



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

- Carrots
- Summer squash
- Choice of tomatoes
- Carola* potatoes
- Yard long beans or okra
- Choice of melon
- Onions
- Sweet peppers
- Parsley or shallots

Partial Share:

- Carrots
- Choice of tomatoes
- Carola* potatoes
- Choice of melon
- Onions
- Parsley or shallots

Next week: More tomatoes, peppers, okra & carrots. Garlic returns.

The line I've always heard was that in Missouri if you don't like the weather to just wait a bit. On Sunday a fast-moving cold front from the north chased away the prairie 100s and we dropped 40 degrees in a day's time. Plants, animals & farmers alike rejoiced as two & a half inches of rain soaked in. The cooler temperatures are letting the moisture go deep and the shorter days are beginning to lessen the sting of the mid-day sun.

The pepper plants could benefit from a little less solar bite. Sun scald burns the fruit leaving a soft scar. Marconi peppers are less susceptible to sunscald than their stouter cousins as their svelte figure hides them beneath

the leaves of the plant. While the long & skinny marconi type is an Italian heirloom, we grow hybrid versions that yield more fruit per plant without giving up any flavor. Look for red & yellow marconis in your shares in the weeks ahead.

The potatoes in your shares this week were dug by a crew of farmers & members last week with assistance from the used potato plow we purchased for \$200 last winter. Some of you may remember the back-breaking potato harvest of 2005. After breaking two potato forks this spring trying to pull carrots out of bone-dry soil, it's a good thing we didn't need them for the potatoes. The same simple piece

of equipment creates the trenches into which we plant the potatoes & digs them up. With one quick pass on the tractor we can open up the trenches leaving the potatoes exposed for our crew to collect. A second pass uncovers what we missed on the first go around and then the harvest lickety split.

The commercial trade journal for potato farmers *Spudman* (seriously) contains many high concept advertisements (including one with jumper cables jolting a potato) for sprays of all kinds. Pesticides are often used to kill Colorado potato beetles, which (knock knock) have yet to find us in large numbers. Also recommended is an herbicide that kills the potato plants for a quicker harvest, followed by a fungicide applied to the soil to prevent rot and at harvest a combination of what we assume are hormones, the ad doesn't say what it is, as 'sprout inhibitors.'

The last of your potatoes left in the field will be dug this week and will be added to the collection in the root cellar. We'll be handing them out every other week as long as they last (hopefully til the end of the season). *Carola* is like a *Yukon Gold*, deliciously creamy. While *Yukon Gold* has the name recognition, but *Carola* yields better for us & tastes just as lovely. Try simply steamed & dressed with some olive oil, garlic & herbs.

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Its Survey Time!

Everyone should have received an email this week with the Mid-season survey attached. We thank you in advance for taking a few minutes to complete the survey and send it back. Your comments will guide the CSA & the farmers in planning for the years ahead. Help us build a strong CSA by sharing your thoughts.

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CALENDAR

August 23: Wednesday pick-up

August 24: FSFCSA Core group meeting
Contact farm for more info.

August 26: Saturday pick-up
Farm workers: Kelly Parker, Rick Robson, Joyce Mayer, Shalva del Castillo & Tom James

Your Share Items

Yes, Yet More on Melons

This week's watermelons are closer to normal, with one red (Sangria) and one orange one (Orangeglo).

Okra

As we enter our 4th year of okra growing and eating we continue to gain an appreciation for this special vegetable. In doing this we have been creating recipes that are becoming staples of our summertime eating. The newest one to join the list is this week's recipe *Okra and Hard Boiled Egg*.

We usually look at our main meals as ways to put some fuel and nutrients in our body that taste good, and are fresh. Fried okra and egg suit the bill; the okra providing fiber and vitamin C, the breading a source of carbohydrates, and protein from the egg.

Swap Box and Trial Items

We are happy to know that the membership has given the idea of the Swap Box the thumbs up. Knowing it is a permanent fixture, we are thinking about what we

put in it. One thing going in the box will be vegetables that aren't producing enough to hand out as a share item, but have been harvested. Unfortunately, this year the **eggplant** falls into that category. We have been trying to revive the plants, and this last rain will be a big help, so they may yet produce before the end of the year.

If any more tomatillos grow, there will be **salsa packs** in the box. You will also see some small red peppers. These are **peperoncini** peppers (normally pickled when green) that have ripened. They are a good substitute for the Poblanos in the okra dish, or are great grilled.

Other things that may make limited appearances are those vegetables that we are **trialing**, such as this week's **Yard-Long Beans**. If you happen to get a share of them let us know what you think. This week's recipe is a good way to try them out.

Recipes

Okra and Hard Boiled Egg

When I lived in Rochester, the Italian restaurants would all serve their fried calamari with strings of hot peppers. We recently tried the same thing with fried okra, and it turned out great. The Poblanos are a good size and hotness for this.

A good thing to know about okra is that you can bake it as easily as frying it. Just follow the

Ingredients:

- ◇ 1 quart okra
- ◇ 2 small or 1 large Poblano pepper
- ◇ 2 eggs
- ◇ Approx. 1-1/2 cups, seasoned with salt and pepper
- ◇ Oil for frying
- ◇ 2 hard boiled eggs, diced
- ◇

Method:

1. Cut off stem end of okra. Cut okra into bite-sized pieces.
2. Clean and seed Poblanos, and cut into thin rounds.
3. Mix okra and peppers in a bowl with the 2 eggs. Mix to coat.
4. Heat approximately 1/4" deep layer of oil in frying pan.
5. Put some of the okra in a shallow pan and coat with cornmeal.

Frying method: Fry for 3 to 5 minutes, until just crispy.

Baking method: Bake the okra at 375°F for about 15 minutes, or until crispy.

Cook remaining batches, adding some

more oil as necessary.

6. Drain okra, then mix in a bowl with the eggs. Serve in bowls and top with chili sauce, catsup, or lemon juice.

Chinese Yard-Long Beans with Garlic (adapted from Amuse Bouche)

Ingredients:

- ◇ 1 lb Yard-long Beans, cleaned and cut into 2" long pieces
- ◇ 1/4 tsp salt
- ◇ 1/2 tsp sugar
- ◇ 1 tbsp dark soy sauce
- ◇ 1 tbsp rice wine vinegar
- ◇ 2 tbsp water
- ◇ 2 tbsp peanut or canola oil
- ◇ 1 medium onion, cut into thin slices
- ◇ 3 medium cloves of garlic, minced

Method:

1. Fill saucepan with 1/4 inch of water and bring to a boil. Add the beans and cook for 1 minute. Drain beans.
2. In a small bowl combine the salt, sugar, soy sauce, garlic and rice wine vinegar.
3. Heat frying pan to high and add the oil. Add the onion and 2 tbsp of water and cook on medium high for 1 minute. Pour the sauce into the pan. Add the beans and cook for 2 minutes more until heated.

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