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# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

- Broccoli
- Lettuce
- Leeks
- Cauliflower
- Sunchokes
- Carrots
- Daikon radishes
- Asian greens (tat soi)
- Dill or Parsley

### Partial Share:

- Leeks
- Lettuce
- Sunchokes
- Carrots
- Garlic
- Cilantro or Dill

**Next week:** look for more lettuce, broccoli, cauliflower, and kale. New will be rutabagas, spinach, and sweet potatoes.

## Another benefit of organic

The farm occasionally receives publications from the "Prairie Writers Circle." They are a group of writers with ties to the Land Institute in Salina, KS who write on themes related to sustainable agriculture. I thought the following snippet was interesting as it speaks to the effect of what we eat and how we farm on the global climate.

"There are two strategies for lessening the atmosphere's load of the heat-trapping greenhouse gas carbon dioxide. One is to emit less of it. The other is to reduce what's already there by sucking it out of the air and storing it somewhere else, such as in the soil. Certain kinds of farming—and shopping—can do both.

Pound for pound, growing food organically emits less carbon dioxide than the methods most commonly used to grow food today. Conventional agriculture uses large amounts of synthetic, fossil fuel-based nitrogen fertilizer, whose production and use account for as

much as a third of agriculture's carbon dioxide emissions. Organic farms don't use synthetic nitrogen, relying instead on crop residues and

manure for fertility. What's more, Rodale Institute studies show that this recycling of organic matter back into the soil can increase the amount of carbon stored there.

So organic farming takes the prize in today's agriculture for addressing the problem of mounting carbon dioxide levels in our atmosphere. And organic has an added benefit. It doesn't poison our soil and water with the synthetic pesticides so widely used in conventional farming.

Growing food, however, is only half the battle. Getting it to the table also puts out a lot of carbon dioxide. Food in the United States typically travels 1,500 miles before landing on the dinner plate. The food industry is the largest user of freight transportation in the country. Buying more locally grown food would reduce those miles, keeping more fossil fuel carbon in the tank and out of the sky. " -Wylie Harris

You can find out more about the Land Institute and the Prairie Writers Circle by going to: [www.landinstitute.org](http://www.landinstitute.org) .

## ITS SURVEY TIME AGAIN!

Please take some time in the next two weeks to fill out the End-of-the-Season survey. We want to know your feelings on everything from arugula to zucchini. Surveys will be available at the Harvest Dinner this Saturday as well as at pickup next week. Stand up and be counted—fill out your surveys!

## RESERVE YOUR SHARE FOR 2005

Just a \$50 deposit will hold your place in next year's CSA. Winter is the lean financial time of year for farmers. Much of the costs of growing vegetables (buying seeds, equipment, etc.) happen in the winter-time, but revenue is absent until spring. Help us with our winter costs and help yourself and your family to another year of fresh, organic, locally-grown vegetables by paying your deposit today!

## Calendar

October 27th — CSA Distribution, Crossroads Market

October 30th — CSA Distribution, Fair Share Farm

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**NEXT WEEK** will be the **FINAL WEEK** of CSA distribution for the season

The last city pickup will be on Oct. 27th, the last local pickup on October 30th/31st.

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## Recipes

### Sunchoke Bisque with Hazelnut Oil

*Local Flavors* is a recent book by Deborah Madison where she focuses on recipes you can make based on the seasonal fare available at farmer's markets (and from CSA's.) This recipe for Sunchokes soup is a good way to enjoy them and have a warming meal at the same time. You can omit the hazelnut oil. A topping of crushed, freshly roasted peanuts would be a good substitute.

- ◇ 1 small onion or leek
- ◇ 3 small potatoes
- ◇ 1/2 to 1 lb Sunchokes
- ◇ 1 celery rib or 1/2 celeriac bulb
- ◇ 2 tbsp sunflower or vegetable oil
- ◇ 2 garlic cloves, chopped
- ◇ 6 cups vegetable stock, chicken stock or water
- ◇ 2 bay leaves
- ◇ Salt and pepper
- ◇ Milk or cream for thinning
- ◇ 1/2 cup croutons

Wash all the vegetables, then chop all the vegetables into 1/2 inch chunks. Don't bother to peel the Sunchokes.

Heat the oil in a soup pot, add the vegetables, and sauté over high heat, stirring frequently, until lightly browned, about 10 minutes. Add the garlic, during the last few minutes. Pour in the stock. Add 1-1/2 teaspoons salt and the bay leaves. Bring to a boil, then simmer covered, until

the potatoes are tender, about 25 minutes.

Cool briefly, then puree until perfectly smooth. Return the soup to the stove and add enough milk or cream to thin it to the desired consistency. Taste for salt and season with pepper. Serve with a few croutons in each bowl and the oil drizzled in a thin stream over the top.

### Asian Stir Fry

When you have a good variety of ingredients, a stir-fry is a nice and simple meal. The Sunchokes are a really nice addition as are the radishes. They provide a crunchiness to the dish.

- ◇ 1 bunch Asian greens
- ◇ 1 clove garlic, chopped
- ◇ 1 cup chopped Chinese cabbage
- ◇ 1/2 cup chopped Daikon or red winter radishes
- ◇ 1/2 cup chopped/slivered Sunchokes
- ◇ 3 tbsp sesame oil
- ◇ 2 tbsp rice vinegar
- ◇ 1 tbsp soy sauce

Heat the sesame oil on high in a wok or large saucepan. Add the Daikons. Stir for 1 minute. Add the garlic and stir for one more. Add the Chinese cabbage, Asian greens, rice vinegar and soy sauce. Stir and cook for 5 minutes (they don't call it a stir fry for nothing.) Turn down to simmer and cover for 5 minutes.

About halfway through the last 5 minutes stir the Sunchokes into the greens. You can also top this dish with crushed, freshly roasted peanuts.

## Your Share Items

### Sunchokes (Jerusalem Artichokes)

What we like about growing Sunchokes is that they are a native plant and therefore, the natural flora and fauna is being maintained on the farm. Another thing is the fact that they are a relative of the sunflower, blooming late in the season, providing some fall color. Yet another is that they are a very flavorful vegetable.

Their flavor is generally described as a nutty potato, or resembling water chestnuts. They are a root vegetable, resembling ginger. We bought seed and planted them once, and now they're here to stay, since they spread like a weed.

A couple cooking tips:

1. Despite being a root vegetable, Sunchokes are somewhat perishable once dug out of the ground. Eat them within a week or so.
2. If you eat them raw you may want to dip them first in water with lemon juice, to keep them from browning.
3. When being cooked, they go from firm to mushy rather quickly. Keep an eye on them when cooking them (you only need 5 to 10 minutes to boil or steam them.)
4. There is no need to peel them. Just scrub away any dirt with a vegetable brush. Break it apart to get into the tight spaces.

They are good raw in salads, steamed

with butter or vinaigrette, mashed, or turned into soup.

### Daikon or Winter Radishes

To finish out the season you may get radishes once more. The white radishes are Daikon, a Japanese variety, and the stronger of the two, though cooking helps mellow them. They are high in Vitamin C and are also known to be good for your digestive system.

The red Winter Radishes are still hot, but have a very nice flavor. We keep them over winter in our root cellar.

Radishes are a staple item in Japan, where they may be included in every meal of the day. Radishes can go limp if dehydrated, so keep them in the crisper in a ventilated bag.

This year in the late spring we spaded under the remainder of the early radishes. Remnants of them began re-sprouting in the summer, and now we have some extremely large examples of radishes, more platter size than salad plate size. And while most of the radishes acquired rather narly shapes, the Daikons grew straight, true, and as big as rolling pins.

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