



Fair Share Farm CSA Newsletter

IN THE SHARE week 18

Full:

- Desiree* potatoes
- Onions
- Lettuce
- Sweet peppers
- Greens: tatsoi, vitamin green or raab
- Okra or summer squash
- Arugula or radishes
- Tomatoes
- Rosemary, basil or thyme

Partial:

- Desiree* potatoes
- Onions
- Lettuce
- Rattlesnake* Beans
- Cucumbers or Eggplant
- Rosemary, basil or thyme

Next week: peppers, okra, eggplant & lettuce. Carrots & garlic are back. Green tomatoes and Pumpkins!

The fall-like weather continues to remind us of why we got into this business. The farm is a verdant carpet of greens of all shades & hues. The blue-green broccoli plants are starting their first buds and the colorful lettuces are sizing up. The soil is damp & weeds pull out easily. After harvest today we worked on the herbs filling in some gaps in the perennial garden with sorrel & chives. With us was Lindsay Medoff who will be spending the rest of the month working at the farm. After tagging along with a friend for a farm workday she was hooked and has been a regular volunteer since. For the rest of the month, she'll be here full-time as an apprentice before she heads off to other adventures. With her help we are making great progress on the fall season of chores. Brenda Raygor, who apprenticed with us for five months left the farm last week. We wish Brenda & her hubby Richard the best of luck as they pursue their farming goals.

WINTER PLANS

What do you do in the winter? is a question we often hear. Our response tends to be a somewhat lengthy list. First of all, we try to take the month of December off (and succeeded at doing so last year) which we have found really helpful in rejuvenating us for the season ahead. November we close up the farm & plant the garlic. January we begin planning & order our seeds & supplies. In mid-February we start planting in the greenhouse. This November we return to the 2nd annual CSA conference in Cadillac, Michigan. Two years ago we gained so much from the workshops & getting to talk to so many of our fellow CSA farmers & organizers. Afterwards, Tom & I plan to have a retreat to develop 5-year plan #2 as we prepare for the future going into our 5th season. The discussion has already begun as we look into applying for a national Sustainable Agriculture Research & Education grant which may help with our need to

develop a more efficient cultivation system (i.e. keeping the weeds under control). We also plan to attend the Small Farm Trade Show in Columbia MO & we will be on a CSA farmers panel at the *Feeding Kansas City* conference in December at the Kauffman Center. Phew!

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- **CITY DISTRIBUTION MEETING** •
- **Wednesday** •
- **September 27th 6 pm.** •
- **at The Crave Café** •
- •
- Half of the FSF CSA membership •
- picks up at the 39th St. Commu- •
- nity Farmers Market. In order to •
- grow for 100 members next year, •
- we are planning to no longer at- •
- tend the farmers market. We are •
- asking the city members to help •
- us achieve this by taking over the •
- reigns of the city distribution pony. •
- Liberty members have done a •
- great job of paving the way •
- •
- Pick up your share, then join us at •
- the Crave café outdoor seating •
- (just next door to CSA pick-up) at •
- 6 pm. Grab a coffee & join us for •
- a discussion of possible scenarios •
- for next year. I'd like to have a •
- rough estimate, so if you plan to •
- attend let me know. •
- •
- • • • •

CALENDAR

September 20: Wednesday pick-up
farm workers: Rouyer

September 23: Saturday pick-up
farm workers: Beck & Mike Ireland, Lisa Key & Harry Mallin

Your Share Items

Watermelon Radishes

Over the past couple years we have been working on finding different varieties of radishes to grow. Since they are a somewhat regular addition to spring and fall shares, we want them to be interesting. Perhaps the most interesting radishes we grow are the watermelon variety.

They grow large, run from mellow to hot, and have a whiter inner rind that surrounds a bright red center. They add a lot of color to a crudité platter, and are crunchy to boot. Another good thing about them is they store extremely well. We have put them in the root cellar in October, and had them at Christmas.

Eggplant

I searched the newsletters and realized that I have not talked about eggplant this year. It is a sign of the low quantity of eggplant that we have harvested so far. This is due to many factors, including struggling transplants and hot weather. But we side-dressed the plants with alfalfa meal on July 31, in an effort to at least have some fall eggplant.

We are happy that this mid-summer care, and the recent rains helped the eggplant begin producing. While it may be a small and short peak harvest, we hope everyone gets some quality eggplant.

We pick the eggplant at a smaller size than in the stores, and we also have varieties you only see at farmers markets, including the long, skinny Asian eggplants, the blocky Pandora Striped Rose (purple with white stripes) and the black Nadia.

The recipe this week is a great way to cook eggplant, as it is nice and tender. It is good to cook eggplant so any crunchiness is gone.

Recipes

Eggplant, Colored Peppers and Raab Curry (adapted from *Sundays at Moosewood Restaurant*)

Sundays at Moosewood Restaurant was written in 1990 by 18 of the chefs at this vegetarian restaurant in Ithaca, New York. It contains 18 chapters, each with recipes of a particular region of the world; from Africa South of the Equator, to Southern United State, with Finland and Chile in between. There are 9 other Moosewood cookbooks, and several members have mentioned how they use theirs often in looking for recipes to cook up the share.

Ingredients:

- ◇ 2 medium eggplant, cut into 1-inch pieces
- ◇ 2 medium onions, chopped
- ◇ 2 tbsp vegetable oil or ghee
- ◇ 1 tbsp grated fresh ginger root (optional)
- ◇ 2 tbsp curry powder *or* a mix of the following:
 - 1 tbsp ground cumin seed
 - 2 tsp ground coriander seeds
 - 1 tsp cinnamon
 - 1/2 tsp turmeric
 - 1/8 tsp cayenne
 - 1/2 tsp cardamom
 - 1/2 tsp salt
- ◇ 1/2 cup coconut milk or apple juice
- ◇ 1 cup water
- ◇ 1/2 bunch broccoli raab tops (or other green), coarsely chopped
- ◇ 2 colored peppers, cut into 1 inch pieces
- ◇ 1 tbsp fresh lemon juice

Method:

- ◇ In medium pot, sauté onions in oil until translucent. Add the spices and cook another minute or two.
- ◇ Add the eggplant, coconut milk, and water.

Cover, bring to boil, reduce heat and simmer for 10 minutes.

- ◇ Meanwhile, in another pot, cook the greens in a small amount of water until limp but still bright green.
- ◇ Add the peppers to the eggplant and cook for 5 minutes, then add the cooked greens and lemon juice. Cook 3 to 5 minutes longer.
- ◇ Serve with rice.

Mashed Hakurei Turnips and Potatoes

This recipe was inspired by hearing our members and volunteers last Saturday who tasted a fresh turnip and started thinking up recipes for them.

Ingredients:

- ◇ 1 bunch of turnips
- ◇ 4 medium potatoes
- ◇ 4 cloves of garlic, peeled
- ◇ 1 cup finely chopped turnip greens
- ◇ 2 tbsp butter
- ◇ 2 tbsp milk
- ◇ Salt and pepper to taste

Method:

- ◇ Chop the turnips and potatoes (skin on), and put in a pot with the garlic, greens, salt and pepper and about 1/2 inch of water. Cook until potatoes are tender, about 20 minutes.
- ◇ Drain the potatoes, put in a bowl or back in the pot add butter and mash, then add milk and mash until smooth.
- ◇ Serve topped with chives or parsley

Fair Share Farm
18613 Downing Road
Kearney, Missouri 64060
(816) 320-3763
www.fairsharefarm.com