



June 29, 2005

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# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Baby carrots or beets

Baby leeks

Summer squash

Red spring onions

New potatoes

Cucumbers

Fresh garlic

Basil, garlic chives, or Italian parsley

### Partial Share:

New potatoes

Cucumbers

Summer squash

Fresh garlic or baby leeks

Basil, garlic chives, or Italian parsley

**Next week:** Cherry tomatoes, green beans, squash, cucumbers.

## Calendar

July 6th — Distribution, Wednesdays

July 9th — Distribution, Saturday

## FARM REPORT

Only two weeks ago I wrote about all the rain. Now it is dry and seems to be staying that way. Ah, but not to fear, we are much more able to respond to "too dry" than "too wet."

This week we have begun the big project of laying out our irrigation system. We irrigate from a pond located near our fields. Thanks to my grandpa the pond has an outlet

that we hook up to a gas-powered pump. The water is pumped out of the pond to the crops via a series of plastic hoses. Each row of vegetables receives a line of irrigation tape running next to it. The tape has tiny slits that emit water to the roots of the plants—right where they need it. "Drip irrigation" like ours uses much less water than the overhead sprayers seen in some farmers fields. Also we are not irrigating from a well and contributing to the depletion of

aquifers, but instead catching our farm's own runoff that would otherwise end up in the Missouri River.

With all energy focused on getting the irrigation system going, we were actually able to start watering a majority of the summer crops this week. With a pond full of last year's rains, we feel prepared for the summer ahead.

## What to do when you can't make distribution

We've received a lot of questions lately about alternatives to distribution, so I thought I'd give you all the rundown on what works best for us. Our goal is to have the produce we care for reach the bellies of those who will enjoy it. To that end, read on...

- ◇ Farm: At the end of Wednesdays & Saturdays, we bag what shares are left, write the member's name on the bag and put them on the shelf in the cooler. Come anytime the next day to pick it up. If you need to pick up later than the next day, let us know and we'll keep it for you.
- ◇ Liberty: Saturday at 3:30 pm we bag up what shares are left, write names on the bag, leave them in a portable cooler under the shade of a tree in the front yard. By the end of the day on Saturday, all shares must be picked up. If you need to pick-up your share on Sunday, let us know and we will keep it at the farm for you to pick-up here.
- ◇ Crossroads: At 8 pm on Wednesday we bag up the remaining shares, write your names on the bags, and give them to Local Harvest, the grocer on the corner of 18th & Wyandotte. They will hold your share thru Thursday.
- ◇ Changing pick-up days: We can also change the day you pick-up your share from Wednesday to Saturday or vice versa. We do need some notice so that we can pack accordingly. Please notify us by Monday for any Wednesday change and by Thursday for a change to Saturday distribution.
- ◇ Going for a longer trip: If you will be gone for a week or more, we encourage you to find someone, either family, friend, or co-worker, who would enjoy receiving our produce while you're gone. It's a great gift to the right person and is also a great way

## Recipes

### Summer Squash with Lemon, Butter and Cream Sauce

Last week, as we were picking the first summer squashes I was trying to think of a good recipe to give out, that might be different than what most people traditionally do with squash. Tasting them raw in the field, the creamy texture of fresh picked squash seemed what the recipe should compliment. It is the Mediterranean version of a stir fry.

- ◇ 3 cups of zucchini and/or summer squash, chopped
- ◇ 2 cloves garlic or 2 garlic scapes, chopped
- ◇ 1 medium onion
- ◇ Zest of 1 lemon
- ◇ 2 tbsp fresh basil or parsley
- ◇ 1/4 cup cream
- ◇ 2 tbsp butter
- ◇ 1/4 cup stock, wine or water
- ◇ 2 tbsp olive oil
- ◇ Salt and pepper to taste

In a large frying pan, heat oil. Add onion and sauté until softened (5 minutes). Add stock/wine/water, butter, lemon zest, salt and pepper to taste. Cook 2 minutes.

Add squash, cook 5 minutes. Add cream,

stir and turn off the heat. Add basil, stir, and let sit 2 to 3 minutes before serving.

### Cucumber and Summer Squash Marinated Salad

One of the nice things about summer squash and zucchini is that when you pick them small, they have a tender texture that is as good fresh as cooked. To look at them, you can tell they are related to cucumbers, so why not have them together? And the fresh herbs that are available this time of year are a natural compliment to a salad.

- ◇ 2 medium zucchini
- ◇ 2 medium cucumbers
- ◇ 1 onion
- ◇ 1/4 cup olive oil, 3 tbsp balsamic vinegar, juice of 1/2 a lemon, all mixed
- ◇ 2 tbsp total of chopped tarragon, basil, garlic chives, and/or parsley
- ◇ Salt and pepper to taste

Cut the stem from the squash, cut them in two lengthwise, scoop out the seeds, and then cut them cross-wise into little "C's". Do the same with the cucumbers. Put in a bowl, add the dressing, herbs, salt and pepper. Toss and let marinate for at least 10 minutes to an hour.

## Your Share Items

### Summer Squash and Zucchini

We grow a mix of summer squash and zucchini for you, both in type and size. To keep the plants producing fruit, we harvest them every Tuesday and Friday, and pick all but the smallest squash. We then sort them into *baby, small, medium and large sizes*.

The smaller ones are great fresh, cooked or grilled. As they get larger, their texture becomes a bit less tender, making them good stuffed as fritters, and in bread.

The shapes and types you'll see in the boxes include long and slender zucchini, round zucchini, crookneck summer squash, and patty-pans (flying saucer shaped).

Summer squash is fragile, and as you may see in the store, can easily shrivel from water loss. To keep them fresh and hydrated, keep them in a ventilated bag in your vegetable crisper.

### Fresh Garlic

The last time you got garlic, it was immature, and had not started to head up. Now, the garlic has reached full size and is ready to be dug from the ground.

For the majority of the garlic we will dig it, tie it together into bunches, and hang it in the upper barn to dry and cure. In 6 weeks or so, it will be at its prime.

The fresh, and un-cured garlic you are getting is perfectly fine to use, and will keep you from waiting 6 weeks for some. Store it in the kitchen by hanging it up, to let the entire head cure. If you have a use for it soon, you may want to refrigerate the head after you open it.



### Tips from Tom

One of our objectives here at Fair Share Farm is to help our members get the most out of the food we grow for them. Many times there are two options though, when a busy week keeps you from cooking—preserve or compost. While both are actually good, we think preserve is best. With the herbs, many can be dried, and only require that you store them properly to be able to enjoy them all year.

Good drying herbs include dill, oregano, rosemary, tarragon, thyme, sage summer savory and marjoram. When you get your herbs, they are always tied into a bunch with a rubber band. If you take a twist-tie and attach it to the rubber band, you can easily hang the herbs where you like. A dry dark place is best, but most kitchens are fine. You can use the herbs at any stage, but once they are dry and brittle, you can store them in an air-tight jar for use throughout the year.

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