



July 27, 2005

Volume 2, Issue 11w

Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Hybrid tomatoes
Heirloom tomatoes
Cherry tomatoes
Potatoes
Carrots
Eggplant, okra, or salsa fixin's
Bell peppers
Garlic
Basil or chives

Partial Share:

Hybrid tomatoes
Heirloom tomatoes
Potatoes
Eggplant, okra or salsa fixin's
Garlic
Basil or chives

Next week: Tomatoes, eggplant, beans.

Calendar

August 3rd — Distribution, Wednesdays

August 6th — Distribution, Saturday

Update from the Core

Many of you may not be familiar with what the Fair Share Farm CSA core group does, so I thought I'd give you all an update on what happened at the last meeting.

Eight or nine dedicated CSA members attend the semi-monthly meetings where we plan events like the April sign-up, last week's farm tour, and the end of the season dinner, and also discuss logistical issues like setting up the Liberty distribution, surveying the membership, and recruiting new members.

Sponsor a Deer Fence Post

One idea we brought up at the core meeting was to assist the farm's deer fence project by selling deer fence post sponsorships. For \$20 members can sponsor one of 160 posts and get their name, message, or whatever they can fit on a small plaque on the post itself. Why pay \$100s to get your name on a brick at the new ballpark or arena when for \$20 you can buy a piece of Fair Share Farm that you can visit whenever you come out? Proceeds from the post sponsorships will go toward the cost of the fence, assisting the farm with the unexpected cost of protecting your

veggies from those hungry herbivores. If you are interested in sponsoring a post, contact the farm for more details.

Liberty Distribution

Another item on the agenda for the last couple of meetings has been the Liberty Distribution project. Over the course of the last 11 weeks, the core group along with a new crew of Liberty Distribution captains has been transforming the CSA experience for close to half of the membership. Twenty households now pick up their produce in Liberty at the home of core members, Fred & Carole Barth. Every Saturday since the beginning of the season, the Barth's have opened up their garage and allowed their Liberty neighbors to get their Fair Share Farm veggies closer to home (and enjoy their beautiful garden). Earlier this month 5 Liberty Distribution captains were trained. Starting last Saturday, the captains now run the weekly distribution allowing the farmers to farm instead. The project has gotten off to a great start and we are hopeful about the possibilities for the future. Thanks goes to the Barth's, Elaine Reynolds, Kit Bardwell, Glenn & Kathy Brock, Ann & Mark Flynn, and Heather Murphy for making it happen.

Fruitshare

Core member, Kelly Parker, has been working hard for you fruit lovers out there. Since February she has been researching the possibility of bringing in organic fruit to the CSA. Here at Fair Share Farm we are giving it our best shot to grow fruit and have planted berries and fruit trees. The fruit trees should start bearing in 3-5 years and the berries are a small patch. At least for the next three years, Fair Share Farm's efforts will be "fruitless". Unfortunately, we fell short of the orders needed for the fruitshare project and will revisit the topic as our membership increases in future years.

Mid-Season Survey

For the seasoned CSA veterans, you know its time for the mid-season survey. Yes, everyone we have hit mid-season, and with half the season still ahead of us the farm wants to know how it's going. Sometime in the next week, you'll be receiving a 2-page survey either thru print, email, or web (that part is still undetermined) or maybe a combination of all three. Please take the time to fill it out. As a member of the CSA, your comments and suggestions are vital to the success of the farm and the CSA.

Recipes

Ratatouille

Ratatouille (ra-tuh-too-ee) is a dish that, like gazpacho, has many variations. Generally it is a French stir-fry, consisting of eggplant, onions, zucchini, pepper, garlic and tomato—and that is pretty much all that goes into the simple recipe below (from Jacques Pepin). You can make your own variations on this theme by adding herbs, or even okra. It is especially good with fish.

- ◇ 4 tbsp olive oil
- ◇ 1 medium onion
- ◇ 1 bell pepper
- ◇ 1 zucchini

- ◇ 1 eggplant
 - ◇ 1 large ripe tomato
 - ◇ 4 cloves of garlic, crushed and finely chopped
 - ◇ Salt and pepper to taste
- Chop all of the vegetables into 1/2 inch chunks. In a large skillet or saucepan, heat the olive oil and sauté the onions for 2 minutes. Add the eggplant and sauté for 2 more minutes, then add the green pepper and zucchini and sauté for 1 minute longer. Stir in the tomatoes, garlic, salt and pepper. Lower the heat, cover, and cook for 10 to 15 minutes, or until the eggplant is tender.

Tomatoes for Sale

We broke all existing records on Tuesday, when we harvested over 400 pounds of tomatoes. It included a nice blend of hybrid, heirloom, and paste tomatoes. So, right now we have a surplus of some very nice tomatoes. The hybrid are small and uniform shaped, good for preserving as whole tomatoes. The heirlooms make nice juice and salsa, and the paste tomatoes make a wonderful, thick, home-made sauce.

Preserving is a great thing to do this time of year. You will be happy you did when winter and spring come along. Our prices are as follows:

| | |
|-----------------|-----------|
| Hybrid tomatoes | \$2.00/lb |
| Paste tomatoes | \$2.50/lb |
| Heirlooms | \$3.00/lb |

Give us a call in advance and we can figure out how best to get your order to you, or put in an order on the bulk sheet.



Your Share Items

What to Talk About?

Our plan with the Fair Share Farm website, is to eventually have it be an easy to use site with comprehensive botanical, historical, nutritional, culinary, and storage information. For now, we only have the ability to provide you info here in the newsletter and can usually focus only on a few things. This week, we will tell you about vegetable varieties.

Heirloom Tomatoes

We have had very little luck the last 2 years growing heirloom tomatoes. We are happy that this year is much different. Hours (and hours) of trellising them by Rebecca and Amy seems to have had a very positive effect on the plant's health. We think that we should be able to have a good trial of this year's varieties.

Speaking of varieties, we are growing 23 different ones. Ten of the varieties are red/pink, the largest being the pinkish **Brandywine**, and the smallest the pink **Rose de Berne** (which you have been getting already) and red **Rutgers**. We have "black tomatoes (some say purple), the **Black Krim** (our favorite), **Black Brandywine**, **Cherokee Purple**, **Sara Black**, and **Black from Tula**.

With all of these similar heirlooms, it may be tough for you to know which variety you got. If you have questions, just talk to us at distribution, at the farm, email us, or call us and we might be able to zero in on what variety it, is even by your description. We want any comments that you have on the heirloom tomatoes.

So, to go on, there are also "green" to-

matoes. (green striping and an orange tinge when ripe), **Emerald Evergreen**, **Aunt Ruby's German Green**, and the small **Green Zebra**.

You could be the one at distribution that has a chance to get the especially large **Woodle Orange**, or the brilliant red and orange colored **Pineapple**, **Lucky Cross**, or **Old German**.

Eggplant

I hope that last week I impressed upon anyone not familiar with eggplant, that if you cook it at least to the texture of cooked mushrooms, you will like it. So the next thing to know is the varieties in the distribution box.

The eggplant that has been growing the best is the hybrid eggplant **Black Bell**, a beautiful, large pear shape fruit. The long eggplant are good too. We are growing the white **Casper**, purple **Ping Tung**, and green **Louisiana Long Green**. If you cut them in half, and then crosswise, they even look like mushrooms when cooked.

We have two white and purple streaked eggplant, the round **Rosa Biancha**, and longer **Pandora Striped Rose**. The last is the appropriately named **Apple Green**.

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