beloved love apples until next

season.

On the other hand, the high heat of the last few days sent our first batch of lettuce to an early bolt. I checked it last week and it looked like it was going to be perfect for this week's shares. Unfortunately, the 80 degree weather turned them into flowering stalks overnight. There is some lettuce in the share this week—a choice along with the greens. We apologize for this but such is the business of growing tender greens in our unpredictable climate. There is more lettuce growing, and we hope to have more in the shares in the coming weeks.

This week will be the last of the basil and eggplant. Okra and beans have already made their departure.

Missouri egg factory sued over animal cruelty

This week the *St. Louis Post Dispatch* published an article that unveils the underbelly of the large layer warehouses that dot our state's countryside. The suit is against a facility near Neosho, Missouri that sells their eggs under the Egglard's Best and Land O' Lakes All Natural Farm Fresh labels and involves video footage of live chickens being tossed into a semi truck along with dead ones. The story also describes the

impact on the local community with regards to manure runoff into local streams and the stench that wafts through the town and school next door. For the full story, go to STLtoday.com and use the story finder to search for 'Neosho egg factory'. I tried to copy the link here but I've had no luck.

After reading the story, we appreciate even more the lovely eggs that Jean Hain has been able to provide us this year. Unlike their factory-farmed cousins, Jean's chickens have a good life scratching and pecking in the open air with their fellow farm animals. This year was a great experiment in providing other local farm products to the CSA members and we hope to expand what we can offer in the future. We'll also be looking at ways to include the folks that pick-up in the city so that they can enjoy truly 'farm fresh' and 'all natural' products that we don't produce ourselves. In the meantime, pick up a Food Circle directory at distribution if you haven't already to find local producers that provide everything from goat cheese to hamburger to honey. And keep an eye on the newsletter in the coming weeks for more info. on continuing Medicine Creek grass-fed beef through the wintertime.

Recipes

Roasted Potato and Arugula Salad (from Terra Firma CSA)

This is one of Rebecca's favorite recipes. It is also good with steamed or boiled potatoes

- ◇ 2 lb potatoes
- ◇ 1 large onion
- ◇ 5 tbsp olive oil
- ◇ 3 cups chopped arugula
- ◇ 2 tbsp olive oil
- ◇ 1 small clove garlic, minced
- ◇ 1 tbsp soy sauce

Dice potatoes and onion, toss with 2 tbsp olive oil, salt, and coarsely ground black pepper. Roast in the oven at 400 degrees until browned on all sides, stirring every 5 minutes or so until done, about 35-45 minutes. Meanwhile, rinse, dry and coarsely chop the arugula. Make a dressing with the balsamic, garlic, soy sauce and 3 tbsp of the olive oil. When the potatoes are done, remove them to a bowl. Deglaze the pan using another tablespoon of vinegar, and add to the dressing. Toss the potatoes and arugula with the dressing. The hot potatoes will wilt the arugula.

Variations on Peppers and Onions

As the pepper season winds down, we encourage you to enjoy them while you can. The culinary uses of sweet and green peppers are many, and we provide here some variations. These recipes are all centered on the

simple cooking task of frying (aka, sautéing and stir frying) onions and peppers.

Basic Steps:

Take 1 large onion, peel the skin and cut it in half from top to bottom, then cut it crosswise to form long strands. Sauté on medium high heat with 2 tbsp of olive oil for 5 minutes. Meanwhile, take 2 bell peppers or 3 frying peppers (the long pointy ones), cut out the stem, then cut in half and remove the seeds and membrane. Cut the pepper into long strips and add to the onions. Sauté for 5 minutes, then turn heat down to medium. Add 3 cloves of garlic, coarsely chopped, salt and pepper to taste, stir, and cook 10 to 15 minutes more, until the vegetables are limp and well cooked.

Variation 1: Fajitas

While fajita traditionally involve steak or some other meat, the peppers and onions are good by themselves. Place peppers and onions in a tortilla, roll up and eat. You can add whatever other ingredients you want, like marinated meat, greens/lettuce, sour cream, etc. Top with cilantro or chives.

Variation 2: Pasta Sauce

Halfway through cooking, add 1 tbsp of dried oregano and 1 tbsp fresh thyme. When the onions and peppers are cooked, add 1 cup chopped fresh tomato and cook for 2 minutes more. Serve over pasta and top with fresh

basil and grated cheese.

Variation 3: Asian Stir Fry

If you go back to issue 5, you will find a recipe for the basics of stir frying, which is what each of these dishes entails. The main thing that will make this an Asian dish is the seasoning. Replace the olive oil with sesame oil, and halfway through cooking add 2 tbsp soy sauce, and 2 tbsp rice wine vinegar. Serve over rice, squeeze some lime juice over finished dish and top with chives or cilantro.

Variation 4: Breakfast

Sometimes you just want a hearty breakfast, and peppers and onions can help. Halfway through the cooking, move the vegetables to the side of the pan, and put 3 cups of chopped potatoes in the pan. Cook until the potatoes are cooked and crispy, and then mix the pan for a stick to the ribs morning dish. You may want to cover this dish for part of the cooking time to help the potatoes get tender. Cat-sup/ketchup is a nice addition.



Your Share Items

Sweet and Green Peppers

This time of year we spend a lot of time on the lookout for the first frost. We try to time the final harvesting of the summer crops (ie, peppers, eggplant, squash, basil, tomatoes) so that we lose as little to damage as possible. Since we are going to be gone this weekend, and the temperatures are expected to drop into the 30's, we decided to do a lot of harvesting on Monday.

This picking amounted to crates and crates of peppers. So what we plan to do is hand out all the peppers with some color this week, and then hand out green peppers over the last few weeks. These peppers are excellent quality, as the growing conditions since mid-August have been great.

As this scenario implies, green peppers are simply colored sweet peppers that have not fully ripened. They do have some sweetness in them though, that comes out especially when you roast or fry them.

Peppers are a good source of fiber, vitamin A and vitamin C.

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