



This Week's Share:

Full Share:

Tomatoes— 2 items

Carrots

Yellow wax beans or 'Rattlesnake' beans

Cipollini onions

Summer squash

Sweet peppers

Italian parsley, chives or thyme

Okra or Salsa fixin's or Poblano peppers

Partial Share:

Tomatoes

Carrots

Yellow wax beans or 'Rattlesnake' beans

Cipollini onions

Okra or eggplant

Italian parsley, chives or thyme

Next week: beans, tomatoes, potatoes, and garlic

Calendar

September 7th— Distribution, Wednesdays

September 10th— Distribution, Saturday

August 31, 2005

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Fair Share Farm CSA Newsletter

THE LULL

We are beginning to enter the time in the season when ripening and quality of the summer crops is decreasing and the fall crops are still in their growing phase. This is about as nerve-racking as it gets at the farm as we urge our summer crops to hang-on and our fall crops to grow, grow. Fortunately, we do have a nice stand of those super yummy 'Rattlesnake' pole beans and two plantings of summer squash and cucumbers that are just starting to come in—bridging the seasons and filling your shares.

FARM WORK SCHEDULE

Two months remain in the 2005 season with many opportunities to sign-up for your farm shifts if you haven't already. Full shares need to complete 3 four-hour shifts; Partial shares two shifts. This small obligation multiplied by 51 member households adds up to a significant amount of help at the farm. We really need & appreciate your help, as it enables us to harvest the week's shares and keep up with the other farming tasks. If you still need to sign-up for your farm shifts, contact our core members who are keeping the schedule. Contact Karen Bronson (816)628-3653, sbronson@uniteone.net) for

Wednesdays, Jan Kohl for Saturdays (816) 628-5494, woodyjan@kcnet.com).

SINKING IN

Before Hurricane Katrina hit the Gulf Coast, we were worrying about our own moisture problems. With over 9 1/2 inches in as many days, it is pretty soupy out here. But the unfolding of the events in this week gave us some much needed perspective. I lived in Baton Rouge, LA while attending graduate school at LSU and have many fond memories of traveling to New Orleans over Lake Ponchartrain. The farmers in Mississippi have undoubtedly lost their crops completely. Our own little bit of water seems insignificant in comparison. No matter where you are, when soil reaches the saturation point plants lose the ability to extract necessary elements from the soil. Plants wilt when their roots cannot breathe freely and if left in this condition for very long, they will die. Last year we watched our tomato plants under flooded conditions and nothing can remedy too much water except less water. In soil with a healthy amount of water there remains pockets of air, which plants need for basic processes. Soils in our part of the world already lack adequate air pockets because the clay particles in

our heavy soils stick together leaving little space for anything else. Add to this sticky mix too much rain and you get a mucky mess. Soils with high clay content (like ours) also dry out slower than sandier soils extending a bad situation.

Farmer Tom experienced this first hand yesterday while mowing with the tractor. As he mowed next to one of our recently turned fall beds, he turned to check on the path he was making. This slight movement sent one of the front wheels to the edge of the bed and it sunk right in, pulling the tractor in with it. After quite a struggle, Tom was able to drive the tractor out, leaving behind a few less kale plants.

The wet conditions are also thwarting our desire to spade in our summer cover crops. We planted cowpeas and buckwheat back in August after the spring crops were finished. We now have a beautiful stand of nutritious organic matter that will feed the soil when is incorporated.

Unfortunately, the longer we wait the higher the likelihood that we will also be turning in unwanted seeds that will sprout next season. The soil cannot be worked while wet without damaging it, so the only thing to do is wait and hope for dry & hot weather.

Recipes

Asian Green Beans

One thing that I like in a snap bean is good texture and a slightly nutty flavor (like the Rattlesnake Beans). The nuttiness from the sesame oil in this recipe goes perfect with the beans, and if you cook the beans until they brown and caramelize some, you get a little sweetness too.

- ◇ 1 medium onion, halved and cut into long slivers
- ◇ 1 lb snap beans, ends cleaned and snapped in half
- ◇ 1 large clove of garlic
- ◇ 1/2 cup finely grated carrot
- ◇ 1 tbsp red curry paste or chili sauce
- ◇ 1/2 cup water
- ◇ 2 tbsp sesame oil
- ◇ 2 tbsp rice wine vinegar
- ◇ 1 tbsp lemon juice

- ◇ 1 tbsp soy/tamari sauce
 - ◇ Fresh chives, chopped
- Sauté (or stir fry) on high heat the onion in the sesame oil until translucent, about 2 minutes. Add the beans and water and cook for 5 minutes, uncovered, until beans start getting tender and most of the water has evaporated. Add the garlic, curry paste, vinegar, lemon juice and soy sauce. Lower the heat to medium and cook until there is hardly any liquid left and the beans are tender and starting to brown, about 10 minutes (add some water if necessary to keep the dish from burning). Add the carrots, top with the fresh chives and serve immediately. It is a good leftover dish too. (hot or cold). Crushed peanuts or almond slices are also a good addition.

Green Bean Recipes

There were several green bean recipes in last year's newsletters that are worth checking including: Green Bean Salad, Flynn Family Dill Beans (Issue 6), Beans with Summer Savory (Issue 7) and Green Beans and Tomato (Issue 9).

Zucchini Bread

This recipe is from a member whose name I did not write down on the recipe! This will no doubt be the first of many zucchini bread recipes to grace the newsletter over time.

- ◇ 3 eggs
- ◇ 2 cups sugar
- ◇ 2 cups peeled, shredded zucchini
- ◇ 3/4 cup vegetable oil
- ◇ 1 tbsp vanilla
- ◇ 3 cups flour
- ◇ 1 tbsp cinnamon

- ◇ 1 tsp baking soda
- ◇ 1 tsp salt
- ◇ Nuts (optional—I use pecans and also sprinkle pecan pieces on the top before baking)

Heat oven to 350. Beat eggs until foamy and then beat in sugar, zucchini, oil and vanilla. Stir in rest of ingredients. Pour into greased/floured large loaf pan and bake until center is done, approximately 1 hour 15 minutes. Cool 10 to 15 minutes in the pan, then cool on a wire rack.

Note: This makes a lot of batter. I use an extra long loaf pan or make one regular loaf and a few smaller ones. Either way, you will need to pull it out about 55 minutes or so into baking to check the top. If you don't cover the top with foil, it will burn before the center cooks.

Your Share Items

Cipollini Onions

The flat, white onions in the shares this week are a variety known as *Cipollini*. We are fond of this variety, due to its great flavor and sweetness. It is as good as an onion salad (see Week 12 newsletter), or in any dish where you caramelize onions.

"Summer" Squash

We have a very hard time growing winter squash at the farm, due to the many pest and disease problems that seem to always kill the plants before the squash ripens (winter squash takes 80 to 100 days). Summer squash

plants have a much shorter days to maturity (40 to 50 days), so we can get a lot of fruit before they succumb. So this year, we have planted some summer squash later in the season to give you squash closer to fall. We will let them grow larger than in the summer, to stretch what we have, and to provide a substitute for winter squash. These larger squash are still plenty tender, but are also good for baking, breads and soups (among other things).

Late Summer Herbs

The recent rains have drowned some

plants, and created a flush of new growth on others. The latter is true of many of the perennial herbs. Over the next weeks, you will be getting some of these, including **thyme, Italian parsley and chives**.

Among other things, these herbs are all excellent flavorings for potatoes.

Parsley and chives are best used fresh and added to dishes at the end. Thyme is also good fresh, but holds up well when cooked, such as in soups, stews, and pasta sauces; or with chicken.



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