



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Lettuce
Leeks
Garlic greens
Kale or spinach
Arugula
Radishes
Tarragon, mint or oregano

Partial Share:

Lettuce
Leeks
Garlic greens
Kale or spinach
Tarragon, mint or oregano

Next week: Asian greens, sugar snap peas, radishes, green onions, spring turnips, and more garlic greens & lettuce.

CALENDAR

**May 20—Open House at the Farm
come join us (1pm-4pm)**

May 24: Wednesday pick-up

May 27: Saturday pick-up

WELCOME!

Here we are already at the start of the 2006 season. It seems like only yesterday that I (Rebecca, I write the front page) was a starry-eyed apprentice on a farm in upstate New York. Having my own CSA farm was a goal that seemed far in the future with many obstacles to overcome. The first day of the Genesee Valley Organic CSA began as ours will tomorrow. The members arrived to help, we harvested leeks & greens, washed & packed them. It wasn't until we sat down for our picnic lunch together, that I began to notice one certain member. He explained that he had quit his corporate career and was searching for a different life that required him to use his hands & his artistic sensibilities. Now here we are five years later with our own apprentice & CSA members beginning another season. I am so grateful to be sharing another year with Tom & with all of you. Lets plan on having a good one!

Now, enough nostalgia. The present is too good to dwell in the

past. Spring has arrived and we are eating fresh food again. Hooray! For the newcomers, a word about spring: greens. You will be getting lots of them & you will like them if you learn to cook with them. As one of the New York farmers loved to say, "when in doubt, sauté with garlic & onion." Also, check out the backside (Tom's side) & our recipe webpage for helpful hints about cooking with the healthy green goodies.

Switching to Saturday, anyone?

It turns out there is an imbalance in the force ... well, at least in our CSA distribution. Seems more folks (a lot more) are picking up Wednesday than of Saturday. This causes logistical problems for us in the field. If you are currently a Wednesday picker-upper, and are able & willing to switch to Saturday, we would greatly appreciate it. Just let us know & we'll make the switch for you. Thanks!

Wanted:

Vegetable farming can be a fairly plastic-intensive business. We try our best to avoid the stuff if possible & re-use when not. You can help by collecting items that we need to use, but would rather not buy new. Here's some our favorite re-usable plastic things:

- *plastic grocery bags
- *plastic mesh pint containers
- *1/2 gallon plastic ice cream tubs w/handles
- *clipboards (not technically plastic, but still highly wanted)

To unload these items, just bring them to CSA distribution and we will happily take them off your hands!

And for those who are really dedicated to our re-using mission, we have a special task. We re-use waxed produce boxes from organic stores like Wild Oats or Whole Foods. Normally they are thrown in the dumpster, but if you contact the stores they will let you pick them up. If you are interested in hooking us up with some boxes, let us know & we can give you more info. about the quality & quantity of boxes we're wanting.

The Back Pages

Welcome to the back side of the Fair Share Farm Newsletter. Here is where you will find answers to questions such as “what is this?” and “how do I cook it?” Each week we will provide you with one or more recipes that will include as many items as possible from your share. Each recipe will be “tested” (or created) in our kitchen so that we can give you an authoritative description of the dish based on our own cooking experiences and tasting.

We will also include some basic information on the newer items in your share. Since some weeks we provide over 9 different types of items, the newsletter is not big enough to be a comprehensive source for information. So be sure to go to the *Recipe* page of our website and search for info. You can also check out the links provided on the same page. They are all excellent sources. If you don't have web access let us know, we will do what we can to help you out.

Recipe

Leek and Tomato Pasta

Last year we were happy when we turned people on to leek with *Angel Hair Pasta with Leeks and Garlic Sauté* (Vol. 2 Issue 1). We still recommend that recipe, but have a new one here for those of you ready for even more leek dishes.

Ingredients:

2 tbsp olive oil
1 tbsp butter
2 leeks
2 garlic greens or 4 cloves garlic
1 qt tomato sauce
1 tbsp dried or 2 tbsp fresh oregano, marjoram or thyme
Salt and pepper to taste
Pasta
Grated Parmesan 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. Sauté the leek over high heat until translucent, about 3 minutes. Reduce heat to medium low, add the garlic, butter, herbs, salt and pepper, and continue to cook the leeks until slightly caramelized, about 10 minutes.

Add the tomato sauce and bring to a boil. Reduce heat and cook until sauce reduces to desired consistency 5 to 10 minutes. Serve over pasta with grated cheese.

Your Share Items

In this portion of the newsletter, we will attempt to give you basic information on at least some of the items in your share.

Leeks

Early in the season the shares will be filled with lots of lettuce and greens. Since the more substantial vegetables like potatoes are a month or two away, we try to provide you with a hearty item early on, and leeks are just that. A relative of the onion, leeks have a milder flavor that is great in soups, stews, sauces or as a side dish. Check out *Method* in the recipe to learn how to clean them, as they can accumulate some dirt between the layers of the upper leaves.

Green Garlic

Many vegetables are edible at more than one stage of their maturity, and such is the case with garlic. What looks like a scallion is actually a young garlic plant. In another few weeks it will start forming cloves, on its way to becoming a head of garlic. These young plants (the white part) are excellent raw in salads, or as a garlic substitute in other dishes.

Arugula

I have heard people say many times “I never had arugula before, but now I'm hooked.” We hope that is the case for you. A fast growing green (aka *Garden*

Rocket), its unique nutty/peppery flavor is good in salads or on sandwiches, among other things.

Kale and Spinach (Greens)

Quintessential greens, the options for cooking with these vegetables are many. The simplest, as noted on the front page, is to sauté them with olive oil and garlic. Adding a little vinegar and/or butter is a nice way to add some flavor too. As this is the first time in 4 years we have had any success growing spinach, we hope you like it.

Herbs

We have been working from the start at establishing a comprehensive culinary herb garden here at the farm. We have planted many perennial herbs (oregano, tarragon, thyme,) and each year plant out our annual herbs (dill, cilantro, basil,...). This weeks herbs are all perennials Here are a few basics for each:

Mint—smells great and is especially good in teas. Add 2 or 3 sprigs to a batch of sun-tea for some flavor

Oregano—one of our favorites, if you don't use it up, dry it in your oven on its lowest setting for an hour or two, and store in a jar.

Tarragon—a classic French herb, excellent with chicken, eggs, or to flavor vinegar.

The 100-Mile Diet

We are very excited to be a part of a unique project this year; the 100-Mile Diet. A crack team of eaters has been assembled by the KC Food Circle to scout our area and find out what food is available within a 100-mile radius. Every month they will publish an on-line article (www.presentmagazine.com and www.kcfoodcircle.org) sharing their experiences and challenges in looking for local milk, grass-fed beef or heirloom to-

matoes They will tell you how to preserve the harvest of the summer so you can eat locally, even in the winter. The team has written 3 article so far.

As CSA members you already know the many benefits of eating local food, from preserving family farms, to saving fuel, to the incredible freshness and variety. If you are interested in joining the team, or getting more involved, just give me a call.

Fair Share Farm

18613 Downing Road

Kearney, Missouri 64060

(816) 320-3763

www.fairsharefarm.com

