



# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Cucumbers or summer squash  
Tomatoes  
Cherry tomatoes  
Salsa pack or okra  
Choice of melons  
Potatoes  
Onions  
Summer savory, basil, or tar-  
ragon

### Partial Share:

Tomatoes  
Potatoes  
Choice of melon  
Onion  
Summer savory, basil, or tar-  
ragon

**Next week:** More tomatoes,  
squash, salsa, garlic & basil.  
Melons may skip a week be-  
fore their return.

## August weighs in

July 2006 will be remembered well as the month of abundance. The cucumbers showed no mercy, until we had to abandon entire beds with no time to pick any more. Not to be outdone, last week's tomato harvest weighed in at over 1,400 pounds (that's almost 3/4 ton, by the way). We all did our share to keep up with the ripening fruit by canning, freezing, and of course eating as much as possible. Congratulations to all of you out there who made pickles or canned tomato sauce for the first time.

But with the first days of August, the plants seem to have given up their exuberant growth in favor of a far more parsimonious offering. Today's tomato & cucumber

harvests were barely adequate. The later cucumber plantings aren't looking anything like their predecessors. Even with non-stop irrigation, they are wilting & have stopped growing. The record heat seems to have gotten the best of them. You may not notice this shift in your shares until next week, but be prepared for a lighter share for awhile.

Despite the heat, plenty of our crops are doing well. A real nice bed of carrots will be ready to harvest starting next week. The okra & cherry tomatoes are thriving. And how about those melons. More melons should be ripening in the coming weeks. The barn is full of garlic & onions drying. And despite unfavorable conditions the fall

*brassicas* (broccoli, cauliflower, cabbage, et al) are off to good start. We may even have a winter squash crop for the first time ever.

## Midway

This week marks the midpoint in the season. Twelve weeks past, twelve more to go. Now is a good time to evaluate how we've done so far. Each of you will be asked to assist in this endeavor by completing a midseason survey. Soon (maybe this weekend, I hope) I will be emailing everyone a copy to complete & send back. Please take a few moments to give us your thoughts on what you've liked & what you haven't liked this season. Of course, we love to hear our members gush about how fabulous it all is, but really we want your honest thoughts on how we can make the CSA even better in the future.

I apologize for being a little tardy on sending the survey out. Our computer needs a new hard drive, which Shawn from Graff Technology Solutions in Kearney (excuse the shameless plug for my brother), will be installing this week. Until then, we will be a bit computer deficient.

## CALENDAR

### August 7: 'CSA & Starting a New Farm'

A Growing Growers sponsored workshop & farm tour at Fair Share Farm. 6:00 -7:30 pm. For information, (913) 488-1270 or growers@ksu.edu .

### August 9: Wednesday pick-up

farm workers: Carol Steckelberg & Kristi Ahrendt.

### August 12: Saturday pick-up

farm workers: Mike & Crystal Rice.

## Your Share Items

### More on Melons

When things get difficult from a growing standpoint, it is always nice when there is something good going on at the same time. So this week, despite the heat and withering plants, we are making sure that we enjoy the melon harvest. We have not given out melons for 2 weeks in a row since our first year, and are glad to be able to again. If the plants hold out, look for even more in future shares.

You will have a lot to choose from, and we hope that what you cut into is ripe and ready. For the tropical melons and cantaloupe this is a easy to tell, as the rind changes color, and the uncut melon becomes quite fragrant (it's best to sniff the stem end, where the melon detached from the vine).

For watermelon the ripeness test is more difficult. To be ripe a watermelon needs to have a "bright spot" on it, two of the little tendrils on the vine need to be dried up, and the melon needs to have just the right pitch when tapped. Too low a sound and the melon isn't ripe. Too high a sound, and it is too ripe, and can split right open on you.

There are 3 varieties of watermelons available this week: *Peace* (striped green rind, yellow flesh), *Sugar Baby* (dark green rind, deep red flesh) and *Golden Midget* (yellow rind, red flesh).

## Recipes

### Clara Zimmer's Chili Sauce (circa 1918)

I enjoy the opportunity to exchange recipes with folks, especially tried and true ones. Such is the case with this one, from member Ann Flynn.

She gave us a jar of this early delicious multi-use sauce last year, and it has become a staple of our larder. We use this sauce as a Sloppy Joe mix, making for a quick meal. The original recipe makes 17 pints, so the proportions here are rough.

It's tough having to use the stovetop for such a long time in the heat of the summer, but it is worth the trouble.

#### Ingredients:

- ◇ 2 qts tomatoes
- ◇ 1 onion
- ◇ 1 medium pepper
- ◇ 1 jalapeno or poblano pepper
- ◇ 1 cup vinegar
- ◇ 1/4 cup brown sugar
- ◇ 1 tsp salt

Combine in a cloth bag

- ◇ 1 cinnamon stick
- ◇ 1 tsp cloves
- ◇ 1 tsp allspice

#### Method:

1. Peel and core tomatoes, remove seeds from all the peppers, coarsely chop veggies.
2. Place the veggies, spice bag,

sugar, salt & vinegar in a wide bottomed pan. If the pan is too full, gradually add the vinegar as the mixture cooks down.

3. Cook uncovered for about 6 to 8 hours at a simmer. Stir occasionally.
4. The sauce will reduce by about half and thicken. Run an electric mixer through the sauce to break up large pieces. Place in jars & hot bath for 30 minutes.

As this cooks, you can start getting pretty hungry. Well you can hasten the cooking by putting some in a frying pan, and cooking it down quickly. We always eat some the day we make it, and can the rest.

### Vinegret (Beet Salad)

This recipe was submitted by member Patrick Touhey in June, and is, as he says, "a nice cool summer salad." We tried it last night and it was very good. While you can add garlic or fresh herbs to it, the flavor of the vegetables and dressing can stand alone.

While taking extra pans, I cooked the beets, potatoes and carrots separately.

#### Ingredients:

- ◇ 2 to 3 beets
- ◇ 2 to 3 potatoes

- ◇ 2 to 3 carrots
- ◇ 1 onion
- ◇ 2 sweet pickles
- ◇ Salt and vinegar to taste

#### Method:

1. Boil a couple average beet roots, potatoes and carrots.
2. Peel them and cut in small cubes. Cut finely 1 raw onion (you may soak it in cold water for a while before this, if you want less sharp taste)
3. Cut into cubes 1-2 sweet pickles.
4. Mix everything together and add olive oil. Add also a little bit of salt and vinegar to your taste



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