



# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

- Cucumbers or summer squash
- Slicing tomatoes
- Cherry or paste tomatoes
- Beets or okra
- Watermelon or cantaloupe
- 'Musik' garlic
- Sweet peppers
- Basil, summer savory or rosemary

### Partial Share:

- Slicing tomatoes
- Summer squash or okra
- 'Musik' garlic
- Sweet peppers
- Basil, summer savory or rosemary

**Next week:** More tomatoes, peppers, & okra. Potatoes & onions return. Melons should be back for everyone.

## Growing Growers

Yesterday afternoon your farmers held a workshop & tour for local farm apprentices. Growing Growers, a Kansas City-based non-profit committed to training new organic farmers, sponsored the event. Apprentices with the program work on area farms & attend educational workshops throughout the season. Topics include soil fertility, plant production, and this year our workshop on starting a new farm and CSA. Around 25 wannabe farmers attended including our own Brenda Raygor, Julie Coon & Kathy Plant. We told our story of leaving desk jobs to apprentice on farms before starting our own. A borrowed slide projection system allowed us to show the CSA in action. All eyes lit up

when we showed the members digging potatoes, washing carrots in the rain, and just generally being fabulous. A welcome sight right now at a stressful time to be a farmer. Several folks said afterwards that they were inspired by the supportive community surrounding our farm. We agree. Of course, we worry just like all farmers about the weather, pests, disease & drought, but instead of worrying about whether our produce will sell at market, we know we'll see our 'regulars' rain or shine.

## Weather

Of course we'd prefer a bit more rain & a bit less shine. We've taken a hiatus from the Excelsior Springs market & may have very little at the 39th St. market as we are using most of the produce to fill the shares. The

heat is bad, yes, but at least lately every week or so we've gotten some rain. Not the 1 inch per week that plants need (more like 2 inches when its this hot), but better than a dust bowl. Last week we got 1.4 inches of much appreciated rain. Many of the plants seem to have responded with new vigor & growth. All eyes are on the peppers as they make a valiant attempt at lushness. Peppers need lots of vegetation to shade their tender fruit from the scalding rays of the sun. This week you will get some grade A peppers as well as the opportunity to take pepper seconds. Meanwhile irrigation continues to battle it out with evaporation.

## CALENDAR

August 16: Wednesday pick-up  
farm worker: Bob Kennedy

August 17: 'So Easy to Preserve'  
Food preservation class held by MU Extension specialist, Glenda Kinder. Class will include the latest techniques for preserving the harvest as well as a demonstration of pressure canning applesauce. Contact kinderg@missouri.edu for information.

August 12: Saturday pick-up  
farm workers: Kim-Marie Graham, Miranda & Aaron Matthews, Emily Akins

## THE HEAT

- The average temperature in the
- U.S. from January through June
- 2006 was the warmest first half of
- any year since records began in
- 1895, according to scientists at
- NOAA's National Climatic Data
- Center in Asheville, N.C. The
- average Jan.-June temperature
- for the contiguous U.S. was 51.8
- F or 3.4 F above the century av-
- erage.

## Your Share Items

### Yet More on Melons

We've begun to realize that we have thrown a lot at you as far as melons. Eating a watermelon that isn't red may be a first time experience for some of you. And since we haven't yet finished handing out melons, we want everyone to know that the color of the rind and the meat of the melons we are giving you may be different than what you expect, so please email or call us with any questions you might have.

Over the years we hope to zero in on the varieties that the members like best. Because of this, we like feedback from you on what you thought of a particular melon. If the members like a particular variety, and we find too that it grows well on the farm, we will grow it for as long as you like.

This is a lead-in to introducing you to *Cream of Saskatchewan*—a white watermelon brought to Canada by Ukrainian immigrants in the early 20th century. It's taste is not super sweet, but has a good watermelon flavor and

is quite juicy. I like it with a little salt.

It has a very thin rind, and would never be sold in a grocery store. This also means that you have to be careful when handling it, as it could split open.

### Musik Garlic

This week you will not only be getting garlic, but a certain variety called *Musik*. We like this variety a lot. It sizes up well, has large cloves, a nice flavor, and grows well.

The seed stock comes from Upstate New York. We have grown it now for 3 years, and feel it is perhaps the best variety we have. We will continue saving garlic seed, so that our seed stock is acclimated to the farm.

### Sweet Peppers

As the summer heat continues, many of our fruiting plants are ripening quickly. With the peppers now we see lots of color as we look up the row before harvesting. Most all of our peppers start out green, before changing to red, or orange, or yellow, or purple.

Sweet peppers are great

many ways. In the book *Culinary Artistry* authors Andrew Dornenburg and Karen Page tell you what goes good with things, describing nice culinary pairings. For peppers they note they go especially well with tomatoes, olive oil and anchovies, as well as: basil, chiles, coriander, corn, garlic, lemon, meat (especially chicken, lamb and veal), onions, rice, and vinegar. You can bake, broil, grill, par-boil, roast and stew them. They will also give you your daily dose of Vitamin C.

One thing the peppers are showing us this year is the differences in our soil fertility. We have one set of peppers in a different area than all the others, and they are growing much larger. The smaller peppers are in newer ground that we first used last fall.

The larger are in an area with some of our best soil. It reminds us of how important it is to improve our soil quality, and make the farm more productive.



## Recipes

### Bruschetta

Quick and easy to make, bruschetta is the next best thing to instant pizza. Being essentially bread topped with herbed tomatoes, it is best when all of the ingredients are available fresh.

#### Ingredients:

- ◇ 2 large paste tomatoes
- ◇ 2 medium shallots, about 1/2 cup (onions can be substituted)
- ◇ 2 tsp total rosemary, summer savory, thyme and/or basil
- ◇ 6 tbsp extra virgin olive oil
- ◇ 1 tbsp red wine vinegar
- ◇ 1 clove Musik garlic or 2 cloves garlic
- ◇ Pinch of salt
- ◇ 1 loaf fresh baked bread (though any bread will do)

#### Method:

1. Chop tomatoes, shallots, garlic and herbs. Mix them in a bowl with the red wine vinegar, salt, and 2 tsp of the olive oil.
2. Slice the bread and drizzle with remaining olive oil.
3. Toast the bread over a fire or in the oven.
4. Top bread with tomato mixture.
5. Eat as is, or put back on the grill, or in the oven for 3 minutes. Top with grated Italian cheese.

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