



### This Week's Share:

#### Full Share:

'Candy' onions  
'Copra' storage onions  
Lettuce  
Choice of greens: kale, tat soi, or cabbage  
Sweet peppers  
Broccoli or Cauliflower  
Radishes or Sunchokes  
Parsley, sage, rosemary, and thyme bunch

Fall turnips

#### Partial Share:

'Candy' or 'Copra' onions  
Sweet peppers  
Broccoli or cauliflower  
Choice of greens: kale, tat soi, or cabbage  
Lettuce  
Parsley, sage, rosemary, and thyme bunch

**Next week:** sign up for 2-3 extra weeks and extend the season! Broccoli, cauliflower, greens, cabbage, leeks, potatoes, onions, and garlic. Otherwise have a great winter!

# Fair Share Farm CSA Newsletter

## FARE THEE WELL

The official end of the season is here. Unless you are signing up for our season extension, this will be the last week for picking up your produce until next spring. We appreciate your support of our endeavor and hope you enjoyed our offerings.

Now that we can see the entire season behind us, we feel that overall the CSA shares improved from last year despite raccoons eating most of the corn and the melon crop failing. The great tomato harvest along with better yields of potatoes, onions, and leeks filled out the shares with more of your favorites.

But don't let our opinions influence you, let us know your opinion by filling out the end of the season survey. I will be emailing each of you a copy this week. We appreciate your thoughts on how we can improve the CSA experience. All comments are strictly anonymous, so please give us your honest feedback.

## NOVEMBER SHARES

Last chance to sign-up for a 'season extension.' Check out last week's newsletter for more info. Since then we have heard some of you who are ready for more. Bagged shares will contain 5 items and cost \$10/week. Pay as you go. Distribution for these extra weeks will run as follows:

*Farm:* Shares will be bagged and in the cooler by 1:30 pm on Saturday afternoons.

*City:* Shares will be available from 5-6 pm on Wednesdays (look for us at YJ's, the snack shop across the street from our usual location).

*Liberty:* Shares will be bagged and in the shade of the Barth's side deck by 2 pm on Saturdays.

Send me an email if you would like to receive a share next week (if you haven't already) [rebecca@fairsharefarm.com](mailto:rebecca@fairsharefarm.com)

## THE WINTER AHEAD

Whether you are staying on with us for some additional weeks or not, this will be the last newsletter of the 2005 season. We had a great time writing the newsletter and we hope you all enjoyed reading it. We know that readership has decreased since we switched to the online format, but we

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feel the benefits to the planet and our own sanity outweigh the drawbacks. We are, however, content to say goodbye to the newsletter for the winter months, as it eats much of our Monday & Tuesday evenings.

The winter for us is a time for reflection and renewal. We will be looking back over this season in detail: deciding what worked and what didn't. The responses to the surveys from all of you will figure prominently in this process. After some much needed time off in December, we will begin in January to plan for the coming season. We like to have our seed orders complete by the middle of January. The core group will meet around that time as well. By mid-February we will be seeding the first plants in the greenhouse.

Winter keeps us busy, for sure. As our 'off-season' all of the projects put on hold during the growing season are put back on the list: renovating the house, the barn, replacing the plastic on the greenhouse, building a second pond, finishing the deer fence, and keeping the woodstove fueled, to name a few. Interspersed amongst all that activity, we hope to also make time for winter walks, pond ice skating, and lots of homemade pizzas and soups. Have a great winter!! R

## Calendar

October 29th— Last distribution of the pre-paid 2005 season

November Shares:

Nov. 2nd — Distribution, Wednesday

Nov. 5th — Distribution, Saturday

## Stocking Up

With the last distribution, we say farewell to the 2005 CSA season—sort of. We have talked often during the year about eating in season and preserving food. The months from November to May, when the CSA is “dormant” require planning to keep local food on the table.

I often tell people how lucky we are that we have an organic farm outside our door. It allows us, to paraphrase another’s quote, “work like dogs and eat like kings”. We spend much of the summer and fall squirreling away our food stock for the next 6 months.

### PRODUCE FOR SALE

Reading about stocking up might just get you in the mood to do it. To help, we still have a stockpile of certain vegetables that we encourage you to buy so that they are eaten. Availability is subject to what remains. We also have some very nice garlic braids made with soft-neck garlic, which stores well. The braids are dressed with an herb bunch that includes rosemary, thyme, sage and dried hot peppers. A nice gift for yourself or others.

<b>Storage onions</b>	<b>\$2/lb</b>
<b>Garlic heads</b>	<b>\$5/lb</b>
<b>Garlic braids (6 heads)</b>	<b>\$12</b>
<b>Garlic braids (10 heads)</b>	<b>\$20</b>
<b>Green peppers</b>	<b>\$2/lb</b>
<b>Cabbage</b>	<b>\$2/hd</b>
<b>Potatoes</b>	<b>\$2/qt</b>

Below is a list of our stores going into the off-season. This has been an especially good year, and we are glad that we have been able to “capture” it to enjoy (and live on) this winter. While we wouldn’t expect all of our members to be able to do the same (much of our preserving is from our sometimes abundant seconds) we show this to illustrate that, even in the year 2005 it is possible to provide for much of your own food. We kid people that the only thing we go to the grocery store for is dairy, snacks and beer.

**In the Larder and Pantry (# of jars)**--tomato sauce-58; pickled okra-6; pickles-31; salsa-5; relish-5; adobo sauce-3; pizza sauce-7; chili sauce-5; dilly beans-5; pickled peppers-13; whole tomatoes-5; catsup-2; BBQ sauce-2; elderberry jelly-1; assorted dried herbs.

**In the Freezer (# of bags)**--corn-9; whole tomatoes-6; okra-6; beans-5; roasted red peppers-6; oven-dried tomatoes-12; blueberries-3; salsa-5; eggplant puree-3; garlic scape puree-2; venison-10 lb; grass-fed beef-20 lb, locally grown wheat flour-5 lb.

**In the root cellar and loft**--50 lb potatoes, 20 lb carrot seconds, 50 lb onions, 20 lb sweet potato seconds; 50+ heads of garlic.

**Still in the field**--broccoli, cauliflower, cabbage, greens, turnips, winter radishes, herbs (to be frozen,

## Your Share Items

### Radishes (*Watermelon or Red Meat, Daikon, Winter*)

During the year it may seem at times that we force food on you (*eat your vegetables!*), often times telling you that you should remove any preconceived notions about a vegetable before trying ours, as the variety and freshness we provide may make a difference. Such appears to be the case with radishes. We grow them for several reasons, including: they grow well, they are a good source of vitamin C and protein, they are a great field snack, they go great in crudités and salads, and there are lots of varieties to choose from.

On that last point, we grew 6 varieties for the fall, 2 of which you have had so far. This last week you will be getting as a choice, perhaps the most beautiful radish we grow—the **watermelon radish**. They are generally round, white with green shoulders, and when cut into circles the “meat” has a bright red burst of color surrounded by white.

**Daikon radishes** are long, white and smooth, and used extensively in Asian cooking, being present at most every meal. They are good fresh, cooked or pickled.

**Winter radishes** are the long pink ones. They keep quite well in the root cellar when stored in sand. We will be digging these soon and doing just that.

### Sunchokes (Jerusalem Artichokes)

A vegetable provided in last year’s share, we weren’t sure we would have

any sunchokes this year. Native to the America’s they are the root of a sunflower plant. The problem that we have cultivating them is that the voles that live in our fields sometimes live among them, in their own little bed & breakfast. We keep the nibbled ones for the farmers, but if any get through, you’ll know where the blemishes came from.

Technically a “tuber”, which is a swollen underground stem, they look a little like ginger root, and have a nutty taste. With the carbohydrate content of potatoes, and iron content of meats, it is a nutritious vegetable. Good cooked or raw, cooking helps improve its digestibility, especially if you have similar problems with beans (if you know what I mean). Store it in the vegetable crisper. If you like Asian cooking, treat them like water chestnuts to give a crunch to stir fries.

### Things to do with a LARGE Turnip

1. Cut in half, put half in a ventilated bag in the crisper, cook the other half.
2. Cook with potatoes to give a nice earthy flavor to your mashed potatoes
3. Put in soups and stews

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