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Fair Share Farm CSA Newsletter

HAVE A GREAT WINTER— SEE YOU IN THE SPRING!!

This Week's Share:

Full Share:

- Broccoli
- Lettuce
- Spinach
- Cauliflower
- Carrots or beets
- Rutabagas
- Winter squash

Partial Share:

- Broccoli
- Lettuce
- Spinach
- Carrots or beets
- Rutabagas

Next week: You're on your own for the winter! See you next Spring.

This is it, the final week of the 2004 CSA season. We hope you have enjoyed the fresh produce from the farm this year. We certainly have. We've also enjoyed getting to know all of you. We thank you so much for your support this year.

I think its safe to say a good time was had by all at the Harvest dinner last weekend. Thanks for joining us in celebrating a great first year of the CSA. Everyone contributed in making the evening something special. For those of you who missed it, there's always next year.

Here at the farm we are already thinking of next year. Like the K.C. campaign slogan says, we are "thinking big". Our goal for 2005 is to double the CSA membership to 50 households, with the long-term goal of 100 member households over the next three years. 100 member households would make the farm

economically self-sufficient and guarantee that the Fair Share Farm CSA would continue into the future.

To reach our goal, we'll need to first retain our current members—that's you! If you've enjoyed being a member of the Fair Share Farm CSA this season, we hope you will consider joining for next season. To hold your spot til next spring's sign-up, fill out a deposit slip at your pick-up location this week, or take one home with you to mail in later.

Wintertime is the lean time for farmers. No income, just lots of expenses. As I said at the Harvest dinner last Saturday, our wintertime is already full of projects. We are attending several conferences to broaden our farming knowledge—so much to learn from entomology to chemistry, community to fertility. Work on the barn is on the list as well, a never-ending project it seems. Ditto on the house. An exciting item on the list is preparing for a part-time intern for next season. We'll be working on a home for her and creating an intern program. Come January, its time to dig in to the seed catalogs and order all our

seeds, equipment, and new for us—fruit trees. Yes, we're taking the plunge by planting a small orchard. Nothing huge, hopefully just enough that we could have fruit throughout the season for the CSA. Cane fruit and strawberries are also on the list.

We will be thinking of you in January as we pour over the seed catalogs. What seeds we buy will be determined largely by you, via your answers to the End of the Season Survey. Please fill out your survey this week or mail it to us. If you misplace it let us know and we can mail or email you a copy of it. This is a democratic organization, so please cast your vote for the vegetables of your choosing. As a community of eaters you have tremendous power—power over what we grow as I said, but also power in how you spend your food dollars. This season by joining the CSA you chose to support a local, organic farm instead of the industrial agriculture that dominates our food system. Thank you for taking a chance with us. We plan to be around for years to come and with your help we know we will.

Have more broccoli or cauliflower than you can eat this week? Its easy to freeze. Wash & divide into florets (nothing bigger than 1 1/2 inches across), blanch in boiling water 3-4 minutes, cool under cold running water and freeze.

Recipes

Wilted Spinach Rolls with Peanut Sauce (from Terra Firma Farm CSA Newsletter 10/27/99)

Soak **1 bag of spinach** in lots of water, then remove the spinach to a colander and drain the water. Boil a kettle of water. Meanwhile puree **3 tbsp peanut or almond butter** with **1 tbsp soy sauce, 1 tbsp minced ginger, 1 minced garlic clove, 2 tbsp rice vinegar, and 1 tsp brown sugar**. Chop **1 carrot** into slices and puree with the dressing.

While the water is boiling, pour it over the spinach in a colander to completely wilt the spinach. Then quickly rinse the spinach with cold water until it is no longer steaming. Squeeze the water out of the spinach and form it into small rolls, then drizzle dressing over each roll.

A variation on this is to stuff the spinach leaves with rice, or simply chop the spinach and serve it over rice with the peanut sauce dressing.

The Politics of Food

American Multinational Firms Stealing Iraqi Grain Seeds From GRAIN.org

"When former Coalition Provisional Authority (CPA) administrator L. Paul Bremer III left Baghdad after the so-called "transfer of sovereignty" in June 2004, he left behind the 100 orders he enacted as chief of the occupation authority in Iraq. Among them is Order 81 on "Patent, Industrial Design, Undisclosed Information, Integrated Circuits and Plant Variety." This order amends Iraq's original patent law of 1970 and unless and until it is revised or repealed by a new Iraqi government, it now has the status and force of a binding law. With important implications for farmers and the future of agriculture in Iraq, this order is yet another important component in the United States'

attempts to radically transform Iraq's economy.

For generations, small farmers in Iraq operated in an essentially unregulated, informal seed supply system. Farm-saved seed and the free innovation with and exchange of planting materials among farming communities has long been the basis of agricultural practice. This has been made illegal under the new law (for licensed seeds.) These "protected" crop varieties brought into Iraq by transnational corporations in the name of agricultural reconstruction, will be the property of the corporations. While historically the Iraqi constitution prohibited private ownership of biological resources, the new US-imposed patent law introduces a system of monopoly rights over seeds. This law fits in neatly into the US vision of Iraqi agriculture in the future - that of an industrial agricultural system dependent on large corporations to pro-

Your Share Items

We had hoped to give you sweet potatoes this week, but they are a temperamental vegetable and did not cure as satisfactorily as we wanted. We planted them a little late, they did not size up the way we would have liked, and most of them went soft once we dug them. We will have some of the ones that are OK but not great available for anyone to take who doesn't mind less than perfect vegetables.

Spinach

The spinach you are receiving is our 4th attempt since we started farming.

As they say, it's always something, and for us it was acid soil, hot temperatures, or too much water. Well, we finally did it, and hope to have much more next year.

Spinach originated in Persia (Iran) and was first listed in a US seed catalog in the early 1800's. High in protein and minerals, it is in the family *Chenopodiaceae*, the same as beets and chard. Store it loosely in a ventilated bag in the refrigerator. Also, be sure to wash it well, as we may not have rinsed off all the dirt during our packing operations.

Rutabaga

Grown on farms in the Northeast in the fall, rutabaga's seem less familiar here in the Midwest. Looking a lot like a turnip, it's flesh is pale yellow instead of white, and is sweeter with a milder taste. Also known as a Swedish turnip, it was a staple food in the past, due to it's great long-term storage characteristics.

High in vitamins A and C, it is good raw as a snack, as well as roasted or mashed. You should keep it in the vegetable crisper for short term storage, and in a root cellar (cold and moist) for long term storage.

vide inputs and seeds."

In countries like Canada, this issue has been contested in court, with these corporations (ie, Monsanto) not winning at the level they would like. Therefore, due to their quite obvious influence, they are able to write Iraq's laws to suit their business needs, not the people's.

To us, seeing such things done in the shadows and then forced on an entire nation, shows the very long arm of agribusiness and the lengths it will (and apparently can) go to on behalf of its interests. Such intertwining of business and government in a time of war has been going on for a long, long time, but that shouldn't keep us from noticing and doing what we can to promote a more just system of agriculture, where the food supply of the peoples of the world is not controlled by those with primarily monetary interests. Your support of sustainable agriculture is greatly appreciated.

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