



September 15, 2004

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Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Lettuce
Sweet peppers
Perpetual spinach
Carrots
Okra or eggplant
Broccoli
Yellow wax beans
Garlic
Tea mix

Partial Share:

Lettuce
Tomatoes
Yellow wax beans
Cauliflower
Garlic
Tea mix

Next week: look for more lettuce, sweet peppers, wax beans, onions and potatoes.

Calendar

September 22nd — CSA Distribution, Crossroads Market

September 25th — CSA Distribution, Fair Share Farm

Your CSA

Last Saturday the FSF CSA core group met at Ann and Mark Flynn's home in Liberty. We did some party planning for the End of the Season dinner and also reviewed the mid-season survey results. Good discussion was fueled by an excellent spread of dishes using farm produce provided by the Flynn's. For the rest of you who missed out on the meeting, here's a summary:

PARTY! The End of the Season dinner is our chance to celebrate together the completion of the first year of the Fair Share Farm CSA. While not actually the last CSA distribution (that's Oct. 30th) its close enough, eh? Come celebrate with us and your fellow CSAers. The evening will include a potluck dinner as well as home-spun entertainment. Farmer Tom and Mark Flynn are putting together quite a show ala "Prairie Home Companion". A few of our talented CSA members will be performing musical and theatrical acts. Talented individuals can join in the fun by contacting Tom or Mark. The core group and the farm will

provide drinks and some hearty fall stews (both vegetarian and meat). The dinner will be 5-7 pm on October 23rd at St. James Lutheran Church, 1104 NE Vivion Road in KCMO. Stay tuned for a more formal invite soon.

SURVEY SAYS! Thanks to all of you who took the time to fill out those surveys. Your input is very important to us. Without it we might just decide to only grow eggplant, beets, and okra! As for those of you who did not turn in a survey, we can only assume that those 3 vegetables are your favorites. Just kidding. Overall, it seems you were happy with the Spring shares. The CSA scored high points on the share size, newsletter, distribution, and farm work days. Most of the veggies scored high. It seems a few of you have a real

aversion to one item or another. In the future we will try to make those items a choice. There were some great suggestions for improving the CSA. An idea for a CSA cookbook will be a winter project for Tom and CSA member/web guru, Chester Godsy, to design a recipe index on the farm website. A suggestion to include veggie storage info. has already been added to the back page when a new item is distributed. Requests for fruit have us farmers planning a big fruit planting next Spring including strawberries, cane fruit, and trees. Other suggestions that have more complicated implications have prompted us to put questions on the end-of-the-season survey to discover the opinions of the wider CSA membership.

CALLING ALL MEMBERS: The CSA core group is seeking volunteers for the End of the Season dinner in the following areas (contact the farm to sign-up):

- ◆ Setup: 4-5 pm, includes putting out dishes, drinks, & decorations.
- ◆ Talent: 5-7 pm, have a talent that you want to share? Contact Farmer Tom.
- ◆ Cleanup: 7-8 pm, like it sounds, sweeping, dishes, etc.

Also, the Core group is looking for members living in the K.C. area to join the core. Only a few meetings a year representing your fellow city dwellers. For more info. contact Farmer Rebecca.

Recipes

Cauliflower Puttanesca

Our newsletter is modeled after Terra Firma Farm's. It is the CSA that Rebecca was a member of when she lived in San Francisco. She kept all of her newsletters, so we have a nice set of CSA recipes, including this one. The crumbly pieces of cauliflower take on the texture of ground beef.

- ◆ 1 large head cauliflower
- ◆ 2 cloves garlic, crushed & chopped
- ◆ 3 tsp olive oil
- ◆ 1/4 cup chopped olives
- ◆ 1/4 cup white wine or water
- ◆ 1/2 cup chopped tomatoes
- ◆ 3 to 6 chopped anchovies (optional)
- ◆ 2 tsp capers (optional)
- ◆ Pepper to taste

Take the cauliflower and cut down into it at the edge. Repeat this type of cut, as close together as you can. The cauliflower will break into small curds. When you have cut the whole head, chop any larger pieces down to size.

Sauté the garlic in the olive oil with the anchovies for 3 minutes over medium heat or until the garlic begins to soften. Add the cauliflower and olives and cook at high heat for 5 minutes. Add the wine and cook 5 minutes longer, or until the cauliflower is tender. Add the tomatoes and capers, cook a minute or two until the tomatoes are warmed. Add pepper to taste (there should be plenty of salt in the anchovies, olives and capers.) Top with grated Italian cheese.

Roasted Garlic

We went to another workshop this week, this one on post-harvest handling of produce. One of the speakers was Nancy O'Connor from the Kansas Mercantile in Lawrence, a natural food cooperative associated with the Rolling Prairie Farmers Alliance CSA.

Nancy wrote The Rolling Prairie Cookbook, which is a compilation of recipes she accumulated writing a weekly newsletter like this one. It is a nice cookbook geared towards CSAs with a separate chapter on each vegetable, fruit and herb. Here is her recipe (slightly modified) for roasted garlic.

- ◆ 1 head garlic
- ◆ 1 tbs olive oil
- ◆ Sprig of thyme and/or rosemary

Preheat oven to 250°F. Remove the outermost skin from the head of garlic. Cut off the very top of the head to expose the cloves. Place garlic in a small baking dish. Drizzle with the olive oil. Tuck a thyme or rosemary sprig around the garlic. Bake, uncovered, for approximately 45 minutes or until garlic is tender. When cool enough to handle, break cloves off the bulb and squeeze roasted paste from individual cloves.

Your Share Items

Tea Share: This week to fill out your share we are giving you an herbal tea pairing of *chamomile* and *mint*. Both medicinal in nature, chamomile is known for its soothing effect—nice at the end of a stressful day, something we can all relate to. The mint is very effective at curing an upset stomach, something I can tell you from experience. Forget the Pepto-Bismol (what does that mean?), just keep some mint handy. It is also a great culinary herb, good in fruit salads, lamb sauce, or with zucchini or cucumbers.

To make tea, steep a tea ball full of one or both herbs with a cup of boiling water.

The Politics of Food

The Organic Consumers Association keeps track of the status of the National Organic Program (NOP.) Here is the latest news from that front.

Organic Community Celebrates Too Soon: USDA still undermining organic integrity by Mark Kastel

The accolades in the press after USDA Secretary Ann Veneman withdrew a series of highly controversial guidance documents proved to be short-lived. The documents, prepared by the National Organic Program (NOP), would have allowed antibiotic use on organic dairy farms, pesticides with unspecified toxic ingredients, and the uncertified sale of organic pet food and textile products, among other practices.

Consumers Union, the National Campaign for Sustainable Agriculture, the Organic Consumers Association, and the Cornucopia Institute, all aggressively mobilized organic farmers and consumers to ap-

peal to Secretary Veneman to overrule the NOP. And it worked. However, "It looks like we won the battle but have lost the war--so far," said Will Fantle, research director for the Cornucopia Institute. "We're right back to where we were before the guidance documents were issued." USDA officials, including Barber Robinson who oversees the NOP, have been quoted as saying that they had it right and that the brouhaha was caused by bad "communication." The guidance documents are currently being interpreted as "unwritten" law. "This looks like a cynical attempt by Bush's agriculture secretary to deflect criticism of the USDA during an election year," says Ronnie Cummins, Director of the Organic Consumers Association. "If you interpret the doubletalk, all the objectionable practices that the USDA was letting corporations and factory farms get away with are still being allowed. By all appearances, withdrawing the guidance documents was disingenuous and didn't substantially change anything!" <http://www.organicconsumers.org/organic/usda091004.cfm>

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