



This Week's Share:

Full Share:

Tomatoes— 2 items

'Austrian Crescent' fingerling or 'All Blue' potatoes

Yellow wax beans or 'Rattlesnake' beans

Cherry tomatoes or salsa fixin's

Eggplant or okra

Sweet peppers or summer squash

'Genovese' or purple basil or coriander

Garlic

Partial Share:

Tomatoes

'Austrian Crescent' fingerling or 'All Blue' potatoes

Yellow wax beans or 'Rattlesnake' beans

Sweet peppers or summer squash

Garlic

'Genovese' or purple basil or coriander

Next week: beans, tomatoes, cippolini onions, and carrots.

Calendar

August 31st— Distribution, Wednesday

September 3rd— Distribution, Saturday

August 24, 2005

Volume 2, Issue 15w

Fair Share Farm CSA Newsletter

COOL & WET = Tomato weather?

While the fall equinox is not until September 22nd, summer seems to be prematurely giving up the ghost. Much cooler temperatures and seven inches of rain last week and more predicted for later this week have us mucking around in our boots this week. So far the plants seem okay with the rain we've received thus far, but any more would easily tip the balance in a rotten way. With all this cool humid weather, crops are especially susceptible to diseases. We are keeping close tabs on the fall crops as they grow. This is a critical time for them as they need to put on a lot of growth in the next few weeks. As almost six month old plants living in this soup, the tomatoes are rapidly succumbing to blight and rots of all kind. Today close to half of the tomatoes we picked ended up in the "seconds" box due to either cracking from the big rain or some sort of fungus problem. Happily, there were still plenty of good ones to hand out this week and hopefully for a few more weeks to come.

Luckily the other summer crops continue to grow. We've got some new summer squash starting this week and the beans have finally started producing as well. We're

also watching a nice short row of cucumbers that have just started flowering (fruits form from the spent flowers) and another planting of cucumbers and squash on their way. Our hope is that the summer crops will hold on until the fall crops begin. Broccoli and lettuce may start as early as mid- late September. Until then, follow Tom's advice and take these cool nights as an opportunity to make soup from the summer's bounty.

SURVEYS

Thank you all (27 and counting) for sending in your surveys. Next Monday I will be handing them over to one of our new core group members, Donna Merrill, for tabulation. For those of you who haven't yet gotten your surveys in, this is the week. Let me know if you need another copy. We really want to hear from you all.

END OF THE SEASON DINNER

Save the date! We have reserved October 22nd to celebrate the (almost) end to the season. As last year, the potluck dinner will be at St. James in the Northland. The CSA core group will be meeting in September to plan the event and welcomes any and all assistance. Last year we had some great entertainment from talent within our membership. There was singing,

instrument playing, balloon-making, as well as some great M.C.ing. If you have a talent you would like to share with the group, please let us know.

LABOR DAY

Just a reminder that next weekend is one of our nation's big holidays. The CSA distribution will continue as always. If you will not be able to pick up your share during distribution hours, please let us know and we can arrange an alternative pick up time. For more info. on what to do when you can't pick-up, check out newsletter Issue 7, July 29th.

FAREWELL, AMY

Last Friday was our intern, Amy Bousman's last day at the farm. Our thoughts are with her as she prepares to leave the area for a 9 week internship at the Herb Pharm in Oregon. We appreciate all the hard work, companionship, and spirit that she brought to us. Her mini internship here gave us some much needed practice at working (and housing) an intern. Next year, our goal is to have an intern during the entire season (April thru October). We learned a lot from Amy and will spend the winter working on how to improve the intern experience for her successor.

Recipes

Vegetable Gumbo

While I grew up in Cincinnati, which definitely has a Southern flavor, I never ate okra. Learning to grow and eat okra has been a new, and quite satisfying experience since moving to Missouri. This recipe is based on what has been in the shares lately, as much as the basic recipe for gumbo. We present it purely vegetarian, to show that it is delicious, even without meat or seafood. You can treat this recipe as a starting point if you want to add sausage, shrimp, or other items.

- ◇ 2 tbsp olive oil
- ◇ 1 large onion, coarsely chopped
- ◇ 2 cups okra, cut crosswise into "stars"

- ◇ 2 sweet or green peppers, cored, seeded and coarsely chopped
 - ◇ 3 cups tomatoes, coarsely chopped
 - ◇ 2 cloves of garlic, coarsely chopped
 - ◇ 1 tbsp ground cumin
 - ◇ 2 tbsp ground coriander
 - ◇ 1/2 tsp cayenne pepper
 - ◇ 3 cups vegetable stock
 - ◇ Salt and pepper to taste
- Sauté the onions in the oil until translucent, about 3 minutes. Add the cumin and coriander. Stir in the okra and cook for 2 minutes. Add the tomatoes, garlic, peppers and stock. Bring to a boil. Cover and simmer for 10 minutes. Uncover

and simmer for 10 minutes more, or until peppers are tender.

Oven-Dried Tomatoes

One of the simplest ways to save those extra tomatoes that you know you won't get to is to dry them. You can use your oven, and save the expense of a food dehydrator. Simply cut the tomatoes into large pieces. Cutting a paste/Roma tomato in half is the perfect size.

Place the tomatoes, skin side down, on a cookie sheet and leave in the oven overnight at 200 °F. When they are dried out (somewhat leathery, but not crisp) they are done. They will keep a month or two in a sealed bag in the cupboard, however, the freezer is a better place to store them.

Your Share Items

Beans

At the sign-up meeting in April, you may remember us talking about how much we need the member's help to pick beans. So far this year though, we haven't been able to grow good stand due to wet conditions in June. Well it's late summer now, and our third planting is growing well. We hope to be picking beans for the next several weeks.

You may have already gotten some **Indy Gold** yellow wax beans. They are just starting to peak. Another bush bean type that is coming on is **Royal Burgundy**. They are purple and tasty, but turn green when you cook them.

The third type that we are growing are our favorite, **Rattlesnake Beans**. They are the slender green bean with the red speckling. We think they have a particularly nice flavor, somewhat nutty, and a very tender texture.

Keep your beans in the ventilated bag they came in, and store them in the vegetable crisper.

Resources

It will no doubt be a little while before we are able to update the website to include all the information the CSA wants (and should have). In the meantime, we offer the following resources and recommendations.

- ◇ **www.wholehealthmd.com**
Recommended by the Wormsley's, it is a great source of info on many things, in particular, nutritional and storage information. Go to the Reference Library page (Foods link), and you will get an index of subjects.

- ◇ **www.aubergines.org**
Recommended by Harry Mallin and Lisa Key. When I looked last night, this site had 3,117 eggplant recipes.

- ◇ **www.epicurious.com/recipes**
This site is listed on our website under Links, and is an excellent recipe index. There were 31 okra recipes at this site.

- ◇ **www.organicconsumers.org**
The thing about food is that it is hardly a one dimensional subject. While the first 3 resources related

to the taste and health value of food, the Organic Consumers Association site addresses some of the politics of food. Links/articles include such things as *Scientists Warn of Genetically Modified Superweed Risk*, or *Students Purchasing More Green & Organic Products for Back to School Needs*.

- ◇ **www.allorganiclinks.com**
This site calls itself "The Global Resource for Organic Information" and it pretty much is. You can find information on a range of organic products.

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