



# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Cucumbers  
Summer squash  
Beans  
Tomatoes  
Potatoes  
Beets  
Shallots  
Choice of green, purple, banana or poblano peppers

### Basil or tarragon

### Partial Share:

Mix & match: squash & cukes

Tomatoes

Potatoes

Salsa fixins'

Shallots

Basil or tarragon

**Next week:** More tomatoes, cucumbers, carrots, salsa packs & beans. Partial shares look for beets, beans, & carrots. Melons prepare to make their debut.

## The un-weather report

I'm not even going to talk about the weather this go around. It's hot and everyone knows it. I will say that 80 degree temperatures at night really get the fruit ripening fast. We harvested over 300 lbs. of tomatoes today and many more are coming. This week in your share you are receiving a large share of tomatoes. We have them, we think most of you like them, so we're sharing the wealth.

This is one of the ways that the CSA becomes a pretty good deal. Yes, members share in the risk of a poor harvest, but they also reap the benefits of a bountiful one. We prefer the latter to the former, but there is such a thing as too much of

a good thing. In the coming years we hope to fine tune our plantings with the goal of an abundant & diverse harvest throughout the growing season. All in all the summer crops seem to be up for a great season. It's a good time to try your hand at preserving the summer bounty. If you do, you'll have great tasting meals with local produce all winter long. It's how Tom & I eat and we find it pretty delicious. For a great local write-up on preserving, visit [www.presentmagazine.com](http://www.presentmagazine.com) and check out Lori Watley's article. And of course check out our bulk list on member services for a current list of extras.

## Call for volunteers

How'd you like to work at the farm a Wednesday morning in August? We

have a few light days coming up where we would much appreciate some volunteers. August can be hot, but unless you have a health condition, the mornings really aren't so bad. When the heat is on we get out of the fields quickly and spend the rest of the morning washing, packing & cleaning garlic. You also have the option of working from 7 to 11 am, instead of the normal 8 to 12 noon. Just let me know in advance if you prefer this option. Volunteers will receive our gratitude and many extra veggies. Check the schedule on the member services page & email or call if you want to sign-up.

## Email blues

Currently, we are able to read email sent to us but cannot send mail out. We're working on the problem, but in the meantime if you need a response from us soon, give us a call at (816) 320-3763.

## CALENDAR

July 25, 6:30 - 8:30 pm: 'So Easy to Preserve'

Preservation class conducted by Glenda Kinder, Nutrition & Health Education-Specialist, MU Extension. North Cross UM Church, 1321 NE Vivion Rd., KCMO. Register soon to hold your spot. Call for more info. (816) 407-3490 or pick up a flyer at distribution.

July 26: Wednesday pick-up

farm workers: Chris, Molly & Joseph Semet

July 22: Saturday pick-up

farm workers: Shanna Parcell, Briggett Ross, Gibbons (x4)

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*And, a friendly reminder:*

The end of July is coming fast and with it the date by which share payments are due. We appreciate your support and look forward to a bright future as your community farm. Feel free to ask if you would like us to check your balance. :)

## Your Share Items

### Tomatoes

You have been getting tomatoes for awhile now, and we haven't told you much about them. As you have seen, there are many different shapes, sizes and colors, and to give you a score-card on them is tough, but here are the totals: 21 heirloom and 6 hybrid varieties.

You are getting both red (*Big Beef*, *Early Girl*, *Floralina*) and yellow (*Golden Girl*) hybrid slicing tomatoes in your share. The heirlooms come in lots of colors—red, yellow, green, pink, orange, "black" (actually purple) and "white" (actually pale yellow).

Loosely defined, heirloom varieties are ones that are over 50 years old, and have a story or heritage associated with them.

Hybrids are seeds produced when 2 different varieties are crossed and a third variety is created, with qualities better than the parent plants. They tend to have better disease and pest resistance, and are bred to produce well, so we grow them to help provide a good volume of tomatoes to the CSA. Seeds from these plants, however, do not "come true", and the same type tomato won't come up next year.

### Peppers

The peppers you will be getting over the coming weeks will be similar to

the tomatoes in color variation and variety. To start with though, they will be mainly green, yellow and purple.

The purple are called *Islander*, the long yellow ones *Banana Supreme*, and the green are from several different varieties.

You may also chose from a hot variety, *Ancho Ranchero*. These peppers are excellent cooking peppers and are great stuffed, or chopped and cooked when you want a mildly hot and flavorful pepper.

You can also dry them (put in a 200 degree oven until dry), store them, and re-hydrate them with boiling water when you are ready to use them.

Soon to follow will be yellow and red bell peppers, bull horn peppers, and cherry peppers. We also grow hot peppers that we have fresh during the summer, and dried over the winter. Lastly we have pickling peppers (*pepperoncini*), like the ones served with pizza. These will be on the bulk list soon.

### Shallots

We are working on growing more shallots and hope we can establish a good seed stock. If you've never tried them treat them as you might garlic and onions. They have a great flavor and sweetness. There is a tasty recipe for Honey Glazed Carrots and Shallots in the August 17, 2005 newsletter.

## Recipes

### Sandwiches

When you farm, you use a lot of energy, and need to replenish calories every day. It's nice when you can find a dish that also includes a good mix of protein and carbohydrate. For us, sandwiches are a nice way to do this.

#### **Ingredients:**

With a sandwich, it's all in the ingredients. A tomato sandwich is a staple at lunch for us. It is especially nice when we have some good locally baked whole grain bread. Greens, leafy herbs, cheese, meat or whatever else is around can find it's way between the bread slices.

#### **Method:**

There are no special instructions for making a sandwich, but they do go good with home-made pickles and chips.

### Shallot Vinaigrette (from [MagicValleyGrowers.com](http://MagicValleyGrowers.com))

This is a good way to get acquainted with shallots if they are new to you. Make a chopped salad of any or all of you favorite fresh vegetables of the moment, add dressing and mix.

#### **Ingredients:**

- ◇ 2 tablespoons red vinegar
- ◇ 2 tablespoons finely chopped

fresh shallots

- ◇ 1/2 teaspoon salt
- ◇ 1/4 teaspoon pepper
- ◇ 2 teaspoons Dijon style mustard
- ◇ 6 tablespoons olive oil
- ◇ 1 tablespoon lemon juice
- ◇ 1 tablespoon heavy cream  
(*may substitute yogurt or omit entirely*)

#### **Method:**

Using a blender, add first 5 ingredients and, with blender running, add oil. Continue blending. Add in lemon juice and then the optional cream or yogurt.



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