



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Potatoes
Onions
Arugula
Kale or Collards
Sweet peppers
Summer squash
Okra or Beets

Choice of hot peppers: poblanos, pepperoncinis, jalapenos, or dried
Chives or basil

Partial Share:

Potatoes
Kale or collards
Onions
Peppers or cucumbers or eggplant
Choice of hot peppers: poblanos, pepperoncinis, jalapenos, or dried
Arugula or chives or basil

Next week: More peppers, okra & squash. Carrots & garlic return. Hakurei turnips and/or radishes should make their fall entrance.

LUSH

Five inches of much appreciated rain fell on the farm during the past two weeks. It was nice, gentle rain for the most part—the kind that sinks in, not the torrential downpours that hit some areas.

On Saturday morning after harvesting the shares the CSA members went to work on the broccoli, kohlrabi & cauliflower beds pulling weeds out of the soft mud. Altogether the crew weeded 2,000 row feet! We know how much everyone loves broccoli & thanks to many muddy hands it is well on its way.

To be wet & in the 60s-80s is about as optimal as you can get for many crops. All of the fall crops seem to be thriving. Plant diseases also appreciate the steamy dampness and may be hastening an early end to the summer crops. The tomatoes have stopped ripening fruit although there is still many green tomatoes and lush growth to the plants. We may still have ripe ones

in the shares in the coming weeks or at least some green tomatoes (Yum!).

SCARCE

We are not alone in the shift we are seeing in the fields. Farms around the area are experiencing dramatic decreases in their production. Crops are scarce & at least one CSA has ended its distribution early. One definite cause of such scarcity is the consistently high temperatures in July & early August. According to Lala Kumar, a horticulture specialist with MU Extension Service who visited our farm last week, pollination of tomato flowers & many others is hindered at temperatures over 95 degrees. He is involved in a local trial in the use of shade cloth in the summer fields. Draped at six feet on a structure similar to a clothesline, the cloth's shade lowers the temperature underneath aiding pollination & preventing sun scald. A favorite technique employed in the scorching heat of Africa that we may need to adopt.

MANY MELONS

Melons are done after quite a season. The last few cantaloupes will be in the swap boxes this week. This is really the first decent melon crop we've ever had. In previous years they mostly succumbed to pest pressure before producing ripe fruit. Based on our past experience we trialed many varieties this year to see what might survive long enough to give us some melons. Fortunately, many of the varieties did well and we had five weeks of melons in the shares. We apologize for the confusion with the unusual tropical melons, as well as the yellow, white, & orange watermelons. We probably won't grow the white ones again—lots of seeds & easily split. We like the orange & yellow types, but really loved *Sangria*—the last of the red watermelons in the shares. It was fruity with a hint of spiciness. Got a favorite? Let us know so we'll consider it for next year when we plan to narrow the melons to a select few varieties.

CALENDAR

September 6: Wednesday pick-up
Farm workers: Pat Horner & Nina Bozarth

September 9: Saturday pick-up
farm workers: (Liberty) Valerie Gillespie & family

SURVEYS

We need all surveys by the end of this week. Email me if you need a second copy. Thanks to all of you who have turned them in so far.

Your Share Items

Hot Peppers

We suspect that not everybody likes hot peppers, but right now they are at their best though, and we have enough for everybody to get them. In this week's share you have choice between 3 fresh and one dried type pepper.

The small red peppers are ripe versions of the "pepperoncini's" or pickling peppers. They are very good grilled or roasted and eaten whole. The hotness doesn't stay around too long. And it's the same with the Poblanos (large green peppers). Their flavor when cooked is great, and the hotness doesn't stick around forever.

It is not quite the case though, with the next 2 peppers. The small green jalapenos can be very hot, though still low on the ultimate hotness scales. The dried peppers, especially when you include the seeds, are the hottest of the bunch. They are good to drop whole in soups, stews, or other dishes to add spiciness. Retrieve them before serving though, as they will be especially hot to bite into.

Greens Again

It's barely September and already it seems like Fall. Not only in the weather, but in what is growing well in the fields. The greens are starting to grow, and are big enough to start picking from. You will see many greens familiar from the Spring, but a

few, like **Tosceno kale**, **white Russian kale** and **collards** are new. If you're not sure which is which, they are color coded so you can tell what you get at distribution.

In his book *Leafy Greens*, Mark Bittman spends some time talking about the nutrition of greens. Here is what he says— "From a nutritional perspective, dark green leafy vegetables are the superstars of the food world.

Most dark greens are high in traditional nutrition such as vitamins C and E and beta-carotene, powerful antioxidants whose cancer-fighting role is only just being appreciated...and folic acid. Some also contain significant amounts of iron and calcium (of special importance to vegetarians) as well as important trace elements from the soil such as magnesium, zinc, selenium, manganese, and copper.

In addition, there is the almost staggering list of micro-, or nontraditional nutrients, whose names are unknown to those outside of the nutrition field; lutein, dithiolthiones, glucosinolates and indoles, isothiocyanates, and thiocyanates, and more. These are found in most green leafy vegetables and are now believed to be the equal of beta-carotene when it comes to preventing cancer. Some of these nutrients are also thought to prevent heart disease."

Recipes

Collards and Onions over Rice

One thing Mark Bittman suggests relative to cooking greens, is to boil them for 5 minutes no matter what. He notes that you can save the water though, if you then use it to cook some pasta.

A similar water, energy and time-saving way to cook greens, especially tough ones like kale and collards, is to chop them up, put them in a frying pan with 1/4 to 1/2 inch of water, and cook them for about 8 minutes. If you use just the right amount of water, it will all be evaporated, there will be little water to drain, and you will be retaining nutrients.

Ingredients:

- ◇ 1 bunch collards (or kale)
- ◇ 1 large or 2 small onions
- ◇ 2 tbsp olive oil
- ◇ 2 cloves garlic, minced
- ◇ 2 tbsp Worcestershire sauce
- ◇ 1 tbsp sugar
- ◇ Salt and pepper to taste
- ◇ Rice

Method:

- ◇ Wash and coarsely chop the collards, stems and all. Put in large saucepan with shallow layer of water. Add salt and pepper. Bring to boil and then simmer for 8 minutes.
- ◇ Drain collards. Return saucepan to fire, add olive oil and onions.

Cook for 5 minute over medium high heat. Add collards, garlic, Worcestershire sauce and sugar. Cook 5 minutes more or until collards are tender. Add water as necessary to prevent burning.

- ◇ Serve over rice with grated cheese.

Jalapeno Hot Sauce

If you have a food mill, this sauce is easy to make and will limit your exposure to any hot pepper juices.

Method:

- ◇ Cut the stem end off the peppers and place them in a shallow baking dish.
- ◇ Roast them in an oven at 375 °F for 30 minutes or so, turning once or twice.
- ◇ Remove peppers from baking dish put in a saucepan with 1/4 cup water. Cook over medium heat until peppers are tender, 5 to 10 minutes.
- ◇ Once the peppers are well cooked, run them through a food mill or press through a sieve.
- ◇ Store in refrigerator or freezer. It is a nice addition to salsas, or anywhere you want a hot sauce.

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