



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

- Carrots
- Tomatoes
- Garlic
- Watermelon or cantaloupe
- Sweet peppers or summer squash
- Cucumbers or eggplant
- Roma or cherry tomatoes

Partial Share:

- Choice of tomatoes
- Watermelon or cantaloupe
- Peppers or okra or summer squash
- Garlic

Next week: More peppers, okra & carrots. Potatoes & onions return. Arugula makes its fall entrance.

Excuse me if this newsletter seems hurriedly put together. Typos, I fear, are a certainty. This week we've got the triple whammy of computer malfunctions, illness & harvest worries. After postponing our hard drive replacement for as long as we could, we bit the bullet and handed our computer over to the capable Shawn Graff. It is slated for arrival later tonight if all goes well. If you are reading this newsletter, we must be back in operation as we need the desktop to upload to our website. The rebuilt laptop we purchased from my brother this winter has earned its cost providing a decent back-up, although we haven't been able to download messages.

Now, if only we had a back-up Farmer Tom (hmm...nah!) He caught the nasty flu virus that is making its way thru many a community the last couple of weeks. Not pleasant, but supposedly only a 48-hour bug. He's hopped up on an assortment of probiotics, bad-tasting herbal tinctures, teas & soups (see the back for the get-better-Tom soup recipe.) Not the most

willing patient, Tom has pretty much stayed in the house the past two days and may skip market tomorrow. One farmer may be able to handle it tomorrow, as most of our harvest are going to fill the CSA shares. We have bumped back the number of share items to the minimum in order to conserve for the weeks ahead. Every year about this time we talk about 'the lull' as the summer crops slow down & the fall crops have yet to begin. This year the lull seems to be more severe perhaps a symptom of the high heat of a few weeks ago. High temperatures quicken ripening of fruit and cause blossoms to drop without forming new fruit. So, a few weeks ago we were overwhelmed with tomatoes & now there are very few ripe fruit on the vines. The plants are still growing and should produce fruit for awhile longer. We'll hand them out while they last as we look forward to the fall ahead. The fall crops continue to look promising.

Chickens

- After much anticipation, the chickens are coming. This week Liz Elmore, who raised her 'a slip of paper away from being certified organic' chickens on our farm – feeding our soil with their manure and feeding themselves on clover, scrap veggies & local certified organic feed—which means no pesticides, herbicides, or Genetically Modified Organisms (GMO's). Cost:
- Chickens Large - \$3.50/lb for 2.5 to 4 pound birds. Small - \$5 flat for 2 pound birds, these are great for a single meal or soup. Must be Pre-Ordered by this THURSDAY
- kcporklady@gmail.com or (816)333-7224. Fresh birds will be available this Saturday August 26th after which all birds will be in the freezer for Weds. pick-ups. She will be at Liberty distribution from 2-3:30pm with fresh birds this Saturday.
- Fresh birds can also be picked up at her house in KCMO Saturday morning from 11am to 1pm. Call or email for more info.
- Also, there will be information available at distribution this week from the Bentley's who have chickens available beginning September 4th. Look for their letter to you all at sign-in.

CALENDAR

August 30: Wednesday pick-up

September 2 (Labor Day): Saturday pick-up

farm workers: Heather Murphy, Melinda Dillon, Katie & Al Richard.

Your Share Items

Nutrition

One thing I don't profess to know enough about for this job is nutrition. The body is a complex being, affected by what it eats, it's environment and it's social connections, among other things. Science has found out many basic things though, about the nutritional value of food. Rickets, scurvy, beriberi and pellagra are diseases that we have only relatively recently found to be caused by simple dietary deficiencies. Our body needs many different vitamins, minerals and nutrients to maintain good health.

Your share regularly includes a good selection of vitamins like A and C, minerals like iron, magnesium, calcium, potassium, and nutrients like proteins, carbohydrates and fiber. Being able to tell you all the pertinent details each week isn't possible, or necessary since there are such great resources on the internet. One especially good site is www.wholehealthmd.com. You can go to the Resources page, and search for whatever vegetable you want.

As I said, I'm not a nutritionist, but member Lisa Markley is. As far as websites go, her favorite nutrition website is www.whfoods.com (World's Healthiest Foods). She also recommends the books below. We both went to the Healthy Farms Healthy Food conference at KSU this winter and heard the first author, Marion Nestle speak—it was a great talk. Her book is a good aisle by aisle guide to grocery shopping.

What to Eat by Marion Nestle

The New Whole Foods Encyclopedia by Rebecca Wood

The Encyclopedia of Healing Foods by Michael Murray, ND

Another good source is **FoodBook for a**

Sustainable Harvest by Elizabeth Henderson and David Stern. Available from the Genesee Valley Organic CSA, it does a great job of talking about the origins of different vegetables and herbs, their nutritional value, and how to cook and store them. I have summarized its nutritional findings below to let you see the "ingredients list" in your share.

Vitamin C: garlic, spinach, bok choy, lettuce, Chinese cabbage, snow pea, beets, kale, summer squash, green beans, peppers, tomatoes, okra, melon, broccoli, kohlrabi, onion, potato, leeks, collards, cauliflower, cabbage, turnips, rutabaga **Vitamin E:** leeks

Fiber: bok choy, summer squash, green beans, tomatoes, eggplant, okra, broccoli, kohlrabi, potato **Carbohydrates:** potato, leeks, winter squash, cauliflower, turnips, rutabaga **Protein:** spinach, bok choy, kale, green beans, tomatoes, potatoes, collards, cauliflower **Calcium:** spinach, bok choy, lettuce, Chinese cabbage, beets, chard, kale, cucumbers, okra, broccoli, collards, cabbage

Iron: garlic, spinach, bok choy, lettuce, Chinese cabbage, beets, carrots, kale, summer squash, cucumbers, peppers, broccoli, leeks, winter squash, collards, cauliflower, cabbage **Potassium:** spinach, bok choy, lettuce, Chinese cabbage, beets, chard, carrots, kale, summer squash, peppers, tomatoes, okra, broccoli, kohlrabi, onion, leeks, winter squash, collards, cauliflower, turnips, rutabaga **Phosphorus:** bok choy, Chinese cabbage, beets, kale, cucumbers, broccoli, collards, cabbage **Riboflavin:** spinach, bok choy, snow pea, beets, kale, summer squash, okra, broccoli, collards, cauliflower **Niacin:** bok choy, beets, kale, summer squash, okra, broccoli, potato, collards, cauliflower, rutabaga **Thiamin:** snow pea, beets, kale, summer squash, okra, broccoli, potato, collards, cauliflower.

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Recipes

Spicy Red Pepper Soup

I've been convalescing this week with the flu, and Rebecca made this for me. As the temperature has cooled down a little, it's nice to have some soup. This is from the Terra Firma CSA.

- ◇ Remove the stems, seeds and veins from 1-2 **Poblano peppers** or other medium-hot chile. Cover with water, bring to a boil and simmer for 20 minutes, then puree.
- ◇ Warn **3 tbsp olive oil** in a pot with **1/2 tsp mixed marjoram, thyme and/or savory, and 2 bay leaves**. Add **4 cloves to roughly chopped garlic** and let cook for 1 minute, then add **1 cup chopped onions** and **1 lb red sweet peppers**, seeded and sliced. Stir well to coat with oil, cover the pot and cook on very low heat for 5 minutes.
- ◇ Add **1/2 cup water** and cook another 10 minutes, then add **1 lb chopped tomatoes, 4 tbsp chile puree** from above and **6 cups water**. Bring to a boil, then lower the heat to a simmer.
- ◇ After 20 minutes, add **1/2 lb trimmed and chopped green beans**. Cook another 20 minutes then puree about 1/2 the soup. Return to the pot. Season

with salt and more chile puree.

Carrot Peanut Spread

Inspired by a dish that fellow farmer Liz Elmore treated us to.

Ingredients:

- ◇ 1 lb carrots
- ◇ 1 tbsp peanut butter
- ◇ 1 head garlic (roasted)
- ◇ 2 tsp pine nuts
- ◇ 1 tbsp chopped parsley
- ◇ Salt and pepper to taste

Method:

- ◇ Cut carrots into bite-size pieces. Take half the carrots and steam them until tender (10-15 minutes)
- ◇ Put the garlic in a small baking dish, drizzle with olive oil, bake for 30 minutes at 400 °F. Let cool and squeeze the garlic out of the cloves into a separate container.
- ◇ Put the carrots (raw and cooked), garlic, peanut butter, pine nuts, salt and pepper into a food processor and process on pulse to a coarse paste. Mix in the parsley
- ◇ Spread on bread or crackers, or use as a dip for vegetables.

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