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Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Broccoli raab
Sweet peppers
Tomatoes
Cherry Tomatoes
Eggplant
Cauliflower
Potatoes
Onions
Parsley or oregano

Partial Share:

Broccoli raab or turnip greens
Broccoli
Okra or sweet peppers
Potatoes
Onions
Parsley or oregano

Next week: look for more sweet peppers, broccoli, beans, garlic and carrots.

Autumn in the Air

Although Autumn will not officially arrive for a few more weeks, these cool nights (and mornings) and sunny, crisp days have us thinking of Fall. While it's sad to see such a gorgeous Summer end, I am excited for the change. Fall is my favorite time for eating out of our fields. The flavors of fall are sweet and full of flavor like roasted root vegetables, au gratins, soups and stews. A light frost in the Fall gives many vegetables unparalleled sweetness. Greens like collards and kale are a good example. Those shipped in from California to our grocery stores never get frosty temperatures and don't

taste as good as the greens grown in October after a few cold, crisp nights. And there's nothing like warming up with a bowl of warm potato leek soup on such a night.

This year, we are hearing warnings of an early frost. The theory goes that a cooler summer keeps the ground temperature lower which allows the air temperature to cool more quickly. So far there's no firm evidence that we will get an early frost, but it is in the back of our minds. An early frost could cause some losses of certain veggies depending on its severity. There are two types of frosts: a light frost and what is called a "killing frost." A light frost is when the air temperature reaches 32 degrees or a few degrees

below. Heat-loving plants like tomatoes, beans, basil, eggplant, peppers, and okra are the most tender and will turn black overnight with a light frost. Last year we got our first light frost on October 26th although there were nights in early October where frost was threatening. Most fall vegetables like broccoli, cabbage, cauliflower, and kale can handle a light frost which actually improves their flavor. A "killing frost" is around 26 degrees and will kill all but the hardiest plants. Last year we didn't get a killing frost until November 7th. What will happen this year is anybody's guess, but most likely we will have plenty of yummy Fall food through the rest of the season.

Bread of Life Bakery bread now available at the farm!

Local bakers and Fair Share Farm CSA members, Glenn and Kathy Crowther and family co-operate Bread of Life Bakery. They use locally-grown organic grains to create yummy and nutritious baked goods.

For those of you who pick up at the farm, Bread of Life bread is now available for purchase in the chest freezer located next to the walk-in cooler. From our own experience, their bread freezes well and tastes fresh as the day it was made once defrosted. Just let it sit out on your countertop and within a few hours, it'll be ready to eat. At half off the sticker price, the bread is a great deal as well. We currently have whole wheat, honey whole wheat, multi-grain, and jalapeno-cheese loaves in the freezer. Availability will depend on if they have extra after market each week, so get some while supplies last!

For members who pick-up in the City, you can see them every week at the Saturday River Market. Their bread is also sold at Local Harvest and Whole Foods.

Calendar

September 15th — CSA Distribution, Crossroads Market

September 18th — CSA Distribution, Fair Share Farm

Recipes

Cauliflower with Herbed Crumb Topping

When I first started cooking in earnest, I taught myself the basics by practicing various cooking and knife techniques, and watching *Today's Gourmet*, a PBS cooking show hosted by Jacques Pepin. A former chef to the President of France, as well as a consultant for Howard Johnsons, he uses his TV shows to teach culinary fundamentals while preparing tasty and healthy dishes (like this one.) I recommend viewing one of his shows if you every have the opportunity.

- ◆ 1 head cauliflower
- ◆ 1-1/2 cups of water
- ◆ 2 scallions or baby leeks, chopped
- ◆ 1 tbsp chopped parsley
- ◆ 2 tsp olive oil
- ◆ 2 cloves garlic, crushed & chopped
- ◆ 1-1/2 slices bread, grated into crumbs
- ◆ Salt and pepper to taste

Remove and discard the base and green leaves from the cauliflower head and separate the head into florets. Cut florets into halves.

Bring the water to a boil in a large saucepan. Add the cauliflower, cover, and cook over medium to high heat for 8 to 10 minutes, until just tender. Most of the liquid should have evaporated; drain off any that remains. Spread the cauliflower in a baking dish.

In a large bowl, mix together the scallions/leeks, parsley, oil, garlic, salt and pepper. Add the bread crumbs

and toss just until the crumbs are moistened with the oil mixture. Do not over mix or the mixture will become gooeey. Preheat the oven to 425°F. Sprinkle the bread crumbs over the cauliflower and bake for 10 minutes. If additional browning is desired, turn on the broiler and place the dish under it for a few minutes.

Roman Style Broccoli Raab

This goes well with pork or tomato sauce dishes.

- ◆ 1 bunch broccoli raab, chopped
- ◆ 2 tsp olive oil
- ◆ 1 clove garlic, crushed
- ◆ 3 tbsp fresh lemon juice
- ◆ 2 tbsp grated Romano cheese

Wash broccoli raab. Steam for 3 minutes, then drain and rinse in cold water. Pat dry with towel.

Heat olive oil in a skillet over moderate heat. Add garlic and sauté, stirring constantly for 1 minute. Add broccoli raab and cook, turning often with tongs until greens are coated with oil, hot throughout, and tender (about 2 minutes.) Season to taste with salt and pepper, add lemon juice. Sprinkle with cheese and serve at once.

Your Share Items

Cauliflower

A vegetable you are no doubt familiar with, you may not have known that Mark Twain dubbed cauliflower "broccoli with an education." While related, the two do however require somewhat different cultivation practices. Cauliflower needs a decent amount of soil nutrients, so we are still working on getting the heads to size up, as we improve the farm's soil fertility.

Another requirement of this popular vegetable is blanching. As the cauliflower head begins to develop on the plant it becomes exposed to the sun, which turns it from white to yellow. We try to keep the heads covered with some loose leaves to shade it, so if yours doesn't look snowy white, it's fine to eat but hasn't been pampered as much as we would like.

All parts of the plant are edible and high in biotin (a B vitamin), protein, carbohydrates, and several other nutrients. You can eat it raw or cook it (steamed 4-5 minutes is best.) To preserve you can freeze it (after blanching) or pickle it. Your fresh cauliflower will keep best in a plastic bag in the crisper of your refrigerator.

Broccoli Raab

It seems we have to give you at least one unfamiliar vegetable each week, and this week it is broccoli raab. Used a lot in Italian cooking it is also known as rabe, rapa, and rapini.

If you taste it raw you will notice it has a somewhat strong broccoli flavor, with a nice nuttiness when cooked. It taste has also been described as "pleasantly bitter."

With such a distinct flavor, it is good to consult the experts as to how to cook it. We checked the book *Culinary Artistry*, and it says that raab goes best with garlic, lemon, olive oil, red pepper flakes and Romano cheese. We next looked for a recipe in *Cooking A to Z*, by the California Culinary Academy, and found that it's Roman Style Broccoli Raab is based on the same ingredients (see Recipe section.)

While strong raw, you can put it in salads, cook it, or blanch and freeze it. It will keep for close to a week in a plastic bag in the crisper compartment of your fridge.

Greek Oregano

Part of the mint family and also known as wild marjoram, oregano is used extensively in Mediterranean and Mexican cooking. Best when dry, it's what gives pizza sauce that special flavor.

Helpful Hints

- ◆ We hope that you will all be able to receive broccoli several times during the fall. Remember that the stem of the plant is just as edible, nutritious and delicious as the tops (aka florets). Just peel the stem and cut it into bite size pieces before cooking with the rest of the broccoli
- ◆ During the season you have received different share items, such as beans, in special bags that we buy which have holes in them. These holes allow for the vegetables to retain moisture and be able to breath at the same time. Keep these bags to store cauliflower, broccoli and other veges in your fridge.

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