



Fair Share Farm CSA Newsletter

IN THE SHARE week 9

Full:

Green beans
Carrots
Tomatoes
Sweet green & purple peppers
Lettuce
Walla Walla onions
Summer squash
Cucumbers
Basil, summer savory or dried herbs

Partial:

Green beans
Carrots
Tomatoes
Summer squash
Walla Walla onions
Basil, summer savory or dried herbs

Next week: More tomatoes, squash, cucumbers, basil & green beans. Garlic & potatoes return.

—guarding the tomatoes—

Our small farmhouse is currently home to a fragrant and colorful houseguest. The farm's crates of harvested tomatoes have been spending the night in our living room for the past few weeks. The collection changes twice a week when we harvest the ripening fruit and send the ripe ones to fill the shares. They are stacked next to the table where I write the newsletter and exude a rosy glow. Such a cheery sight to the farmer in mid-season . . .

. . . that is if you don't wonder why the tomatoes aren't in the packing room of the barn where they normally are kept. According to the Missouri Department of Conservation's *Natural Events*

Calendar 2007 "young raccoons leave dens" this time of year. No wonder why we've found signs of their late night scrounging all over the farm. Each morning Tom greets those (often youngsters) that were caught in the two Havahart traps placed in the barn or the tomato patch the night before. We wish them the best in their new grounds on the opposite end of the farm. Tom spent part of the afternoon today covering the old doorways and missing windows in the packing room. To test their craftiness, we've left a few of our ugliest tomatoes as bait. Talk on the farm is brewing about possible long-term solutions to the increasing raccoon presence, including getting a farm dog or two.

—Summer lettuce trials—

The last two years we have been trialing varieties of lettuce that can withstand the summer heat. While most lettuce will turn bitter and send up a flower stalk in temperatures above 80 degrees or so, our seed catalogs have begun to offer a few strains that can handle some heat. These lettuces have thicker, crunchier leaves and tend towards the romaine type. They must be picked before they turn bitter and thus the size is variable. Nevertheless, we are excited about the summer lettuce possibilities and would appreciate any feedback. While not the sweet, delicate and hefty heads of spring, summer lettuce does offer a nice lettuce crunch to our tomato sandwiches we enjoy so much. Here's the varieties we are growing:

Cherokee: brilliant red romaine
Magenta: rosy green romaine
Tropicana: super-frilly green leaf type
Jericho: green romaine
Nevada: green head with a few ruffles

CSA Harvesting—week 9:

If you are coming out to harvest this week, here's what's waiting for you...

Harvesting: basil, summer savory, lettuce, green beans, carrots, onions, cherry tomatoes.

Other chores: weed the strawberry patch, dismantle the last pea fence.

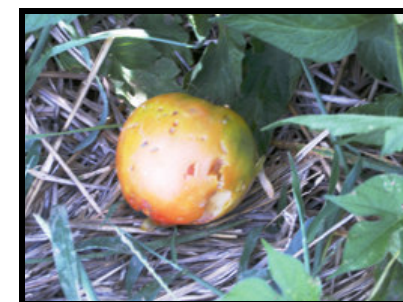
CALENDAR

July 18: Wednesday pick-up

K.C. distribution team: John & Doris McCafferty & Macha Greenleaf-Maple
farm workers: Jason Norbury, Marty Clariday, Pauli Slibowski

July 21: Saturday pick-up

farm workers: Yvonne Vazquez Rangel (Liberty delivery), Tim Nord, Patrick Tuohy, Morgana Bailey



Your Share Items

Summer Savory

An herb common to Southern France, summer savory is well matched to many of your share items. It's name is true—savory. Try the Summer Squash Frittata recipe to see what I mean.

Along with eggs and squash, it goes good with tomatoes, onions, potatoes, beans, broccoli, meats and fishes. It is a major ingredient in the herb blend Herbes de Provence.

Basil

The basil is at a high point right now, producing unlike any other year. The bed is in the area where last year's chicken tractor traveled. That, hundreds of transplants, ample water and straw mulch has this first cutting going great. We then hope that everything re-grows and we can get you a second cutting, and basil all summer long.



Keep basil, as Rebecca says, like you keep flowers. They are extremely tender plants, and even above freezing temperatures can turn it brown. If they are in a glass of water and in a not too hot place, a basil bunch can keep for a week or more outside the fridge.

Green Beans

Every vegetable has its own harvesting requirements. Some take several steps that can include, digging, bunching, cutting, peeling, hosing, off and/or scrubbing. Green beans require only picking and dunking in water, but when there are hundreds and hundreds of beans to pick, it can get tiring. It can also make you appreciate beans that much more.

The beans in this week's share are called *Strike*. Two more beds will be coming in soon, with that variety being called *Jade*.

Recipes

Summer Squash Frittata

Even if you don't have 6 people to feed this recipe is good to make, as any leftovers will make a second meal any time of the day.

Ingredients:

- ◇ 3 small or 2 medium summer squash, diced
- ◇ 1 medium onion, diced
- ◇ 3 cloves of garlic, chopped
- ◇ 2 tbsp olive oil
- ◇ 1/2 cup water
- ◇ 2/3 cup crumbled feta cheese
- ◇ 1/2 tsp salt
- ◇ 6 eggs

Method:

- ◇ Sauté the onions in a large skillet over medium high heat until translucent, 1 to 2 minutes
- ◇ Add the squash, garlic and water, stir and cook until water boils. Turn heat to medium and cook for 5 to 7 minute, until squash is getting tender. Add water as necessary to prevent squash from burning.
- ◇ In a bowl, whisk the 6 eggs and 2 tbsp water or milk. Add half of the feta cheese, 1/2 tsp salt, lightly whisk and add to the squash.
- ◇ Once the bottom of the mix has set, top with the remaining cheese, turn heat to low, cover, and let cook 3 to 5 minutes, or until eggs are set.

Glazed Carrots, Onions and Beets

This is an adaptation of a recipe from the August 17, 2005 newsletter. That recipe was for

only shallots and carrots. This recipe adds beets, uses fresh onions if no shallots are around, and substitutes olive oil for butter.

Ingredients:

- ◇ 3 medium carrots, cut into dice
- ◇ 2 medium or 1 large beet, cut into dice
- ◇ 2 tbsp olive oil
- ◇ 3/4 teaspoon salt
- ◇ 1 cup water, wine, beer, and/or stock
- ◇ 1/3 cup honey
- ◇ 2 teaspoons chopped fresh dill (optional)
- ◇ 2 teaspoons chopped fresh chives (optional)
- ◇ 1/4 teaspoon black pepper

Method:

- ◇ Sauté the onions in a large skillet over medium high heat until translucent, 1 to 2 minutes
- ◇ Add the carrots and beets and cook for 1 minute
- ◇ Whisk together the liquid and honey and pour over vegetables. Cover skillet with a lid (or tightly with foil) and simmer over moderate heat until vegetables are tender when pierced with a paring knife, 10 to 12 minutes.
- ◇ Remove lid and cook until liquid is syrupy and reduced to about 3 tablespoons, about 5 minutes. Sprinkle with dill and chives (if using) and pepper.

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