

June 2, 2004

Volume 1, Issue 2w

Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

1# Snow peas
2 Lettuce heads
Tat soi or Mizuna
Baby beet greens
Scallions
Easter Egg radishes
Green garlic
Cilantro or Fennel

Partial Share:

1# Snow peas
1 Lettuce head
Tat soi or Mizuna
Baby beet greens
Green garlic
Cilantro or Fennel

Next week: look for more lettuce, sugar snap and snow peas, radishes, and scallions. New will be swiss chard, fava beans, and dill.

The greens party

Last week as we stuffed your shares full of vegetables with names like mizuna, tat soi, and arugula, we noticed a few puzzled faces. Greens, highly nutritious and tasty too, are often overlooked in our modern American diet. Most of us didn't grow up eating them much and if we did they were usually cooked until all the nutrients were gone and the only flavor came from the big slab of pork that was included. Greens in the grocery store usually look lifeless after being shipped across the country.

While greens like collards and kale are more recognizable to many of us in the Midwest, grown in the Spring their flavor leaves much to be desired. Fall is their time to

shine as their flavor sweetens after a few good frosts. Asian greens, on the other hand, grow best in Springtime. They grow fast and stay tender and mild until the summer heats up. Check out Tom's recipe on the back for the best way to win over anyone in your household who thinks they don't like greens.

Here on the farm, the rain has lessened allowing us to get planting. This week we planted the peppers, melons, leeks, squash, and more herbs. We already have some green fruit on the tomato plants and tiny summer squash forming as well. Soon we'll be saying "Goodbye Spring, Hello Summer!"

Your fair share

As we figure out what goes into the share every week, we have many variables to keep in mind—fulls and partials, Weds. and Sats., and of course the weather. Here's a few things to keep in mind when contemplating your share:

- What is available on Wednesday, may not be what is in the mix on Saturday.
- The varieties and quantities will be different between the two types of shares. For example, radishes were listed to be available the following week, but this week only the full shares are getting them.
- Choices: The early bird gets the worm. Those who pick up earlier will be more likely to be able to have a choice. Full and partial shares may have different choices.

Calendar

June 9th — CSA Distribution, Crossroads Market

June 12th — CSA Distribution, Fair Share Farm

Saturday, June 12th 9am—12 noon: Animal Factories: Why It Shouldn't Be This Way!

with Marlene Halverson, Advisor to the Animal Welfare Institute Conover Auditorium, All Souls Unitarian Universalist Church, 4501 Walnut, Kansas City, Missouri, near the Country Club Plaza
The workshop will address the true price we pay for corporate animal agriculture, ie. environmental degradation, loss of family farms and extensive animal cruelty.
Free and open to the public — hosted by the K.C. Food Circle and People for Animal Rights of K.C.

Recipes

Baby Beets and Tomato Sauce

As with most recipes we'll give you, it's ok to skip an ingredient if you don't have it on hand. Also, the alcohol in the wine will cook off, leaving only the flavor behind.

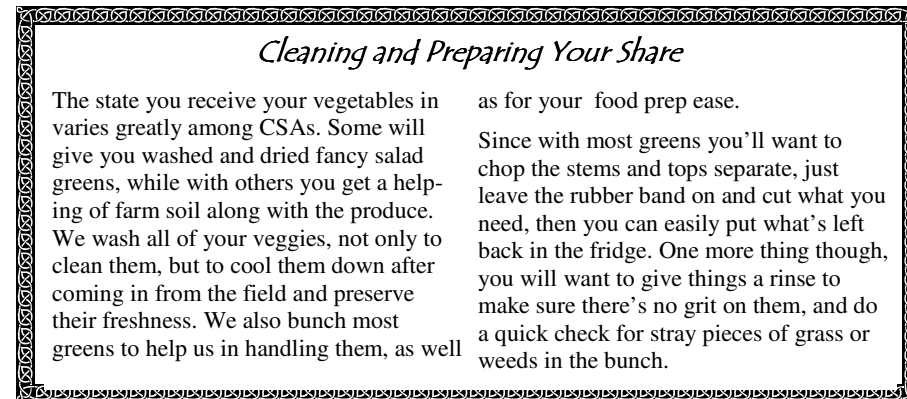
1 bunch baby beets with greens
2 cups coarsely chopped mizuna tops
1 garlic green, chopped
White part of 3 scallions, or 1 medium onion, chopped
2 tablespoons olive oil
1 tablespoon butter
1 cup red wine (or other liquids such as veggie/chicken stocks or water)
1 quart tomato sauce
1 tablespoon oregano
1/2 teaspoon each salt & pepper
Pasta of choice

- ◆ Heat up olive oil and butter in a large shallow pan/pot. Add chopped onion and sauté on medium high heat 3 minutes
- ◆ Add the garlic green, cook 2 minutes
- ◆ Chop the thin root tips off the beets and discard. Chop the baby beets and stems and add to pan
- ◆ Add wine or other liquid, cook until half the liquid evaporates
- ◆ Add oregano, salt and pepper

- ◆ Coarsely chop the beet green tops and add, along with the mizuna
- ◆ Add half the tomato sauce
- ◆ Mix ingredients, cover and cook over low heat 10 minutes
- ◆ Uncover and add remaining tomato sauce, cook to desired thickness
- ◆ Serve over pasta

Quick Rice and Wilted Greens

Simple and good. Make a salad (well chopped) with your choice of ingredients. Cook up some rice. While the rice is hot, add salad in proportions of about 2 parts rice/1 part salad. Serve hot or cold with Creamy Lemon-Herb Dressing (see last weeks newsletter), or lemon juice and oil.



Your Share Items

When I first joined the CSA in Rochester, NY, I had never cooked greens. Now I'm growing them and helping other people enjoy them! They are a CSA kinda thing—local, fresh, very nutritious, and seasonal fare.

If you are new to greens, we hope that over time you will learn their versatility in the kitchen. It's nice to have something at hand that is good both fresh or cooked, and that works well with many other dishes.

Since we burn a lot of energy working

on the farm, we often cook our greens with rice or pasta, to give it more body and make it more filling. And, while we try to eat in season, it doesn't mean that you can't add some other things in with them, like tomato sauce (see this week's recipe).

Mizuna

Sorry if we didn't mention mizuna in last week's newsletter and you didn't know what that oak leaf shaped green was in your share. It is an Asian green, growing best in the cooler weather of spring. From the amount you got you can see it did well this year.

Garlic Greens

This week's garlic form is the garlic green. Garlic is planted in the fall, by simple burying the individual cloves. We use the large cloves to grow the bulbs (summer harvest), and the smaller ones we plant for greens (spring harvest). The greens are a bit stronger than the scapes and are a good garlic clove substitute. They will keep well in the fridge for several weeks to a month, though you may need to trim off the tops.

The Politics of Food

The National Organics Program was developed by the Federal Government so that consumers would know what they are getting when they buy something labeled "organic." While resisted by the pioneers of the organic movement, it was agreed that people should be able to know what standards are followed by or-

ganic growers and processors.

However, in creating a legal framework around the word, the spirit of the organic movement is sometimes lost. Recently the USDA began allowing producers to use non-organic fish meal to feed "organic" livestock, and let milk cows that had received antibiotics back into the organic

milking parlor after a year. It was an example of how corporate agribusiness wants squeeze organic into their production methods, missing the point of organic agriculture altogether. Luckily, due to public and Congressional pressure the USDA has rescinded it's directives and certified organic has retained its meaning.

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