



October 13, 2004

Volume 1, Issue 21w

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

- Broccoli
- Lettuce
- Potatoes
- Cabbage
- Winter squash
- Peanuts
- Garlic
- Cilantro or arugula

### Partial Share:

- Cauliflower
- Broccoli
- Winter squash
- Peanuts
- Cabbage

**Next week:** look for more lettuce, broccoli, cauliflower, and leeks.

## The farm classroom

In the last few weeks, we have visited four farms and had several visitors to our farm. Now is the time of year for farmers to learn from one another through tours, workshops, and conferences. While we are still busy with prepping the farm for winter, we have found time for the cerebral work that makes farming so interesting so that next year is even better.

We are participating in at least four conferences this winter. In mid-November we are off to northern Michigan to a 2-day conference just on CSAs. We'll also be attending the Vegetable Grower conference that's held every year in St. Joe and the annual Small Farm conference in Columbia. And we'll be a part of a panel discussion on CSAs at the Selling Local in Kansas City

conference on December 4th.

We have managed to squeeze in some time for farming. We continue to prep the beds for winter. This week we under-seeded the broccoli, cauliflower, cabbage, and kale beds with cover crops. Since those plants are producing until the end of the month, we seed the beds with the plants still growing so the cover crop will be established before it gets too late in the year. We also pulled up almost all the irrigation tape out of the fields. We try and get as much life out of the necessary plastic products like irrigation tape and save it for next year where we can.

We've also been putting in a little time on the Harvest party. The program is shaping up to be entertaining. We could still use some help with set-up and clean-up. Contact the farm or Elaine Reynolds (816-792-2725) to volunteer.

## LOCAL APPLES

Last weekend we spent a lovely fall afternoon at Of the Earth Farm making cider. Some of you may know Jim & Patricia Pierce from the Liberty Farmers' Market. They sell potted herbs and flowers, as well as heirloom vegetables. But what they are best know for is their fruit. They grow peaches, apples, and Asian pears. While they are not organic, they are local and open to answering questions about their practices. Right now they have a bumper apple crop and would be happy to hear from you:

Of the Earth Farm  
38391 W 176th St.  
Rayville, MO 64084  
Jim & Patricia Pierce  
(660) 352-6188

## Calendar

- October 20th — CSA Distribution, Crossroads Market
- October 23rd — CSA Distribution, Fair Share Farm
- CSA Harvest dinner 5 pm, @ St. James Lutheran Church, 1104 NE Vivion Rd.

## OCTOBER 23rd—Local shares pickup at the Party

Don't come by the farm next Saturday afternoon. We and your veggies will be partying down at the Fair Share Farm CSA Harvest Dinner. You'll have to join us to get your share. If just can't make it to the dinner, whatever shares aren't picked up Saturday will be available at the farm in the regular spot on Sunday, October 24th.

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## Recipes

### Thai Red Curry

We try to supply many types of recipes as a part of this newsletter, mainly using as many ingredients as possible from the share. This one does that, but also requires a lot of flavorings that all of us might not have. These are our hardcore CSA recipes. As I'm writing this, Rebecca and I just finished this dish and can tell you it is surprisingly simple, great tasting, and very satisfying.

(from *Terra Firma Farm CSA*)

Heat 1 can (16 oz) **coconut milk** in a wok or saucepan. Add 1/2 to 1 tbsp **Thai red curry paste** and 2 **cloves of garlic**, crushed and chopped. Stir in 2 tbsp **brown sugar**, 1 tbsp minced **fresh ginger** and 1 tsp ground **coriander**.

Cut 1 head of **cauliflower** into florets and add to the curry. Cook for 2 minutes then add 1 head of **broccoli** florets. Bring to a simmer and check the broccoli and cauliflower for tenderness. If they need a little more cooking time, cover the pot, turn off the heat, and let steam 5 minutes. Season with **lemon juice** and **fish sauce** to taste. Garnish with **cilantro** and crushed **roasted peanuts**. Serve over **rice**.

### Homemade Peanut Butter

As you can see, this recipe needs only

one ingredient and a toaster oven.

- ◇ 1 lb roasted\* shelled peanuts, preferably warm

Pour the roasted peanuts into a food processor fitted with the steel blade. Process until smooth. The warm peanuts will express oil which will keep the food processor from sticking or stopping.

\**To roast peanuts*. Place the peanuts in a single layer in a large shallow pan. Roast at 325-350 °F for 20 to 40 minutes or until roasted to taste, checking them frequently, and making sure the peanuts are roasting evenly. If not roasting evenly, shake or rotate the pan.

Adapted from *Whole Foods for the Whole Family*, Roberta Bishop Johnson, editor

"*Man cannot live by bread alone. He must have peanut butter.*" --Bill Cosby

### Sugar Coated Peanuts

What could be better than this?

- ◇ 1 cup granulated sugar
- ◇ 1/2 cup water
- ◇ 2 cups raw shelled peanuts, skins on

Dissolve sugar in water in sauce pan over medium heat. Add peanuts and continue to cook over medium heat, stirring frequently. Cook until peanuts are completely sugared (coated and no syrup). Pour on ungreased cookie sheet, separate peanuts with a fork. Bake at 300° F. for approximately 30 minutes, stirring at ten minute intervals. Allow to cool. Store in an airtight container. Makes about 1-1/2 pounds.

## Your Share Items

### Peanuts

In checking our brochure I noticed that we did not mention peanuts as a share item. We are happy though that the ones we planted survived the wet spot we put them in, and taste great to boot. Peanuts are easy to cook, just roast them, let them cool a bit, and have a taste. You will know that you are finally actually eating fresh roasted peanuts. However, you aren't buying them from an experienced peanut farmer, (We're no Jimmy Carter,) so if when you crack them open a nut or two is soft, just toss them.

One health note about peanuts, they are known for detrimental effects as an allergen. You may be one of those people that is allergic to peanuts. If so you know that a food allergy occurs when the immune system believes an ordinary food to be harmful, an allergen, and it causes a reaction. Peanut allergy is often a life long affliction and can cause severe, even life threatening, anaphylactic reactions to tiny amounts of peanut protein, so we hope this isn't news to anyone with an allergy.

Yet another thing about peanuts is how they grow. They are a legume (like peas and beans,) and help pull nitrogen out of the air and put it in the plant and the soil. We dug the actual peanuts out of the ground a

week ago and let them dry in the greenhouse on the plant. They were covered with dirt, so we've cleaned and washed them as best we could. You may no doubt find some dirt on the shells, but unless you eat the shells, it shouldn't be a problem.

Lastly, we cannot talk about peanuts without mentioning George Washington Carver. He was born on a farm in Newton County, Missouri in the spring of 1865. George developed his interest in plants while very young. He would spend hours exploring the woods and fields around his farm. He collected, studied, and raised many of the plants he found nearby. He became known by his neighbors as the "*Plant Doctor*" for his work in restoring diseased and sickly plants.

Carver was hired as the head of Iowa State's *Bacterial Laboratory* in the *Systematic Botany Department*. He earned his Master's Degree in 1896 and accepted a position at *Tuskegee Institute*. He developed over 118 products and over 500 dyes from agricultural products such as peanuts, sweet potatoes, and soybeans, however he is best known for his work with peanuts.

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