



June 8, 2005

Volume 2, Issue 4w

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Lettuce  
Cabbage  
Broccoli  
Beet Greens  
Sugar Snap or Shelling Peas  
Green onions, Radishes, or Kohlrabi  
Rosemary, Oregano or Tarragon

### Partial Share:

Lettuce  
Broccoli  
Cabbage or Beet Greens  
Green onions, Radishes, or Kohlrabi  
Sugar Snap or Shelling Peas  
Rosemary, Oregano or Tarragon

**Share box:** Dried red peppers, Lettuce, Garlic scapes, assorted goodies.

**Next week:** Summer squash, bok choy, mizuna

## Calendar

June 8st — Distribution, Wednesdays

June 11th/12th — Distribution, Weekend

Welcome to the fourth week of the CSA. We are pretty excited about how the season is going so far. The weather has been gracious to us this year, giving us just the right amount of rain, temperature, and sunlight. We are also gratified that some of our lessons learned in past years are leading to a more healthy and abundant harvest this season.

This is our third season at Fair Share Farm. The first year was a drought. Last year was a deluge. Who knows what this year will bring. Our mantra lately has been "so far, so good." What does this season

have in store for us? Only tomorrow will tell. Could be 5 more inches of rain. Could be no rain for 5 months. But, "so far, so good!"

One of the nicest aspects of this Spring for us, and perhaps for you also, is our broccoli crop. We think we have finally broken the code on growing good spring broccoli. Broccoli and its cousins cabbage and cauliflower are really fall crops that love to grow during the summer heat and head-up during cool fall days. Growing this family in the Spring is a challenge that involves careful planning. The broccoli and cabbage you are getting this week was started

in the greenhouse on March 1st and transplanted to the fields under row cover in April. The row cover moderates the temperatures for the growing plants and gets them off to a healthy start. Our hope is to have even more spring broccoli (and maybe even its temperamental cousin, cauliflower) next year.

With 4 1/2 inches of rain followed by 85 degree temperatures this week, the heat-loving plants are growing like weeds. As are the weeds. The farm is in a state of exuberant growth and we are busy trying to keep up with it. Summer begins in two weeks and it seems impatient to begin.

We met Doug Peterson last fall at a conference sponsored by the Kaufman Foundation, that focused on connecting local agricultural producers with markets in KC. In the spirit of the conference, we talked about how we could help provide a direct market for his grass-fed beef. So here we are doing just that. Orders can be made by phone (660-824-4276) or email (dptrsn@grm.net) up to Friday evening the night before the first Saturday pick up day of the month. We will have price lists available at distribution until they run out. Orders will be delivered to either the Farm or the Liberty distribution point on the first Saturday of the month. Sorry no Crossroads delivery due to Market rules.

### **Medicine Creek Farms**

*We would like to introduce ourselves. We are Doug and Diane Peterson. We raise red and black angus cattle. Our farm is located in north central Missouri. Tom and Rebecca have graciously allowed us to offer our all natural grass fed beef to you the members of the CSA.*

*Our beef is raised about as all naturally as you can get. We do not use any growth hormones, by-product feeds, chemical wormers, or chemicals. Our animals are never shut up in a pen at any time. Our animals are raised entirely on our farm.*

*We are planning on delivering to the farm as well as Liberty. We are working on plans for delivery through the winter as well.*

*For those interested in learning about our operation or the many incredible health benefits of grass fed beef please give me a call or email. I would be happy to answer any questions you have and send you a price list. If anyone would like to come for a visit give us a call. We would be happy to give you a tour of our operation.*

*Doug and Diane Peterson*

## Recipes

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### Wilted Cabbage Salad

Adapted from the great chef, Jacques Pepin, we tried this with and without the anchovies, and feel that, even if you don't have any anchovies, it is still worth making. We like how the quick blanching of the cabbage helps to take away the "squeakiness" you sometimes get from raw cabbage

1 small cabbage, halved and cut into 1/4 inch slices

1 can (2 oz) anchovies in oil

1/4 cup Dijon mustard

5-6 garlic cloves, peeled (or garlic greens)

2 tbsp extra virgin olive oil

5 tbsp cider vinegar

1/4 tsp salt and 1/4 tsp freshly ground pepper

1 tbsp poppy seeds

- ◇ Bring about 2 quarts of water to a boil. Add the cabbage and cook it for 1-1/2 minutes. Drain.

- ◇ Place the anchovies, (with their oil), mustard and garlic in the bowl of a food processor and process the mixture until it is smooth. Add the vinegar, oil, pepper and salt, and process until they are incorporated.
- ◇ Place the lukewarm cabbage in a bowl, add the anchovy dressing and poppy seeds. Toss the mixture well. Marinate for at least 15 minutes.

### Rosemary Oil

There are lots of different flavored olive oils that you can make. Rosemary oil is one of the best. It is a great compliment to most cooked foods, is excellent on bread, and is a nice base for an Italian vinaigrette.

1/3 to 1/2 cup olive oil

1 tbsp fresh Rosemary, chopped

Combine the two and let sit for at least 15 minutes.

## Your Share Items

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### Cabbage

Everything that Rebecca said about broccoli on the front page, pretty much goes for the cabbages too. We feel that we may have a glut of cabbage soon, so if you are interested in getting your sauerkraut making out of the way early, this is the Spring.

High in Vitamin C, cabbage is great raw or cooked. This week's recipe can attest to that.

### Broccoli

One thing that Rebecca didn't mention about the broccoli, is that there may be a few little cabbage loopers (inchworms), that made it through the washing and inspection step. You can rinse the head in cold water and inspect it, or soak it in salt water.

Since broccoli is a vegetable that I probably don't have to tell you much about, I would like to hear from you if you have a recipe that your like, and might compliment the shares.

### Rosemary

Known through history to be a memory and courage aid, Rosemary is also versatile as a culinary herb. Its piney scent makes a nice flavored olive oil, goes great in bread, stews, soups, or with buttered potatoes.

### Beet Greens and Swiss Chard

There are lots of types of greens out there that you may or may not be familiar with. The new batch that you'll be seeing over the next several weeks are both related to root plants (the Asian greens are in the mustard family.)

Beet greens, which are native to Europe, are rich in Vitamin A, calcium, riboflavin, iron and potassium. Swiss Chard has similar benefits, as it is simply a beet that was bred to grow only tops.

There are several nice recipes for these greens in last year's newsletters (weeks 2, 3 and 11), and there will be more to come in the following weeks.

## Kansas City Food Circle

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We are members of the Kansas City Food Circle, a not for profit organization working to connect local farmers to consumers. The Food Circle is a benefit to us farmers, as they sponsor the annual Farmer's Expos, publish a directory of local agricultural producers, and work to support sustainable agriculture in the KC area.

As members of the Food Circle Coordinating Committee, we talked them into holding their annual picnic at Wat-

kins Mill, and then having a tour of our farm.

The picnic and tour are on the afternoon of **July 24th**. If you are interested learning more about what's available locally and organically, come to the picnic and meet both farmers and fellow consumers. More info will be posted on our News/Events page as it becomes available.

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