



### **This Week's Share:**

#### **Full Share:**

Baby carrots

Swiss chard

Summer squash

Spring onions

Napa cabbage

Beets w/tops

Broccoli

Basil, garlic chives, or Italian parsley

#### **Partial Share:**

Baby carrots

Swiss chard or cabbage

Summer squash

Spring onions

Basil, garlic chives, or Italian parsley

**Next week:** Summer squash, Baby leeks, cucumbers.

## **Calendar**

June 29th — Distribution, Wednesdays

July 2nd — Distribution, Weekend

June 22, 2005

Volume 2, Issue 6w

# Fair Share Farm CSA Newsletter

With a little more than a month away before the final CSA payments are due, I thought it might be a good time to talk about what we actually do with your money. While many Midwestern folks are tight-lipped about the "M" word, we feel it is important to be open about the farm's finances with you, our CSA members.

Three years ago, Tom and I embarked on our farming venture. My family offered us land, a home, a barn, and a tractor. Without the lure of land back home, I might never have dreamt of being an organic farmer as I worked at my desk in San Francisco, CA. "Buying the farm" in today's market is usually out of reach of most beginning farmers as it would have been for us.

On top of such familial generosity, Tom had some savings from his previous career that made it feasible to begin farming full-time without working other jobs or taking out loans. A farm without debt is a very rare thing these days unfortunately, and we have Tom's many years of frustration and despair in corporate America to thank for where we are today.

Like any new small business, we didn't expect to make much the first three years. The first two years we farmed at a loss and lived off of savings. This year we have begun to bring in money to cover some of our living expenses. By year five we plan that the farm will be able to support us entirely.

So where does your money go? A small diversified farm has a lot of small costs that accumulate into a large chunk of what we bring in. Out of the \$27,300 that we plan to bring in this year (\$21,500 of that from the CSA), we hope to be able to pay ourselves a total of \$8,750. That means over 67% of the money we bring in goes back into the farm.

This 67% consists of many, many small expenses. The general heading of "supplies" is our largest annual expense category, which includes (just to name a few of the biggies) row cover, irrigation tape, and potting soil ingredients. We also spend over \$1,000 just on seeds. We buy organic seed whenever the varieties are available and at least untreated seed when it is not. These seeds cost more, but we know that they are worth it. To grow a great variety of vegetables you also need a great

variety of seed —many little packets instead of the 50 lb. bags that large-scale farmers use, which adds up.

Every year we also spend some money and energy on an improvement. This year we planted \$650 worth of fruit trees. In three to five years, we hope that the investment will pay off in yummy rewards! Equipment, fuel, and vehicle maintenance also are high on the list.

If you would like to know more about our farm budget, check out the website where we have posted it on the "Member Services:" page.

## **THANK YOU!!**

These fine folks donated their time and energy to help us set posts for the deer fence. We thank them for their hard work in all kinds of weather.

**Kit Bardwell**

**Mark Flynn**

**Mike Harrison**

**Lori Watley**

**Mackenzie Zimmer**

## Recipes

### Red Cabbage with Apples (from *Cooking A to Z*)

Apples and cabbage are a traditional pairing of flavors, sparked by a sweet sour mixture of cider vinegar and brown sugar. This goes good alongside bratwurst, or with other sausage, especially if it's grilled.

We also tried this recipe with green cabbage instead of red, and grated beets instead of apple, and liked it just as much, especially its bright color.

- ◇ 2 tbsp vegetable oil
- ◇ 1 onion, coarsely chopped
- ◇ 1/4 cup cider vinegar
- ◇ 2 tbsp brown sugar or honey
- ◇ Salt and ground pepper to taste
- ◇ 1 green apple, cored and thinly sliced into slivers
- ◇ 1 small red cabbage, coarsely shredded

In a large frying pan, heat oil. Add onion and sauté until softened (5 minutes). Add vinegar, sugar, salt and pepper; stir to mix.

Add apple and cabbage. Bring liquid to a boil, reduce heat to medium, cover and cook until cabbage wilts (about 10 minutes). Stir occasionally to coat cabbage with sugar-vinegar mixture.

### Crudités

We had a small party for Fathers

Day, and started it off with a platter of fresh spring and summer vegetables. It's a great way to taste the true flavor of the veges, enjoy a nice snack, and clean out the fridge all at the same time.

Cut or trim into finger size pieces



any kohlrabi, radishes, turnips, zucchini or summer squash that you have and place on a platter. Add some sugar snap or snow peas, broccoli florets, and/or trimmed baby carrots and scallions. Serve with your favorite dressing.

### Nice Things in the Archives

If you have the grill going, we suggest checking out the *Grilled Summer Squash with Mint Sauce* from Week 5/2004. As some of you may not be familiar with Swiss Chard, we can tell you that the *Stuffed Chard Leaves* (Week 3/2004) was a very popular recipe with last year's members.

## Your Share Items

### Summer Already

It has happened quite quick this year, the change from spring to summer crops. We'll have lots of veges to talk about over the next 6 weeks or so, as the mid-season crops start coming in. They all come in a little differently, and we'll try to keep you up to date on info. Remember, you can always check out the 2004 newsletters for additional info.

### Onions

You may start noticing that the onions in the bunches are slowly getting larger and larger. You are witnessing the "day length sensitivity" of onions. The onions we grow do not start bulbing out until this time of year, when the length of the day is over about 14 hours.

We would normally wait until the onions are completely grown and cured/dried to hand them out, but we have a lot this year, and the spring onions are very edible.

Store these fresh onions in your vegetable crisper. Cook with it as you would any onion.

### Carrots

Like the onions, we are growing a lot of carrots this year, and hope to be able to provide you with a good supply. So we figure, we might as well start digging them and enjoying them now, even if they are small.

Carrots are a great source of beta-carotene (an anti-oxidant), which converts to Vitamin A (good for eyesight). If you cook carrots, you will actually make the beta-carotene more available biochemically, and therefore, more easily absorbed by your body.

We have been really happy with the nice flavor our soils seems to give the carrots, as many people told us 3 years ago that Missouri carrots were always bitter. If you don't eat them soon when you get home, cut the green tops before storing in your vegetable crisper, to keep them from drying out.

### Parsley

While you may think parsley is easy to grow (and it is), we have had trouble the last 2 years as we picked poor places in the field both times. We hope to hand it out on a semi-regular basis, depending on how well it grows back after cutting.

Use it as a garnish, or as a herb to complement most any dish—cold dishes like slaws and potato salad, or as a final topping to cooked summer squash

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