

September 21, 2005

Volume 2, Issue 19w



This Week's Share:

Full Share:

Ripe tomatoes
Green tomatoes
'Bintje' potatoes
Leeks
Cucumbers or summer squash
Sweet peppers
Garlic or rosemary or mint
Spicy choice: arugula, radishes or poblano peppers
Eggplant or beans
Extra: okra, take what you want

Partial Share:

Green tomatoes
'Bintje' Potatoes
Leeks
Cucumbers or squash
Sweet peppers or cherry tomatoes
Garlic or rosemary or mint
Extra: okra, take what you want

Next week: carrots, onions, and greens. More cucumbers, squash, eggplant, and peppers.

Calendar

September 28th— Distribution, Wednesdays

October 1st— Distribution, Saturday

Fair Share Farm CSA Newsletter

WELCOME AUTUMN

The autumnal equinox, which is the moment when the days are equal to the nights as the sun is directly over the equator, falls on this Thursday. This week's shares reflect the best of the season we are leaving and the beginnings of the one ahead. The stars of summer are still hanging in there. Peppers and eggplant actually produce best for us in the early fall. The flea beetles on the eggplant are all but gone and the September rains have given them a fresh shock of growth. We also have the beginnings of the autumn crops. Arugula and radishes are fast growers and are therefore the first to enter. Next week, we plan on re-introducing greens to your shares with a mixture of Swiss chard, collards, and kale. The lettuce is not far behind. And our storage crops are representing as well, with lots of garlic, onions, and potatoes stored in the barn ready for your shares.

BINTJE POTATOES

This week your potatoes are especially nice. "Bintje's are the world's number one yellow potato and very popular in Europe" according to our potato supplier. Tom was planning on including a mashed potato recipe this week until

we tasted them tonight. They are a waxy type, best enjoyed steamed or roasted and make great French Fries. Or include them in the yummy curry recipe on the back page as we did.

FALL

We are beginning to breathe easier as the season progresses. With five more weeks left most of our crops look promising. Everything to fill your shares is out in the fields now. The *brassica* family (broccoli, cabbage, cauliflower, kohlrabi, kale) is growing well as are the leeks, turnips, radishes, and lettuce.

We did have a few crop failures. We have yet to master the art of getting carrots and beets to germinate in hot August soils. And winter squash continues to allude us. With both we have new ideas to try next season. We also have some nice carrots left in storage and may be pulling them out before the end of the season.

THE NEWSLETTER

We appreciate all of you who read this newsletter online. Last year we printed a copy for all of our 25 members each week, but with the increase in membership and concerns about paper waste, we switched to the online format. Monday and Tuesday evenings are spent writing

and trying out new recipes. We are writing the newsletter usually up to 10 pm or later on Tuesday night leaving no time, energy, much less printer ink to print 51 copies.

BREATHE

Breathing easy is our goal, if not always our outcome, at Fair Share Farm. We have seen our local food community experience some 'growing' pains this year with farms leaving the trade and the loss of the urban local foods grocer, Local Harvest. Each loss was unique, but much responsibility lies with the fact of the difficulty of our growing climate. Summers are very dry and our soils are mostly clay—not perfect conditions for rich, well-drained soil-loving vegetables. Yet, we are hopeful for the future as organic vegetable farmers out here on the edge of the prairie. Your support and encouragement is keeping us going. This winter we will be planning for another big increase in our membership for next year, perhaps up to our goal of 100 members. A hundred families could support our 5-acre farm indefinitely. We already have 30 families and individuals on our waiting list along with all of you who will rejoin. As long as you support us, we know we will succeed.

Your Share Items

Storing Your Shares

We are learning more and more about running a CSA each day. What I learned this week, is that we need to figure out a simple way to let you know how to store your vegetables. We want you to know that storing onions in the refrigerator makes them sprout pre-maturely, and doing the same to tomatoes makes them mealy and can give them an off-taste.

So, while a little late, here is a summary of how to store your share when you get it home. In future years, this will be one of the first pieces of information we hand out to you.

In the Vegetable Crisper—greens like (chard, arugula, tat soi, etc.), beans, carrots, beets, broccoli, cabbage, cauliflower, corn, cucumbers, eggplant, kohlrabi, leeks, okra, peas, peppers, radish, chives, dill, lovage, marjoram, oregano, summer savory, thyme.

On the Counter—garlic, onions, potatoes, shallots, tomatoes.

In a glass of water, on the Counter—basil, mint.

Green Tomatoes

A sign of the end of summer, green tomatoes will grace your shares this week. A culinary item all to themselves, typical recipes include green tomato pickles, green tomato relish, green tomato mince meat, green tomato pie, salsa, and of course fried green tomatoes (see recipes). If you don't want to cook them, you can let them ripen. Simply wrap them in newspaper, or put them in a paper bag and store them on your counter, out of the sun. It may take a week, but they will ripen.

Recipes

Summer Vegetable Curry (adapted from Parade, July 2000)

- ◇ 2 tablespoons olive oil
- ◇ 1 cup chopped onion
- ◇ 2 tablespoons minced garlic
- ◇ 2 tablespoons curry powder
- ◇ 1 each medium-sized zucchini and yellow squash, seeded and cut into 1/2-inch pieces
- ◇ 1 1/2 pounds potatoes, cut into bite-sized pieces
- ◇ 3 medium-sized carrots, peeled, halved lengthwise and cut into 1-inch pieces
- ◇ 2 cups water, vegetable broth, or chicken broth
- ◇ 2 tablespoons honey
- ◇ 1 cinnamon stick, 2 inches long
- ◇ 2 cups seeded and diced ripe plum tomatoes
- ◇ Cooked rice or couscous, for serving

Heat the oil in a large pot over medium heat. Add the onion and cook until wilted, 8 to 10 minutes, stirring occasionally. Add the garlic and cook, stirring, 2 to 3 minutes more. Sprinkle with curry powder and cook over medium heat, stirring constantly to mellow the flavor, 1 to 2 minutes.

Add the zucchini, yellow squash, potatoes, carrots, broth, honey, and cinnamon stick. Bring to a boil, reduce to a simmer and cook, partially

covered, until the vegetables are tender, about 20 minutes. Stir in the tomatoes and corn; cook 5 minutes longer. Remove cinnamon stick. Serve atop rice or couscous in shallow bowls. Garnish each with a tablespoon of Raita Refresher and the chopped mint.

Raita Refresher

- ◇ 1 cup plain nonfat yogurt
- ◇ 1/2 cup diced cucumber
- ◇ 1 tablespoon orange zest
- ◇ 1 tablespoon olive oil
- ◇ 1/2 teaspoon minced garlic
- ◇ 1 teaspoon snipped chives
- ◇ 1 tsp chopped fresh mint
- ◇ Black pepper, to taste

Combine ingredients; cover and refrigerate for at least 1 hour but no longer than 3. Stir well before serving.

Fried Green Tomatoes

We went to a Southerner, member Pat Horner, to get you a fried green tomato recipe. It's simple but authentic. We like them with ketchup/catsup.

Slice green tomatoes about 1/4 inch thick. Dip in egg and then dredge in corn meal that has been seasoned with lots of pepper and some salt (optional) Deep fry in skillet (I use rod iron skillets) until brown a few minutes on each side in olive oil. Drain on paper towels and enjoy! (Same with okra).

Green Tomato Salsa

We are happy at how popular the *Salsa Fixin's* have been this year. Unfortunately, the tomatillos stopped producing last week, and we don't expect too many in the future. However, while the taste is less sweet, we recommend using green tomatoes in their place.

- ◇ 1 medium green tomato, chopped
- ◇ 2 jalapenos, chopped
- ◇ 1 small onion, chopped
- ◇ 1 clove garlic, minced
- ◇ 1 medium tomato, chopped
- ◇ 2 tbsp each red wine vinegar, olive or vegetable oil, tomato sauce
- ◇ 1 tbsp fresh lime juice
- ◇ Salt and pepper to taste

Chop the vegetables and mix in a bowl. In a separated bowl whisk the vinegar, oil, tomato sauce and lime, add to the vegetables and mix. You can add chopped cilantro, chives, or garlic chives. Serve with corn chips or add to vegetable wraps. This salsa is also good with some fresh corn, or black beans.

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