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Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

- Sweet Corn
- Rattlesnake beans
- Jalapeños
- Tomatoes
- Passport Melon
- Tomatillos
- Cucumbers
- Yellow onions
- Musik garlic

Partial Share:

- Sweet Corn
- Rattlesnake beans
- Tomatoes
- Tomatillos/Jalapeños
- Summer squash
- 1 Onion, 1 Garlic

Next week: look for more tomatoes, cucumbers, summer squash, and beans. New will be potatoes and paste tomatoes.

Calendar

July 28th — CSA Distribution, Crossroads Market

July 31st — CSA Distribution, Fair Share Farm

Corn

We are very excited to be able to bring you sweet corn this week. Corn is infamous for how difficult it is to grow organically. It has many pests, high nutrient requirements, poor cold soil emergence, pollination problems, and raccoons and deer love to eat it. We know few farmers who had good results growing completely organic sweet corn. Deciding to try to grow some this year, we were cautious about counting on it for the CSA. We didn't want to promise something we couldn't deliver.

The corn received a lot of attention from us. We amended the soil with minerals, controlled earworms with a naturally-occurring microorganism, and

installed a solar-powered electric fence around it to keep the critters away. So it was with great celebration that we picked the first ears of corn tonight. Fresh from the field and steamed for just 5 minutes. A little butter, a little salt, and perfection. Don't wait too long to eat yours. It will store for several days in your refrigerator, but long term the sweetness will turn to starchiness and the flavor will diminish.

The variety you are receiving this week is called "Spring Treat, very popular for its earliness, sweetness, corny flavor, and good cold soil emergence. That last one is really important for organic growers. All the conventional corn fields around are planted with fungicide-treated seed. The treatment allows the seed to keep from rotting in the cold, wet soil of Spring. We use only untreated seeds which are therefore more susceptible to cold, wet weather. We planted our corn a few weeks later than the conventional growers for this reason. Despite much rain and below average temps, Spring Treat did great and has earned a place in next year's fields.

We plan to have corn in the shares twice more after this week. "Tuxedo" is a bicolor variety and "Silver Queen" is a tasty white. We're still not promising, but

the plants look good right now.

There may be some ears that have gaps where kernels should be. That is caused by poor pollination. Corn is pollinated when the wind blows pollen from the tassels onto the ear silks. Around the edges of the corn patch pollination is patchy and ears don't fill-out completely. You may also find a worm or two in the top inch or so of the ear. Just cut off the damaged section and enjoy.

Its not just the corn that has been demanding our attention lately. We've been very busy lately harvesting, weeding, and keeping up with pests and other troublemakers. The squash bugs and cucumber beetles have arrived and are doing damage to the squash, melon, pumpkin, and cucumber plants. We are doing our best to contain the damage and bolster the plants against the pest pressure. We'll keep you posted on how successful we are.

We have also begun planting fall crops. In a few weeks time, fall broccoli, cabbage, and cauliflower plants will be transplanted to the field from the greenhouse. Its hard to believe, but Fall is just around the corner.



Recipes

Fresh Green Salsa

This salsa isn't just fresh because it was picked so recently, the lime juice and cilantro are a combination that give food a clean, fresh flavor.

- ◆ 1 pt tomatillos
- ◆ 1 medium onion
- ◆ 1 medium tomato
- ◆ 1 jalapeño pepper
- ◆ 1 clove garlic, minced
- ◆ 2 tbsp red wine vinegar
- ◆ 4 tbsp olive or vegetable oil
- ◆ Juice of 1 lime
- ◆ 2 tbsp chopped fresh cilantro
- ◆ Salt and pepper to taste

Cut tomatillos, onion, tomato and pepper to fit into a food processor. Process until coarsely chopped. Transfer to serving bowl. In a separate bowl combine garlic, vinegar, oil, lime juice, S&P, and whisk together. Pour over chopped vegetables, top with cilantro and mix.

Serve with tortilla chips as a snack, put on tacos, burritos, etc., add to scrambled eggs, use as a condiment.

Another variation on this recipe is to slice the tomatillos, tomatoes and onions into rounds and roast them on the grill (or in a toaster oven) until browned, and *then* add them to the recipe.

Green Beans and Tomato

Neighbor and CSA member Meg Fidler made this for us on the 4th of July, and we feel it's a great way to use a lot of items out of your share, and have a great salad. It's from

NancysKitchen.com.

- ◆ 1 lb green beans
- ◆ 2 tsp Dijon mustard
- ◆ 1 clove garlic, minced
- ◆ 2 tbsp red wine vinegar
- ◆ 4 tbsp olive or vegetable oil
- ◆ 1/8 tsp ground cumin
- ◆ 2 tbsp basil
- ◆ 3 red tomatoes, sliced
- ◆ 1/4 cup chopped onion

Pinch off ends of beans and snap to desired length. Steam (5 minutes for Ratlesnake beans, 10 to 15 minutes for other varieties). Don't overcook. Drain and let cool. Place the mustard, garlic, and vinegar in a salad bowl. Gradually add the oil while stirring with a wire whisk. Add cumin and basil. Stir and blend. Add the green beans, tomatoes and onion. Toss and serve.

Growing Growers Program

Fair Share Farm participates in the Growing Grower's Program, a project that is working to train new farmers in the Kansas City Area and connect them to the markets that suit their growing plans. It is funded by a grant from the USDA/Sustainable Agriculture and Research and Education Program, through K-State (and in conjunction with MU, The Kansas Rural Center and The Kansas City Food Circle.)

As a part of the program, we took the tour of Full Circle Farm in KCK on Monday, and saw Katherine Kelly's urban farm. We

try very hard to see as many other farming operations as possible during the year, and the tour was great.

The tour was followed by a workshop run by Cody Hogan, Chef de Cuisine at Lidia's. He talked about the basics of taste, and how the human tongue, nose and eyes are wired to perceive taste. One of Cody's main points was that flavor is directly related to the freshness and ripeness of a fruit or vegetable. We couldn't agree more, and our goal is to continue to figure out how to get Fair Share Farm's CSA members their produce as fresh as the best cooks would demand. After all, fresh food should be for everyone.

Your Share Items

Alliums—Part 2

There are a few new but familiar things in your share this week. Familiar both because you know them well (garlic and onions) and because you had younger versions of them in the Spring (garlic greens, garlic scapes and scallions). They are both members of the allium family, along with things like chives, leeks and shallots.

These are the first of the **onions**, many of which rotted due to the wet weather in early June. Don't worry though, there are more in the field from our second planting.

Cultivated onions apparently originated in Central Asia, but there were wild onions even in Pre-Columbian America.

The first **garlic** you receive is a variety called hardneck. You will see when you break open the head that the cloves are a uniform size around a central stalk. When you next get garlic it will be soft-neck, a variety with variously sized cloves that fill the whole head.

One thing we like about garlic is that in our book, *The Organic Gardener's Handbook of Natural Insect and Disease Control*, it has no pests or diseases to list. That alone tells you that garlic has special properties.

We grew a lot of garlic, and it grew well, so be sure to let us know if you would like us to save you some. As garlic also stores well on top of the fridge (not in it), we hope that you can have it throughout the year.

Tomatillos

You may never have used a tomatillo, but if you've eaten in an authentic Mexican restaurant, you've probably had them, either in the salsa, or in a green sauce. They are the green vegetables with a husk on them. To clean them simply pull the husk off and rinse any dirt away.

If our salsa recipe doesn't suit your taste, go to <http://www.panix.com/~clay/cookbook/salsa/> and see the 334 salsa recipes on this website.

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