



May 26, 2004

Volume 1, Issue 1

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

2 # Sugar snap peas  
2 Lettuce heads  
Tat soi  
Mizuna  
Baby beet greens  
Arugula  
Cilantro or Shallot tops  
Extra: Garlic scapes

### Partial Share:

1 # Sugar snap peas  
1 Lettuce head  
Tat soi  
Mizuna or Baby beet greens  
Arugula  
Cilantro or Shallot tops  
Extra: Garlic scapes

**Next week:** look for more lettuce, sugar snaps, greens, and herbs. New will be snow peas, garlic greens, radishes, and scallions.

## When It Rains, It ...

Many of you surely remember last summer. Our region along with most of the Western U.S. was in a severe drought. Ponds dried up, house foundations cracked, and crops did poorly. Even with irrigation, our plants went into defense mode doling out fruit sparingly. By the end of the season we were counting ourselves lucky that we survived our first year of farming during the driest year in many.

What a difference a year makes. This Spring has been beautiful. All of our Spring crops are happy as can be. With plentiful rain, the peas, lettuces, and greens have grown faster than expected. It was mid-May when we realized that we could start the CSA a

week early.

Then, in the last two weeks rain and more rain.

Now, what should be the busiest planting time of year finds us checking the soil moisture impatiently and waiting. Working soil that is too wet wreaks havoc on the soil structure—changing loose healthy soil into concrete. So, we wait as do our peppers, cucumbers, melons, squash, and leeks.

So goes the drama that is farming in the Midwest. In our globalized economy

where our produce is more well-traveled than we are and tomatoes are plentiful and tasteless in the grocery aisles no matter the season, it's easy to forget how important the weather is to our survival. No matter where our food comes from, it is reliant on the basics of life: rainfall, fertility, and sunlight. The farther our food travels, the less we are connected to that relationship. When there's a drought in Chile, we may have no idea why our carrots cost more. By joining the CSA, you have connected what you eat each week to the weather outside your door.

## Welcome to the CSA

Every week the newsletter will give you recipes, storage tips for produce, news on local food events happening in the area, and an update on how things are going on the farm.

This section will contain important information regarding the operation of the CSA. We'll keep you informed of any corrections, changes, events, etc. related to the CSA. This week here are a few helpful hints for making your pick-up go smoothly:

- Check off your name on the posted member list each week.
- Bring a cooler to store your share if you're not headed straight home.
- If you'd like to make a payment but you're not sure how much you owe, call or email us.
- Enjoy your produce!

## Calendar

June 2nd — CSA Distribution, Crossroads Market

June 5th — CSA Distribution, Fair Share Farm

June 12th — Workshop, Animal Factories: Why it Shouldn't be This Way—  
All Souls School.

## Recipes

### **Asian Salad with (or without) Beef**

The sauce is what makes this salad, use beef, tofu, nuts, anything you want as a protein source.

6 tablespoons lime juice  
 5 tablespoons fish sauce  
 Dash red pepper flakes or cayenne  
 1 teaspoon sugar  
 1/2 pound thinly slice and browned beef or tofu  
 1/3 cup shallot tops  
 1 cup coarsely chopped tat soi  
 1/2 cup coarsely chopped mizuna or beet greens  
 1/2 cup chopped snap peas

Mix the lime juice, fish sauce, pepper, and sugar in a bowl. Add remaining ingredi-

ents, toss gently and serve. (*Adapted from Food & Wine May 2002*)

### **Creamy Lemon-Herb Dressing**

The best thing on a fresh salad is freshly made dressing. Mix the following and adjust to your taste with any herbs you have available. Adjust the yogurt amount to make this as thick or thin as you like.

1/2 cup sour cream  
 1 cup yogurt  
 1/4 cup extra virgin olive oil  
 Juice of half a lemon  
 1/3 to 1/2 cup total of fresh chopped herbs---cilantro, scallions, dill, fennel, parsley, mint...  
 1/4 teaspoon salt  
 1/2 teaspoon pepper

### *Good Things to Know*

Having the following Asian condiments and staples always on hand is a must, especially in the spring when greens can dominate the seasonal harvest:

- Sesame and/or peanut oil
- Fish sauce
- Sake vinegar
- Soy sauce
- Hot sauce
- Lemons and/or limes
- Fresh ginger

## The Politics of Food

Food is not just food anymore. Much of today's food (even some organic) has become part of an energy intensive, mass production system. The author Michael Pollan points out the paradox of new terms like "organic TV dinner" and "organic factory farm", lamenting the

possibility of organic Coke.

In following these issues, it is clear that government decisions and corporate ventures have an enormous impact on our food supply. We believe that people should have a strong connection with the source of their nourishment, and are

## Your Share Items

Welcome to the CSA. If this is your first experience, we welcome your daring nature. We hope that as the season progresses you enjoy eating some vegetables that may otherwise rarely cross your plate. In this limited space each week we will try to let you know a little about the food you are getting.

### **Tat Soi**

A beautiful dark green & white rosette of a plant, tat soi is a relative of Chinese cabbage. It is good either fresh, or as a cooked green.

### **Sugar Snap Peas**

No need to do anything more than snap off the top and eat these great peas. They are incredibly sweet.

### **Arugula**

A flavorful green that gets stronger and hotter as it gets older, it's part salad green, part herb. The taste has been described as sesame-like, peppery, and nutty. Use in moderation unless you are familiar with and like it.

### **Garlic Scapes**

Garlic is a member of the allium family, like onions, leeks, chives and shallots. It is a biennial plant, meaning it doesn't flower until the second year. We nip these buds, or scapes, on the garlic to promote growth of the bulb.

The scapes (all parts) are more mild than bulb garlic, and are good either raw in salads, or cooked with anything.

### **Greens in General**

You are getting lots of greens this week (tat soi, mizuna, beet greens, arugula, lettuce). If you're not familiar with greens just remember, they're good either raw or cooked, and in about any combination.

You'll be sure to get a good helping of vitamins A, C and the B's, as well as iron, when you eat them. Raw or cooked, it's good to chop the leafy parts coarsely and the stems/roots more fine. You can have your greens Asian style using sesame oil, soy sauce and/or sake vinegar. The same veges take on a more Mediterranean flavor if you use olive oil, balsamic vinegar, and /or white wine.

working to improve that connection.

Throughout the season we will bring you news on the type of things that everyone that eats should know. If you're interested now, you can go to our links page, or to the Organic Consumers Association's website at [www.organicconsumers.org](http://www.organicconsumers.org).

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