

September 14, 2005

Volume 2, Issue 18w



This Week's Share:

Full Share:

Tomatoes
Carrots
French Breakfast radishes
Yellow or red onions
'Rattlesnake' beans
Summer squash or peppers
Cucumbers or salsa fixin's
Cherry tomatoes
Basil, chives or shallots
Extra: okra, take what you want

Partial Share:

Tomatoes
Carrots
'French Breakfast' radishes
Beans, eggplant or squash
Yellow or red onions
Basil, chives or shallots
Extra: okra, take what you want

Next week: leeks, green tomatoes, potatoes, and garlic.

Calendar

September 21st— Distribution, Wednesdays

September 24th— Distribution, Saturday

Fair Share Farm CSA Newsletter

SURVEY RESULTS

At this month's core group meeting we heard the results of the mid-season survey. 29 members (57%) completed the survey and the response was overwhelmingly positive. We thank everyone who contributed their time and thoughts to completing the survey. A special thanks goes to core group member, Donna Merrill, who tabulated the results in her report. Some highlights include: 29 people rated their CSA experience as 'very good'. 24 people said the quantity of food in the shares is 'just right'. 28 people said the quality of the produce is 'great'. 27 people responded 'yes' to the question of signing up for next year. We are looking into the possibilities for some of the suggestions offered in the responses including canning classes & connecting members to the broader local food community. The survey showed that over half of the membership is pleased with the CSA experience, which is great news. We do wonder however what the other 20 members think. If you were one of those who didn't complete the survey this time, consider filling out the end of the season survey in October. We really value your comments, whether positive or

negative, as they will help us improve the CSA for the future.

END OF THE SEASON DINNER

Yes, its that time again. With the end of the season only 6 weeks away, its time to start planning to party. The dinner will be on Saturday, October 22nd from 5-7 pm at the St. James Lutheran Church at 1104 NE Vivion Road in North Kansas City. You will all be receiving an invitation in two weeks at distribution. Until then, mark your calendars to attend our celebration of the season's harvest. We are planning on a shorter program this year, with more time for mingling. We will also be asking for volunteers for set-up, clean-up, and kitchen. There are rumors of a Fair Share Farm CSA theme song in the works and perhaps another appearance by the elusive Bif Henderson.

ON THE FARM THIS WEEK

The weather is dry again (as soon as I wrote this I heard raindrops outside the window ... I'm telling you it's eerie!). The previous deluge sent the tomatoes cracking & oozing all over the place leaving few respectable specimens for the shares. The dry weather is allowing the tomatoes one last gasp before they give up the ghost. So, we're holding off on the

green tomatoes for awhile longer. Green tomato lovers don't despair; we'll be handing them out soon enough.

KC FOOD CIRCLE

This past Sunday we spent the better part of the day at the KC Food Circle retreat. Tom & I have been on the Coordinating Committee for the organization for over a year now because we value the work that they do in the community and feel it is our duty as local farmers to aid their efforts. The retreat allowed us the luxury of discussing the 'big picture' issues and long-range plans of the organization. We decided one of our most important goals for the coming year is to create a website that would include a searchable database of local organic/sustainable producers, as well as postings for bulk veggies, upcoming events, news, and links. We think this will be a great resource for consumers and farmers in the area as a clearinghouse for the local food community. In the meantime the KC Food Circle Directory in paper form is still a great way to find local organic producers as well as retail outlets & restaurants that provide local products. We will have copies of the 2005 directory at distribution this week for anyone who wants one.

Your Share Items

Radishes

As I hope you all know, I learn as much writing this newsletter as I hope you do reading it. The number of different things you need to know when you farm a large variety of crops is endless. Writing about something every week during the season makes me have to either figure out the basics about a crop, or find out something new. Sometimes this is serious, as with knowing how to actually grow the vegetable. This week it is curious.

We have perhaps the nicest batch of radishes we've ever grown to hand out this week. So, since their new to the shares, I went looking for some interesting recipes (as I don't have too many other than just eating them raw). With

Google as my guide, I found some, and many references to **The Radish Council**. One webpage gave their address—the lower east side of Manhattan. But Googling “radish council” got me no website. I may have to write them.

The **Rolling Prairie CSA Cookbook** by Nancy Kerney has some good info on radishes. They are from China, and are related to broccoli and other cruciferous vegetables. They were known to be eaten at the time of the building of the Pyramids in Egypt. They are also high in Vitamin C., with 3 ounces providing 30% of the Recommended Daily Allowance.

Their hotness is the type that tickles the nose, and can make one sneeze. The heat fades away

much quicker than a pepper. Slice them thin and put them on your sandwiches.

The variety everyone is getting this week is called **French Breakfast**. This is what our seed catalog (Fedco) has to say: *Called French Breakfast because it has been a favorite in Paris markets since 1879. However, we doubt that anyone actually ate them for breakfast. "A medium-sized radish, olive shaped, a small top, of quick growth, very crisp and tender, of a beautiful scarlet color, except near the top, which is pure white. A splendid variety for the table, on account of its excellent quality and beautiful color"*—from D. M. Ferry & Co.'s *Descriptive Catalog, 1902*.

Organic Farming Benefits

A recent article on the Organic Consumers Association website notes that *researchers led by David Pimenthal, ecologist and agricultural scientist at Cornell University, New York, have now reviewed data from long-term field investigations and confirmed that organic yields are no different from conventional under normal growing conditions, but that they are far ahead during drought years. The reasons are well known: organic soils have greater capacity to retain water as well as nutrients such as nitrogen. Organic soils are also more efficient carbon sinks, and organic management saves*

on fossil fuel, both of which are important for mitigating global warming.

These are some of the reasons that we are doing things the way we are. Here in Missouri, we know we can expect a hot, dry summer on a regular basis. Improving soil quality to reduce the impact of drought only makes sense. It is an example of how long-term thinking is what drives the organic farm. We are lucky also, to finally have universities doing work in the organic farming field, and verifying its benefits.

Recipes

Cucumber and Radish Salsa

In looking for new radish recipes this week, I ran across the Food Down Under website. They had 210 recipes with radishes, and the cucumber and radish salsa sounded good. We made 2 versions.

Version 1:

- ◇ 2 cucumbers, peeled, seeded and chopped
- ◇ 6 radishes, chopped
- ◇ 1 small onion, minced
- ◇ 2 tbsp chopped cilantro, chives or parsley
- ◇ 1/4 tsp salt
- ◇ Juice of 1/2 lemon
- ◇ Juice of 1/2 lime
- ◇ 1 tbsp vegetable oil

Stir all ingredient together. Cover and chill, if desired. This is good also as a side salad with curried or other spicy dishes.

Version 2:

Add one medium tomato, chopped, to Version 1. This makes a very fine salsa for snacking on with corn chips.

Fair Share Farm
18613 Downing Road
Kearney, Missouri 64060
(816) 320-3763
www.fairsharefarm.com