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# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Green or purple beans  
Dragon's Tongue beans  
Perpetual spinach  
Baby cabbage  
Carrots  
Golden or Chioggia beets  
Medium squash or baby squash  
Picking cukes  
Summer savory  
Extra: the first tomatoes of the season!

### Partial Share:

Green or purple beans  
Perpetual spinach  
Baby cabbage  
Carrots  
Golden or Chioggia beets  
Summer savory  
Extra: the first tomatoes of the season!

**Next week:** look for more cucumbers, summer squash, and beans. New will be slicing tomatoes, Chinese cabbage, chamomile, and garlic chives.

## Calendar

June 7th — CSA Distribution, Crossroads Market

July 9th— CSA Distribution, Fair Share Farm

## Field trials

We've been taking advantage of the clear skies and cooler temperatures to get caught up on all the work that we couldn't do because of the last few week's wet conditions.

While most of our vegetable plants were unhappy in their soggy beds, the foxtail (a weed) grew wildly. So, we've been out in the field, hoe in hand, for the last few days. The sight of the beds drying out is a beauty to see, but the soil in the beds has gotten compacted by all the water and its now noticeably harder to pull root crops like onions and carrots. Last year we could pull them by our hands, now we need a fork to get them out.

Some vegetables didn't survive the deluge. RIP spinach, red cabbage, and parsley. Also, one variety of carrots didn't fare well, even though other varieties in the same bed did fine. This is one reason why we grow many different varieties of vegetables. Each year we

grow a combination of vegetable varieties we know and trust, and new varieties. We grow only a small portion of a new variety to test out productivity, flavor, and disease resistance. This week you are receiving one of our "experiments", Perpetual Spinach, a new vegetable for us. We hope it will be a nice stand-in for the tender salad greens of spring and fall. With the demise of the real spinach, it was nice to have the perpetual spinach as it survived the rain just fine. It is supposed to be heat-tolerant but stay tender enough to eat raw. Let us know what you think.

An experiment that will need many years of trials, is our fruit crops. Except for melons, we haven't grown fruit crops for the CSA this year. We are

**The Core** searching for fruit crops that

will be easy to pick by us and the CSA members, that have a high yield per acre, are relatively disease and pest resistant, and, of course, that taste good. We do plan to plant strawberries in the fall. They should bear some next year but more the second year. We are also experimenting with cane fruit.

Trying new varieties is one of the fun parts of being a vegetable farmer. In the dead of winter while keeping warm by the woodstove, it warms the soul to read all the appetizing descriptions of meaty tomatoes, crunchy cucumbers, and aromatic melons. When we find one that lives up to its catalog description, its like finding a lost treasure. There are so many heirloom vegetables out there to discover. More on that next issue. Happy Independence Day!

As many of you know, we met each other on a farm in Western New York state. Rebecca interned on the farm and Tom was a member of Genesee Valley Organic CSA (GVOCSA). Much of what we know about CSAs come from the experience as both farmer and member. The GVOCSA is now in its 15th year and has over 240 members. They have a very active core group of CSA members that make decisions with the farmers on how the CSA operates and helps with the administrative work of the CSA. Although our CSA is just in its infancy, our CSA has a core group that met twice over last winter. We welcome all members who wish to attend the core group meeting towards the end of this month. If you'd like to participate, keep an eye on the calendar for an exact date and more information, or give us a call or email.

## Recipes

### **Green Bean Salad**

A quick way to serve green beans, and a dish that you can eat all week (if it lasts).

Snap the top off the beans, and then snap them in half, enough to make 4 cups.

Steam beans for 2 minutes. Drain beans and while still hot, marinate with a dressing of the following:

- ◆ 1/3 olive oil
- ◆ 1 tbsp balsamic vinegar
- ◆ juice of 1/2 lemon
- ◆ 2 tsp chopped fresh dill or summer savory
- ◆ 1/4 cup crushed almonds or walnuts
- ◆ salt and pepper to taste

You can start eating right away, or let the beans cool to room temperature.

### **Flynn Family Dill Beans**

A recipe from the family of member Ann Flynn. Don't be afraid of this dish and assume you have to be an expert in canning to make them. Instead of canning them, just put them in the fridge and they'll keep all season long.

- ◆ 1 pound cleaned green beans
- ◆ 3 cups water
- ◆ 1 cup white vinegar
- ◆ 1/4 cup salt
- ◆ 1 clove of garlic/quart
- ◆ 1 slice hot red pepper/quart
- ◆ 2 dill flowers/quart

Combine water, vinegar, salt & bring to a boil. Place beans, garlic, pepper & dill in hot sterile jars & cover with boiling brine. Jars will seal themselves. Let cure several days to 1 week. Serve chilled & enjoy!

## Your Share Items

### **Green Beans**

While the weather has stayed a little cool, we really are starting into the summer vegetable season. As you saw in your share last week, this meant our annual switchover from peas to green beans. We are growing several different varieties of bush and pole beans that we'll be harvesting over the next month or two.

Beans are another vegetable (along with squash and corn—aka "The Three Sisters") that originated in the Americas. They are a good source of Vitamins A and C, as well as protein, fiber, calcium and potassium.

For the first few weeks you'll be getting good old farm-fresh green beans, along with a purple variety (Royal Burgundy—it loses its color when cooked, but stays

purple when used raw). In the coming weeks you'll receive Roma type broad beans, "Rattlesnake" beans, and other varieties.

Beans are good fresh, cooked, or pickled. They are simple to prepare. Herbs such as summery savory or dill are a great compliment to the flavor of beans. Nuts such as almonds or walnuts, as well as sesame seeds add a nice texture and taste to bean dishes. You also can't miss if you use butter, olive oil, lemon, onion or bacon.

### **Cucumbers**

Some of you will be receiving the first cucumbers of the season this week. The first cukes to fruit are actually pickling cucumbers. But don't worry, they are perfectly good unpickled. I think that they have more flavor than regular cucumbers, and are much crisper.

If you are interested in pickling cucumbers, let us know, and we can accumulate a batch for you. We have 4 different varieties growing: Parisian Pickling, Edmondson, Cool Breeze, and West India Burr Gherkins. We pick them small (pinkie size and smaller), but can meet your needs.

We are also growing two types of slicing cucumbers, Marketmore (standard cuke) and Lemon. You

can expect them in about 2 weeks, as they are slower to fruit.

Cucumbers are in the same family (*Cucurbitaceae*) as squash, pumpkins and melons. Some cucumbers cause people to burp, so if you are one of those people, let us know and we can try to substitute something in your share.

### **Beets**

One thing we know with every vegetable we plant is that there will be some people that love it and some that don't. So we grow a few different types, ones that you may not even have seen before. If you're not a beet fan, we hope you like them, if you are, we hope these aren't too fancy for you!

This week we have some beets that we call specialty, some may call gourmet. The first are Golden Beets, aptly named for their rich color. The other is Chiogga, a red variety which shows white rings when cut. These varieties are both tender and require little more than peeling, steaming, and topping with butter, salt and pepper.

### More Experiments

As Rebecca notes on the front page, we do a lot of experimenting with varieties. With our bean varieties we are trying out "Dragon Tongue" beans. These beans are beautiful, yellow with purple streaking. They are also very perishable (eat them first out of your bag!), so you know they can't be carried in grocery stores. Enjoy this tasty and unique vegetable.

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