

September 28, 2005

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This Week's Share:

Full Share:

Tomatoes
Choice of greens: kale, collards, raab, or chard
Carrots
Red or Yellow onions
Cucumbers
Sweet peppers
Summer squash
Arugula or radishes or cherry tomatoes
Thyme or Herbes de Provence
Extra: okra & eggplant, take what you want

Partial Share:

Tomatoes
Choice of greens: kale, collards, raab, or chard
Carrots
Red or Yellow onions
Cucumbers or squash
Thyme or Herbes de Provence or arugula
Extra: okra & eggplant, take what you want

Next week: leeks, garlic, potatoes, turnips, lettuce, and kohlrabi.

Calendar

October 5th— Distribution, Wednesdays

October 8th— Distribution, Saturday

Fair Share Farm CSA Newsletter

THE GLUT

The lull is officially over at the farm. We are now in glut mode, with the summer crops still hanging on with no frost yet predicted and the fall crops bursting on the scene. We are surprised to have yet another week of ripe tomatoes for everyone. Yippee! I have yet to hear any grumbling about too many tomatoes, so we will continue to include them in your share as long as we can.

For now we are leaving okra & eggplant as extra items to take as you wish since they are some of the least popular veggies we grow. This way they will end up in kitchens where they are wanted instead of guiltily rotting in the backs of refrigerators.

The fall crops are coming in well. This week marks the return of greens. One of the healthiest types of veggies, we would like to offer them all season long but because of our hot summers we must get our fill on either end of the season. Want greens all winter? Just blanch 2 minutes and freeze.

SUSTAINABLE HOMES TOUR

Each year around this time owners of sustainably-built homes around the country open their doors to the public. The tour of homes in the

Kansas City area will take place this Saturday, October 1st. One of the homes on the tour is the labor of love of two of our CSA members, Kelly Parker and Rick Robson. We have been following the progress over the past year or so as they build the home of their dreams doing much of the work themselves.

Tom & I have attended the tour in year's past and have really enjoyed seeing the homes and talking to the owners about their experiences. There are activities and workshops in the morning at the Discovery Center in K.C. followed by afternoon bus tours. For more information check out the following websites: www.ases.org/tour/2005_tour/Missouri.htm for general info, and www.heartland-res.org for more info about the activities and workshops taking place at the Discovery Center as well as a sneak peak at one of the homes.

WE'RE LEAVING!

Yep, Farmer Tom and I are heading out to Massachusetts next week. Don't worry, we're coming back. Tom's sister, Mary, is getting married on Cape Cod and the whole Ruggieri clan is assembling for the weekend.

While we were hesitant to leave with the season still in full swing,

some great folks have stepped up to take care of things while we are gone. Members will be harvesting, washing, and packing your shares on the farm with some direction from my father. One of the Liberty members, Ann Flynn, will be transporting veggies to the Barth's home for distribution. As with every Saturday for several months now, a distribution captain will be in charge of distribution in Liberty. Since this is the first time we are attempting our substitution, we thank everyone in advance for their understanding if your pick-up is a little 'different' next Saturday.

All this community spirit is encouraging to us as farmers. Having a supportive community behind us makes us feel very optimistic about the future.

END OF THE SEASON DINNER

This week at distribution you will find an invitation for our community celebration of the season's harvest on October 22nd. We had a lot of fun at last year's event and hope to see many of you there. It's a great chance to meet your fellow Fair Share Farm CSA members, share recipes, hear about our plans for the future, and enjoy some good food and entertainment. Hope to see many of you there!

Recipes

Potato and Kale Soup (adapted from Abel & Cole)

This is from a company in London that sells sustainably grown produce, dairy, wine, and other products (able-cole.co.uk). The recipe sounded like it fit our recent shares, so we thought we would try it. They suggest that you could also use spring greens or savoy cabbage for this recipe. For a vegetarian version, just leave the Spanish sausage out.

- ◇ 1 quart potatoes
- ◇ 2 clove garlic
- ◇ 1 medium onion
- ◇ 1/2 bunch kale, collards or chard
- ◇ 1/4 lb Spanish chorizo or salami
- ◇ 4 tablespoons olive oil

Peel and slice the potatoes. Place them into a pan with the garlic, onion, and some salt and pepper to season. Cover generously with water and simmer until the potatoes become tender, about 30 minutes. Mash it until very smooth. You may need to add water to give it a soupy consistency. Add lots of pepper.

Prepare the kale by chopping off the stalks and finely shredding the leaves. Bring the soup back to the boil and then add the kale and sausage and simmer for around 5 minutes. Pour into 4 bowls, adding a tablespoon of the olive oil to each bowl to serve.

Your Share Items

Carrots

We will be saying good-bye to the carrots over the next weeks. This year's crop was a good one, and one to learn from also. We now know to thin them early in the Spring so that they will size up better—making them easier to harvest and cook with. Another bit of information gleaned is that about 2,000 row feet of carrots is what we need to grow each season to feed 50 shares. That means we need to plant 40 to 50 row feet per share in the future. We will see how this metric changes as the years progress and our soil fertility improves.

The carrots you are getting now are a combination of some we dug on Tuesday, and ones that have been in the cooler for several months. We have looked them over to make sure they are still good, and snacked on them to check their taste. The interesting thing that I find about them is that they actually sweeten up the longer they are stored. We have found that to be the case in the winter also, as the carrots pulled from our root cellar seem to improve in flavor.

One last thing about carrots to know and think about is the incredible amount of life in them. We

often find them sprouting new growth from their tops, reminding us that they are very much alive. In fact, the way that you grow carrot seeds is to store the best ones in the cellar over the winter, and plant them back out in the Spring. We plan to do that starting next year, saving the nicest ones as our seed stock.

Fall Greens

For the last 5 weeks of the season, we will be serving up greens again. We find them a welcome addition to the shares, especially since in the fall they accent the share, rather than dominate it like in the Spring. The three main greens we will be handing out over the next couple weeks are **Swiss chard** (see Issue 4), **collards**, and **kale**. Collard and kale are members of the cabbage family. They have been eaten since Roman times, and were cultivated before their "head" relatives of broccoli, cauliflower and cabbage were developed. They are both high in Vitamins A and C, E, K, and B6, as well as calcium.

You can expect good flavor from them now, and even better flavor as the days and nights cool off. They are hearty plants, and we expect them to still be producing long after the CSA season is over.

Herbes de Provence

In the field of agriculture the term "value added" is used to describe farm products that have been processed or packaged to fetch a better price. They also mean a lot of extra work for the farmer. So, even though we're proud of the pickles we can make, we don't plan on handing any out.

However, there will be a "value added" item as a choice this week. It is a dried herb mixture well known to many chefs. Herbes de Provence is a mix of such herbs as thyme, rosemary, marjoram, summer savory, fennel, and lavender flowers. Named for the region in the South of France where they grow wild, they are also able to be grown here at Fair Share Farm. We have all the herbs in the mix because we've been drying the herb bunches leftover from the farmer's market and CSA since the beginning of the year. We hope that you like them, and get the idea that you can dry herbs yourself.

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