



July 14, 2004

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Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Specialty pole beans
Eggplant
Tequila peppers
Tomatoes
Cherry tomatoes
Baby squash mix or medium squash
Cucumbers
Carrots or beets
Garlic chives

Partial Share:

Eggplant
Tomatoes
Cherry tomatoes
Cucumbers
Carrots or beets
Garlic chives

Next week: look for more tomatoes, cucumbers, summer squash, and beans. New will be napa cabbage, tomatillos, and peppers.

Sharing the bounty

With summer in full swing, our days are now filled with harvesting the bounty. Around half of our time each week is spent trying to keep up with the abundance of veggies. Cucumbers, tomatoes, and summer squash are demanding a regular picking. Six hundred row feet of beets and the same amount of carrots are ready to be dug. We've stopped picking half of our bean plants because we don't have the time to pick them. I know I've said it before, but what a difference a year makes.

In planning for this year we wanted to be sure to have plenty of food for our CSA shares. Based on our yields last year during the drought, we planned much more than we now need. It now appears that we are growing enough vegetables for close to twice as many shares as we have.

We've been taking advantage of the extra veggies by pickling and canning as much as we can. Every year we preserve over 100 jars of a variety

of recipes, including lots of pickles, salsa, and tomato sauce. One of our new favorites this year is CSA member Ann Flynn's Dill Bean recipe. We also pickle beets, can whole tomatoes, tomato sauce, and freeze greens and zucchini for zucchini bread. There's nothing better in the cold of winter than popping open a jar of salsa for a taste of summer.

If you'd like to put some goodies away for the winter, check out the weekly bulk

list. We offer reduced prices for larger quantities. Right now beans, beets, and pickling cucumbers are available. In a few weeks time tomatoes, including paste varieties (best for sauce), tomatillos, and jalapeños will appear on the bulk list. Keep an eye out for Tom's yummy green salsa recipe. And if you are a newcomer to food preservation, just ask farmer Tom for some expert advice or check out these websites: www.uga.edu/nchfp/index.html or www.homecanning.com.

Missing something?

Have you gotten home with your sack of veggies only to find that you don't have that tomato or bag of beans that the newsletter says you should have? If so, you're not alone. At the end of CSA distribution each Weds. and Sat. we often find an extra item that shouldn't be there.

First of all, we apologize for the confusion. Our goal is to get your "fair share" while still preserving the integrity of the produce (for example, leaving tomatoes out of the cooler in a separate area) and giving you as many choices as possible. We are working to make our system more "user-friendly" with more signage, etc. In the meantime, here's a few reminders:

- ◆ Always check the share list on your newsletter before leaving to make sure everything that is on the list is in your possession.
- ◆ When picking out your tomatoes, onions, etc. make sure you get the quantity allotted for your share which should be indicated on the card with the produce.
- ◆ If you ordered a bulk item it should be in a separate bag with your name on it.

Thanks for your patience. . .

Calendar

July 21st — CSA Distribution, Crossroads Market

July 24th— CSA Distribution, Fair Share Farm

-CSA Core group meeting, 4 pm @ the farm

Recipes

Marinated Eggplant

This recipe is from a cookbook (don't know the name) of a friend of ours, who wanted to show us that eggplant is to be enjoyed.

- ◆ 3 to 4 medium eggplant, cut into strips
- ◆ 1/2 cup extra virgin olive oil
- ◆ Juice of 1 lemon
- ◆ 2 tbsp balsamic vinegar
- ◆ 1/2 cup pine nuts
- ◆ 3 cloves
- ◆ 2 tbsp raisins
- ◆ 1 tsp sugar
- ◆ 1 bay leaf
- ◆ Salt and pepper to taste

Broil or grill eggplant until well browned, 10 to 15 minutes. Let cool.

Mix remaining ingredient to make the marinade.

Pour marinade over the eggplant and let set at room temperature for an hour. Serve cool.

Roasted Eggplant and Nut Puree

Member Kathy Morris lent us a great cookbook the other day, *Local Flavors—Cooking and Eating from America's Farmer's Markets*, by Deborah Madison. Here is her eggplant puree recipe. It is similar to the classic Baba Ganoosh (you can easily find it's recipe on the web). They both will freeze well, so they are great ways to preserve your share for later eating.

- ◆ 1 pound +/- eggplant
- ◆ olive oil

- ◆ 1/3 cup pine nuts or walnuts
- ◆ 1 clove garlic
- ◆ Lemon juice
- ◆ 2 tbsp chopped purple or green basil
- ◆ 2 tbsp chopped parsley
- ◆ 1 tbsp chopped mint
- ◆ Salt and pepper to taste

Broil or grill eggplant until browned and tender 10 to 15 minutes. Let cool.

Toast the pine nuts in a skillet over low heat until golden. If using walnuts, toast them in a 350° F oven for 7 to 10 minutes, until fragrant.

Place the nuts and garlic in a food processor with 1/2 teaspoon of salt and puree until smooth.

Coarsely chop the eggplant and then work it into a rough puree with the food processor. Add a little lemon juice to sharpen the flavors, taste for salt, season with pepper, and stir in the parsley, mint and basil (or other fresh herbs).

Use on toasted bread or crackers. It makes a great sandwich or appetizer.



Check your cookbooks or the web for other eggplant recipes, like Eggplant Parmesan or Ratatouille.

Eggplant Pointers

Most eggplant people buy is bitter, this is due to its age and size. Your eggplant should not have any of this bitterness, but if you think it does, here is how you remove it:

- ◆ Slice and salt the eggplant, let sit in a colander for about an hour.
 - ◆ Rinse and pat dry
- Another thing that isn't digestible with grocery store eggplant can be the skins. We don't peel ours, but you may want to.

Your Share Items

EGGPLANT

Summer is heating up, and the hot weather plants are starting to flourish. There are several ways that I compare the weather here to that in Rochester, NY, where I spent 20 years. For one, we don't get 90 inches of snow per year. Another is how well eggplant will grow here. At my NY CSA farm they had to grow eggplant in a greenhouse to get them to produce. Here in Kearney, they do just fine outside by themselves, maturing as early as the 4th of July.

Eggplant originated in India, and has long been a staple of Asia and Europe. It is said there are more recipes for eggplant than for any other vegetable. Nutritionally, their main benefit is that they are high in fiber. They are very perishable, so use them within a week. Store in the fridge in a plastic bag.

Rebecca and I thought we didn't like eggplant before we started growing it last year, but a few good recipes, and a fresh eggplant changed our minds forever. Here's a summary of the 9 different varieties we're growing for you:

Dusky

What most people think of eggplant, beautiful dark purple fruit

Pandora Striped Rose

A lilac/rose, teardrop shaped fruit

Rosa Bianca

Nice round, pink and white eggplant with no bitterness

Casper

Early producer you may have already gotten. Long ivory white fruit. Great mushroom-like, sweet taste. Great alone, sautéed in olive oil with nothing else.

Apple Green

Developed in the US in 1964, a green, round, apple sized eggplant.

Black Egg

A Japanese variety, dark, egg shaped fruit, very tender and mild

Ping Tung

A Taiwanese eggplant, long purple w/ white fruit with great taste

Thai Dark Round Green

Everything the name says, it is used extensively in Thai cuisine

Thai Long Green

Long, green, sweet eggplant

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