



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Cucumbers or baby squash
Paste or cherry tomatoes
Baby cabbage
Slicing tomatoes
Salsa pack
Carrots
Garlic
Eggplant or okra
Tropical melon

Partial Share:

Paste or cherry tomatoes
Slicing tomatoes
Carrots or beets
Beans or peppers
Garlic
Tropical melon

Next week: More tomatoes, cucumbers, squash, salsa packs, & melons. Potatoes & onions return.

Tomato avalanche

Greetings from the tomato pile. Today another record day for harvests from the love apple. Once grown in Victorian gardens as an ornamental most folks thought poisonous, the delicious & nutritious crop is now a summer favorite. Our household intake of tomatoes is high. A testament to Tom's Italian ancestry & my love for anything he cooks. We hope you all are as smitten with them as we are, because you will have the opportunity to get a lot of them from us, if desired.

The heirlooms are especially nice right now. Heirloom tomatoes come in all colors, shapes, sizes, & flavors. Flavors range through tangy, smokey, meaty, and fruity. The thin skins of heirloom tomatoes are notorious for allowing all types of cracking as well as deep crevasses called 'cat-facing' in farmer lingo. They are highly perishable and so

rarely end up in the supermarkets. Despite all this, we have a great number of heirlooms in fine shape.

The trusty hybrids are also doing well. This year we planted an entire bed of determinates, or 'bush' tomatoes. They ripen early and heavy, and then taper off as the season progresses. We currently have a lot of 'Golden Girl', which is a nicely mild & meaty determinate that produces early and is a good choice for those with acid sensitivity. Mostly we grow 'indeterminates' that have an open habit & need to be staked & woven to ripen the most marketable fruit. Right now we're in the flurry of the ripening stage and hope that the plants will save some for later.

Melons

This week everybody gets a tropical melon if you want it. We've even put some in the swap box and will be selling a few at the farmer's market. Check out Tom's description of a 'tropical melon' on the back. More beds of melons at various stages of growth & ripening contain watermelon, cantaloupe, and a few heirlooms varieties. All looks well in the melon patch except a few too many weeds that are at least shading the ripening fruit. While the tropical melon receives high marks for yield

(and tasty too!), it appears that the other beds will produce as well.

The Market

As many of you know, we recently began the conversation with the CSA about ending our marketing to the 39th St. Community Farmers Market. The CSA has always been our focus and we want to commit our entire efforts to its purpose. We will have more time on the farm, tending the crops and resting our weary bones (have you noticed that your shares are heavier lately?) We look forward to our continued relationship with the farmers market as we hope to keep the CSA distribution there.

In an apparent ironic twist, we sold some extra tomatoes, cucumbers, & squash at the Excelsior Springs Farmers Market last Saturday. While we & the members are in the midst of CSA harvesting Saturday morning, hard-workin' volunteer, Jen Basuel, is setting up shop at the farmers market with produce from her garden and whatever extra we have at the end of the week. Whatever doesn't sell is donated to the nearby Good Samaritan Center. Jen had been donating produce for us for a few weeks, when word went out about the new market. As long as we have extra & we have a willing marketer, our produce will be there.

CALENDAR

Aug. 2: Wednesday pick-up
farm workers: Bob Kennedy

Aug 5: Saturday pick-up
farm workers: Shanna Parcell, Jeri Wood, Barbara Loveless, Briggett Ross & friend

Your Share Items

Tropical Melons

With as many things as we raise, we sometimes have a crop failure and have to say "wait til next year." Well for melons, next year is here. The first melons of the season all ripened at once, and we have enough for everybody.

Developed in Israel, and similar to a honeydew, the tropical melons are known for a "complex flavor, suggestive of tropical fruit." These melons also have a wonderful, juicy texture. We suggest eating them soon, as their flavor can become strong if they get too ripe.

Melon Ripeness Test

You can get your melon at all degrees of ripeness. Use these indicators of ripeness to decide when to eat it. A ripe melon will be fragrant at room temperature. If your melon smells like melon when you get it, refrigerate it until eating. Slightly less ripe melons can be stored at room temperature for 2 to 3 days first.

Paste Tomatoes

The paste tomatoes are coming on strong right now, and it is time to cook with some meaty tomatoes. They are the perfect sauce making tomato, and help make hearty tomato dishes.

Some of the paste tomatoes are a bull horn variety called *Opalka*. The others have what is recognized as a *Roma* shape. We will have more (for sale) as the season goes on. We can also make it a more regular share choice, if wanted.

Recipes

Recipes from Jacques Pépin's *Simple and Healthy Cooking*

One of the mentors in my life (whom I never met) is chef Jacques Pépin. I've watched his PBS shows, read his cooking technique books, and checked out his many instructional videos.

In *Simple and Healthy Cooking* he introduces the book "to all cooks who believe, as I do, that good cooking and good health are inseparable." I think that is a good philosophy, especially since eating is something you need to do every day.

The recipes in the cookbook are nice too, because there isn't a need for a lot of fancy ingredients, just fresh ones.

Melon with Lime Sauce

This recipe calls for "a ripe, flavorful, sweet melon." We hope that yours fits the bill.

Ingredients:

- ◇ 1 large honeydew melon or 2 small cantaloupe
- ◇ 1 large lime
- ◇ 1 tbsp sugar
- ◇ 1 tbsp rum
- ◇ Mint leaves or lime wedges for garnish.

Method:

1. Cut the honeydew or cantaloupe in half and remove the

seeds. Using a melon baller or spoon, remove balls of the melon flesh and place them in a large bowl (4 cups)

2. With a vegetable peeler, remove the lime rind in thin strips. Then stack the strips together and cut them into fine julienne pieces. Add the strips to the melon.
3. Squeeze the lime over a small bowl and mix the juice (approx. 1/3 cup) with the sugar and rum, if using. Stir the mixture into the melon balls and set them aside for 1 to 2 hours.

Carottes Vichy

This is a simple dish with a fancy name. It is recommended that you cook this dish "at the last minute so the carrots are at their nuttiest and sweetest."

The cooking method described in the recipe is perhaps the best way to cook vegetables. The small amount of water added is absorbed by the vegetables, while also becoming a nice sauce. So instead of your cooking water going down the drain with some of the carrots vitamins and minerals, it becomes a part of the dish.

Ingredients:

- ◇ 5-6 medium carrots (about 1 lb), trimmed and very thinly

sliced (2-1/2 cups)

- ◇ 1/3 cup water
- ◇ 1 tbsp corn, safflower or canola oil
- ◇ 1 tbsp honey
- ◇ 1/2 tsp freshly ground black pepper
- ◇ 3 tbsp chopped fresh parsley leaves
- ◇ 2 cloves garlic, peeled, crushed and finely chopped (1 tsp)

Method:

1. Place the carrots, water, oil, honey and pepper in a small stainless steel saucepan
2. Cover, bring the mixture to a strong boil and boil for 5 minutes
3. Remove the cover, add the parsley and garlic and continue boiling over high heat for 3 to 4 minutes, or until most of the liquid had evaporated and the carrots start to sizzle in the small amount of remaining sauce. Serve immediately.

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