



September 22, 2004

Volume 1, Issue 18w

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Tomatoes  
Potatoes  
Leeks  
Lettuce  
Sweet peppers or eggplant  
Radishes  
Yellow wax beans

Celery  
Chives

### Partial Share:

Potatoes  
Leeks  
Lettuce  
Celery  
Sweet peppers or okra  
Chives

**Next week:** look for more radishes, sweet peppers, and garlic. New will be winter squash and sage.

## The humble green

Not long ago the only lettuce in grocery stores was iceberg, its crunchy, watery leaves sturdy enough to withstand shipping and storage. But over the last 20 years interest in other salad greens with more variety and flavor has grown. Always looking for new markets, industrial agriculture now makes it possible to ship even the most fragile green across the country and make it last for up to a month. The salad mix sold at grocery stores throughout the U.S. has been mechanically picked, washed, and dried by machines worth hundreds of thousands of dollars. Packaging involves seven-layered plastic bags pumped up with carbon dioxide to lengthen shelf-life. Out in the fields of California a constant temperature is kept during this whole process at 34 degrees Fahrenheit.

At Fair Share Farm, our goal is to give our members the freshest produce that is grown in the most sustainable manner possible. We have no Dr. Seuss-looking machines to pick our crops, nor do we gas them or spin them dry. Instead you

receive a head of lettuce cut that same morning to make into the salad of your choice. Whole heads keep longer and are much, much easier to harvest, wash, and pack.

This all being said, some of you will be receiving some bagged lettuce leaves this week. Here's the story:

Back in August we had only three flats of lettuce in the greenhouse. We love our passive solar greenhouse because it is very energy efficient, but in summertime the ventilation fan runs daily to keep the plants cool. It's really frustrating to an energy-conscious person to know this huge fan is running constantly for the benefit of three little flats of seedlings. So, I decided I would turn the fan off and move the lettuce out onto the grass. Later that day I

checked the lettuce only to find that half of it was gone. We presume a rascally rabbit had a nice salad buffet on our behalf.

To try to make up for our lack of lettuce we immediately planted more flats of lettuce in the greenhouse and direct seeded lettuce out in the field. While the second batch reaches maturity, the direct seeded lettuce along with what the rabbit didn't eat is being handed out this week. Direct-seeded lettuce will be cut, washed, spun, and bagged for you. We are willing to do this because we know how much everyone loves lettuce (see, those surveys are so useful). So, enjoy your lettuce however you receive it this week, just don't get used to the bagged stuff.

## Crossroads Farmers Market End of the Season Party

Next Wednesday, September 29th will be the **LAST DAY** of the Crossroads Farmers Market for the season. To celebrate, the Farmers Market will be having a post-season party on October 1st, starting around 6 pm at the Crossroads Local Harvest store (18th & Wyandotte). Our party will be part of the always fun Crossroads First Friday event which attracts hundreds of artsy folks to the open galleries with great art, free food, and wine. We will be there with some of our produce as well as Tom's art photography, beautiful hand-colored black and white photos. Hope to see you there!

## Calendar

September 29th — CSA Distribution, Crossroads Market

October 2nd — CSA Distribution, Fair Share Farm

## Recipes

### Leek and Potato Soup

A classic soup with an earthy warmth that should be in every cook's repertoire. Finish it with some sour cream or crème fraîche, topped with fresh chives and it becomes an elegant treat.

- 2 medium leeks, cleaned
- 2 cloves garlic, chopped fine
- 2 tablespoon olive oil
- 1 tablespoon butter
- 1-1/2 cups dry white wine
- 2 medium potatoes, peeled and cut into small dice
- 1/2 large or 1 small celeriac bulb, peeled and diced
- 1-1/2 quarts vegetable or chicken stock
- 1 bay leaf, 1 dried red chile pepper
- Salt and pepper to taste

Cut dark green top part away from leek. Cut the leeks lengthwise, wash all sand and grit from between the layers. Then cut crosswise into narrow slices.

Put olive oil and butter into soup pot, heat until butter melts. Add leeks and sauté 5 minutes over medium high heat.

Add garlic, 1 tsp salt, 1 tsp pepper and sauté 2 minutes more.

Add wine and cook until the wine is reduced by half.

Add potatoes, red pepper, bay leaf, cook 5 minutes.

Add warm stock and heat to boil.

Reduce heat, cover and simmer on

low for 45 minutes or until potatoes are soft. Remove bay leaf and red pepper.

Serve as is, or puree part or all in a food processor for a creamy soup.

### Celery Root Salad

*(from the California Culinary Institute.)*

This creamy dressing made of mustard and onion coats the crunchy pieces. Use the large holes on a box grater to do the grating or cut them into matchsticks.

- 1 large (or 2 small) celeriacs
- 2 tbsp fresh lemon juice
- 1 egg yolk
- 1 tbsp Dijon mustard
- 2 tbsp white wine vinegar
- 1/4 cup olive oil and 1/4 cup vegetable oil
- Pinch cayenne pepper
- 2 tbsp chopped onions

Peel celeriac thoroughly, cutting out any deep bits of peel. Shred quickly. Immediately mix with lemon juice to stop discoloration. Cover and refrigerate 1 hour. In a medium bowl beat egg yolk with vinegar, mustard, salt cayenne and onion. Using a whisk or fork gradually beat in oils, a small amount at a time, until dressing is thick and creamy. Shortly before serving, mix celery root lightly with dressing to coat.

### Southwest Eggplant Relish

From member Carol Barth.

- ◆ 1 medium-sized eggplant
- ◆ 2 medium-sized Anaheim or poblano chilies or bell peppers
- ◆ 2 medium-small ripe tomatoes
- ◆ 1 cup shelled pumpkin seeds, lightly toasted

- ◆ 1-2 cloves garlic, minced
- ◆ 2 tbsp fresh lime juice
- ◆ 1/2 tsp salt
- ◆ freshly ground black pepper
- ◆ crushed red pepper
- ◆ few sprigs fresh cilantro for garnish

Preheat oven to 350, lightly oil a baking tray. Slice eggplant in half lengthwise and place cut sides down on tray. Place whole peppers on the same tray. Bake eggplant and peppers together, turning peppers every 5-8 minutes.

When eggplant is tender (test with fork) and pepper skins are blistered all over, remove from oven. Should be about 30 minutes, peppers may be done sooner.

Put peppers in a bowl with a lid about 3 minutes. When cool enough to handle, scrape off skins, remove tops, clean inside and chop. Place in a bowl.

Core tomatoes and plunge them into a pan of boiling water for a slow count of 10. Remove and peel the tomatoes under cold running water. Cut open, squeeze out seeds, dice tomatoes and add to peppers.

Grind 1/2 cup of the pumpkin seeds to a powder and add to tomatoes and pepper. Scoop out eggplant pulp and add it to food processor and puree until smooth, add to other mixture.

Add garlic, lime juice, salt, and other 1/2 cup of whole seeds, season to taste with black and red peppers and mix well.

Cover and refrigerate until cold.

Yield: Appetizer for 4 to 5; lunch for 2.

## Your Share Items

### Celeriac

Something possibly new to you, with a very familiar taste, celeriac is also known as celery root and turnip-rooted celery. Used mainly in Europe and by old European descendants here in the US, it grows mostly underground, topped with celery-like stalks and leaves.

It has as firm, crisp flesh that you get to by peeling it thick with a paring knife. Once peeled, dunk it in water so that it doesn't discolor.

It's good both raw and cooked. You can grate it into a salad, cut it into matchsticks and serve with dressing, cook with potatoes and mash them together, or add it to soup or stews. It is high in fiber and low in calories and fat.

We are able to store celeriac all winter long in our root cellar in a box of sand. You can keep it in one of your vegetable storage bags in the crisper for several months. We hope to give you it one more time, as well as some celery, once it sizes up more.

Fair Share Farm

18613 Downing Road

Kearney, Missouri 64060

(816) 320-3763

[www.fairsharefarm.com](http://www.fairsharefarm.com)