

#### IN THE SHARE week 8

#### Full:

**Beets** 

Cabbage

Garlic

Tomato tasting

New potatoes

Green beans

Summer squash

Cucumbers

Basil, fennel or dried herbs

#### Partial:

Lettuce or summer squash

Garlic

Beets or cabbage

New potatoes

Tomato tasting

Basil, fennel or dried herbs

**Next week:** More tomatoes, squash, cucumbers & green beans. Summer savory & green peppers enter. Carrots and onions return.

# Fair Share Farm CSA Newsletter

#### -In the field-

The 2.5 inches of rain that fell here last week gave sprout to a new flush of pigweed, foxtail, morning glory and crabgrass to name a few. With most crops too tall for mechanical cultivation, we are back to handhoeing. Each day we get several beds weeded. Today the sweet potatoes and a trial bed of June-planted tomatoes were hoed. As each bed is weeded, a strip of irrigation tape is laid next to the plants. The adequate rainfall has thus far made irrigation unnecessary, but the summer heat has arrived and irrigation will begin soon.

#### —The love apple—

The tomato crop is offering its first fruits of the season. This week everyone gets a tasting of the harvest to come. We grow over 500 plants of a wide array of tomato varieties to ensure a long & varied harvest. Heirloom tomatoes are the belles of summer —so sweet and full of color, but delicate and prone to cracking. We grow 20 different heirloom varieties, each with their own personality. Hybrid varieties, on the other hand, tend to be vigorous, tougher-skinned and disease-resistant. A good portion of the crop is always dedicated to these workhorses that have real tomato flavor.

#### Here's what we are harvesting now:

Slicing tomatoes:

Golden Girl—hybrid, Purdue gold Cherokee Purple—heirloom, deep red to purple

Celebrity, Early Girl, Goliath—hybrid, red

-Cherry tomatoes:

Sunsugar—hybrid, orange Black Cherry—heirloom, purple Beam's Yellow Pear—heirloom, yellow, pear-shaped

Snow White—heirloom, pale yellow Sugar Snack—hybrid, red Sweet Chelsea — hybrid, red Pink Cherry—golf ball-sized, pink

Some of these are tried-and-true favorites, while others are new to us. Many more varieties, including lots of heirlooms and paste tomatoes are coming soon. A June-planted bed of hybrid tomatoes bred to set fruit in the heat will hopefully be adding a late season zing to the tomato harvest.

## CSA Harvesting—week 8:

A new feature. If you are coming out to harvest, here's what's waiting for you...

<u>Harvesting:</u> basil, fennel, beets, cabbage, green beans, new potatoes, cherry tomatoes.

Other chores: the garlic harvest returns as the mud recedes.

#### **CALENDAR**

July 11: Wednesday pick-up

K.C. distribution team: Diana Wright and Betsey Molinario

farm workers: Karen Overstreet, Mary Lowe, Henry Lowe, Sandra Stuckey

and Rhonda Cosgrove

July 14: Saturday pick-up

farm workers: Debbie & William Bednar (Liberty delivery), Aaron Matthews, Laura lorg



Fair Share Farm CSA Newsletter Volume 4 Issue 8, July 4, 2007

## Your Share Items

#### Garlic

Garlic in head form is finally here. We have begun the garlic harvest, and hope to get through it soon, so you can get it every other week for the rest of the season.

This week's heads have been out of the ground and in the barn for a week, and will be fresher than what you are used to. The cloves may be slipperier than normal, so be careful.

#### Cabbage

It's been a tough year in the field for cabbage, but what we're harvesting this week is very crisp and tender, perfect for fresh salad and slaw.

The pointy cabbages are Early Jersey Wakfield, an heirloom variety. Thomas Jefferson grew a similar arrowhead at Monticello. We grow them for their cool shape and great taste.

The following cabbage facts are from *Nourishing Traditions* by Sally Fallon:

- Since ancient times, cabbage has been a source of vitamin C during the winter months for northerners
- Cabbage is a good source of fiber as well as of carotenoids, B complex, vitamin C, potassium, magnesium and calcium.

- Raw cabbage has more vitamin C than cooked, though if you eat it every day you will block your body's ability to utilize vitamin A.
- Cabbage is rich in substances that block the formation and spread of tumors.
- Irish girls traditionally drank cabbage water for the complexion.

#### **Fennel**

We hope over the course of the summer to give you a regular supply of basil, as it is so popular. We plan on having a fresh alternative each week too, and this week it's herb fennel.

Use the ferny leaves as you would dill. It goes well with potatoes, eggs, in dressings, on fish, or in salads and slaws.



## **Recipes**

### It's Independence Day

Hope that everyone has a good 4th of July and eats some good summertime food. The 3 recipes below are all tasty ways to share your share at gatherings.

#### **Potato Salad**

The September 7, 2005 newsletter has a nice recipe for basic potato salad. We recommend that you add or substitute the following:

- ♦ Chopped komatsuna use it like celery
- Subtitute a cooked & peeled kohlrabi for a potato
- ♦ Use fennel instead of lovage
- Use any old garlic scapes or other early season garlic you might have around

## Slaw with Apples and Raisins

This is from the *Rolling Prairie Cookbook* by Nancy O' Connor. I've heard her speak several times and she does a great job of getting you hungry for local food. She always brings some to pass around too.

## Ingredients:

- 4 cups coarsely chopped or grated cabbage
- 2 to 3 medium sized carrots, coarsely grated
- ♦ 1 tart apple, finely diced

- $\Diamond$  1/2 to 1 cups raisins
- 1/3 cup light salad dressing like mayonnaise or Nayonaise® (I used 3 large tbsp mayo blended with 2 tbsp olive oil)
- $\Diamond$  1/2 tsp salt

#### Method:

- Toss all ingredients together until dressing is evenly distributed
- Chill before serving (we ate it right away and it was still good)

#### **Fast Salsa**

With a knife or food processor, chop and mix the following ingredients to make a snack or appetizer:

- ♦ 1 large or 2 medium tomatoes
- ♦ 1 medium onion
- ♦ 1 small or 1/2 large cucumber
- ♦ juice of 1/2 lime
- ♦ 1 tbsp olive oil
- ♦ 1/2 tsp salt

Serve with corn chips, or add to burritos, eggs, brauts, dogs, burgers, etc.

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

www.fairsharefarm.com