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Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Tomatoes: paste, cherry, or heirloom

Choice of TWO greens: kale, tat soi, broccoli raab, or arugula

Sweet peppers

Broccoli

Kohlrabi or eggplant

Sweet potatoes

Onions

Sage

Partial Share:

Choice of kohlrabi or greens: kale, tatsoi, broccoli raab, or arugula

Sweet peppers

Broccoli

Sweet potatoes

Onions

Sage

Next week: green peppers, broccoli, greens, potatoes, leeks, and garlic.

Calendar

October 19th— Distribution, Wednesdays

October 22nd— Distribution, Saturday
and END OF THE SEASON DINNER!

Kids & Food

The impact of our toxic food system on our most vulnerable community members is making headlines this week. Whether it's the 'Edible Schoolyard' movement that is making its way through our nation's classrooms, the 'Wellness Policies' being addressing school lunch programs (see more on the back page), or new studies that show dangerous levels of chemicals in children's systems (see sidebar), the important link between our children's health and the food they eat has never been clearer. Read more in these pages and online about what can be done and how you can help.

Thanks!

A very heartfelt thanks goes out to all who kept the CSA running smoothly while we were away last weekend. We couldn't have done it without you! Tom & I had a much appreciated rest and respite. Cape Cod was warm and sunny, the local seafood was heavenly and the Ruggieri clan was in full effect. We returned to less frost-nipped plants than we expected and beautiful Midwestern fall weather. We now feel refreshed and ready for the final end of the season push.

End of the Season Dinner

Yes, the end of the '05 season is just around the corner (see lower box for important dates to remember). But don't let the bright fruits and warm nights pass without celebrating the great season we had and giving thanks! Join us next Saturday (Oct. 22nd, 5-7 pm) for Fair Share Farm CSA's 2nd annual End of the Season dinner. Meet your fellow CSAers, share recipes and great food at the potluck, with some homespun entertainment and notes on the future aspirations of your farmers.

If you haven't picked up your invite, now's the time. All the info. you need is contained therein, including the where & when, and how to participate. We are looking forward to seeing all of you there and sharing the end of a great season with our members. RSVP soon, so we know who's coming. See you there!

What's left of the '05 CSA Season

Sad to report, but the last distribution of produce* will be October 26th for Wednesday pick-up, and October 29th for Saturday pick-up. *We may have some produce into November for purchase. Stay tuned for more info. in the coming weeks.

Government Study: High Levels of Pesticides in Kids' Diets

(excerpted from Frontier Herbs news)
U.S. government scientists from the Centers for Disease Control have released a new study revealing that switching to organic foods provides children with "dramatic and immediate" protection from toxic pesticides. The scientists tested the urine of elementary school children for 15 days. Children ate conventional foods for 10 of the days and ate organic foods for five days. During those five days, researchers saw the toxins malathion and chlorpyrifos in the children's urine completely disappear. These chemicals are two of the most commonly found pesticides on non-organic foods, and are associated with nerve damage in children. Pesticide levels increased five-fold in the children's urine as soon as conventional foods were reintroduced to their diet. The study concludes, "An organic diet provides a dramatic and immediate protective effect against exposure to organophosphorus pesticides that are commonly used in agricultural production." For more on what government research has found out about kids and pesticides download the pdf: "U.S. Government Facts - Children's Chemical & Pesticide Exposure via Foods."

Recipes

Roasted Sweet Potatoes with Sage

A very simply recipe whose idea came from Local Harvest's former owner Heather Hands. You don't even have to peel them, simply cut out any bad spots, or trim off any ends that are too tough.

- ◇ 1 quart sweet potatoes
- ◇ 1-1/2 tbsp finely chopped fresh sage or 1 tbsp dried sage
- ◇ 2 tbsp olive oil
- ◇ 1/2 tsp salt
- ◇ 1 tsp black pepper
- ◇ 1 tbsp honey mixed with 1 tbsp water

Cut the sweet potatoes into bite-sized chunks. Mix well with the other ingredients and bake at 375 °F for 30 minutes, or until crispy and tender, stirring two or three times.

Sweet Potato Latkes (from www.hugs.org)

These are good for breakfast, lunch or dinner. Sweet potatoes discolor after being cut, so be sure to wash them soon after shredding.

- ◇ 1 lb sweet potatoes
- ◇ 2 slightly beaten eggs
- ◇ 2 tbsp flour
- ◇ 1/2 tsp salt 1/4 tsp pepper
- ◇ 1/2 c chives or sliced green onions
- ◇ Cooking oil
- ◇ Sour cream

Peel and coarsely shred potatoes. Place in colander and rinse. Squeeze by hand to drain liquid. Combine eggs, flour, salt and pepper in a large mixing bowl until smooth. Add potato and green onion; stir till vegetables are coated with egg mixture.

Heat 1/2 cup oil in a 12" skillet over medium-high heat. Drop large spoonfuls (scant 1/4 cup) of the potato mixture in the hot oil. Flatten with the back of a spoon to a thin cake about 4" in diameter. Cook cakes, three or four at a time, 2-3 minutes on each side or till golden brown. Adjust heat and oil as necessary between batches.

Drain on paper towels. Serve warm with sour cream and garnish with chives or parsley

Your Share Items

Sweet Potatoes

Last weekend, during our trip to my sister's weeding in Cape Cod, I had a chance to return to the Northeast, where I spent over 20 years of my life. While I grew up in the Midwest (Ohio and Indiana), Fall in that area of the country has always had a warm feeling, especially as it relates to food. While Fall brings its own warm feelings here at the farm (especially as we light our wood stove for the first time this week), we are quite bummed that we are not able to have an organic pumpkin patch to enjoy.

One vegetable that we are working on to take the place of winter squash in the Fall shares is sweet potatoes. We have grown them the last two years with varying success. This year we planted 7 different varieties in a bed that, while susceptible to being wet, was not too bad.

The results of the harvest were mixed, providing barely enough for the shares. Two varieties Georgia Jet and Jewell performed OK, giving us decent sized potatoes, though some tended to split. The other varieties did poorly, producing skinny (but very edible) tubers.

So, next year we will see if we can hone in more on the variety and cultivation requirements to produce a bountiful crop of these wonderful roots.

They are a member of the morning

glory family, and are not yams, which are starchier and less sweet. They are high in Vitamins A and C, as well as a good source of fiber and iron.

Sweet potatoes should be kept in a cool (55°F to 60°F), dry place, such as a cellar, pantry, or garage--never in the refrigerator, where they may develop a hard core and an "off" taste. Sweet potatoes will keep for a month or longer if stored at 55°F. If kept at normal room temperature, they should be used within a week of purchase.

Sage

A perennial herb that is native to the Mediterranean, and grows well here at the farm, sage is an excellent culinary herb. Good in stuffing and with meats, you can use it fresh or dried. A 2003 BBC news report even noted that a study found it to increase memory (making you more sage-like I guess).

Sage dries easily. You can hang it in a dry place, or put it in a 170-200 ° F oven for 30 minutes or so, until it is dry and crumbly. Store it in an airtight container.

*** Help Make Your School's Lunches Nutritious ***

The federal government has issued a mandate, through the Child Nutrition and WIC Re-authorization Act of 2004, that provides the opportunity to establish standards for diet and health in our nation's public schools. The requirement calls for each school district to form a Wellness Committee and draft a district Wellness Policy that addresses the quality of meals served at school, the regularity of physical education, and instruction connected to diet and health. These school Wellness Policies will go into effect at the beginning of the school year in 2006.

The Center for Ecoliteracy, in collaboration with Slow Food USA and the Chez Panisse Foundation, has prepared this downloadable Model Wellness Policy Guide. The Guide provides language and instructions for drafting a Wellness Policy that places health at the center of the academic curriculum.

A copy of the Wellness Policy can be found at http://www.ecoliteracy.org/programs/wellness_policy.html. We urge you to get involved while the opportunity exists!

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