



# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

- Carrots
- Garlic
- Kale or broccoli raab
- Sweet peppers or squash
- Hakurei turnips or arugula
- Rattlesnake beans
- Eggplant or cucumbers
- Chives, parsley or basil
- Tomatoes

### Partial Share:

- Carrots
- Garlic
- Greens or turnips
- Okra or squash
- Chives, parsley or basil
- Tomatoes

**Next week:** More peppers, okra & squash. Potatoes & onions return. Radishes enter.

## The 3<sup>rd</sup> Annual Fair Share Farm CSA Harvest Dinner

by Elaine Reynolds  
FSF CSA social coordinator

From pre-historic times to today, humans have stopped at the end of the growing season—to give thanks; to celebrate; to plan for next year; to eat hearty and to make fools of ourselves in public. We at Fair Share Farm CSA do our bit to keep the celebration going. Plan to join us on Saturday, October 28<sup>th</sup> at 5 p.m. for our Third Annual Harvest Dinner at St. James Lutheran Church on Vivion Rd. near North Oak Trafficway.

In addition to the bounty of the summer-long harvest, we can celebrate that there are more of us! The CSA has grown each year, from 25 to the present 75. Come meet your fellow eaters and members who care enough to put their money and their labor where their values are regarding food, the land, and the future. Plan to come and to bring a dish to share. We will be asking people to bring specific categories of dishes, once we have an idea about how many will

join the festivities. The first thing you have to do, then, is to e-mail Elaine Reynolds (elarey@msn.com) with how many will be in your party, specifically how many adults and how many children. The kiddies are welcome!

But, you ask, what about the making fools of ourselves bit? Ah, that. What is a harvest dinner without entertainment? The main attraction is the food that we will share but we also are also looking for those with other talents. Do you juggle? Do you recite amusing poetry? Do you do balloon animals? Do you play the kazoo? Can you stand on your head? Does your dog jump through flaming hoops? If you would like to offer an entertainment, please e-mail Rebecca at the farm. She will be auditioning those deemed suitable for the occasion.

For those who are too shy to appear in public as part of the entertainment, we also need volunteers to help with the following tasks: set up, kitchen help, clean up. Many hands make light work, as they say. Years past have shown that we especially need help with clean up.

Finally, we have a long tradition (we did it last year) of giving door prizes. If you work for someone who could donate a gift certificate, if you have canned some yummy veggies from the summer's bounty, if you have too much chocolate in your house, if you have a talent for organizing other people's closets that you would be willing to give for an hour or two—donate a door prize! You might even win one! E-mail Elaine (see above) with your offer. We would also welcome a door prize or two for children. Mark your calendars:

**Saturday, October 28<sup>th</sup> at 5 p.m.,  
St. James Lutheran Church,  
1104 NE Vivion Rd.**

Your pre-historic ancestors would want you to celebrate with us.  
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Thanks, Elaine! Now I just have to find that kazoo . . . Tom & I are looking forward to seeing all of you at the dinner. Despite record high temperatures & a serious drought, we have much to celebrate. To sweeten the pot, we will be offering one grand door prize of a large share of winter vegetables. So mark your calendars & RSVP Elaine. In the coming weeks we will be handing out paper invites with more info.

rebecca

## CALENDAR

September 13: Wednesday pick-up  
Farm workers: Kay Smith & Melissa Laycock

September 16: Saturday pick-up  
farm workers: Schneider, Dorris Bender, Coral & Victoria Wert

## Your Share Items

### Broccoli Raab

Considered a delicacy by some, broccoli raab is a mustardy green with a nutty taste (though it can sometimes be a little strong or bitter). It is good to pre-cook it in water, and season it with a sour taste, like vinegar or lemon juice.

### Rattlesnake Beans

It has been interesting this year hearing what problems the heat caused at other farms. One thing that was universal was how most

plants shut down during a large stretch of summer, and didn't produce any fruit. This was true of our pole beans. But with the rain and cool temperatures of the last several weeks, they are now competing with the morning glory to see who can take over the trellis. For now the beans are doing OK and we expect a small flush of the Rattlesnake beans. They are our best tasting snap bean and we hope they produce enough for everyone.

## Recipes

### Stovetop Local Pot Roast

Working on the 100-Mile Diet Project makes me look different at meals sometimes. We recently went to a local diner and the special was trout. I anticipated that there must be some food preparation going on in the kitchen and a local ingredient or two, but when the food came out I realized it all came from a can or directly out of the freezer.

I guess I was asking too much for the price on the menu. But if you cook at home, you can get a great deal on one of the heartiest dishes an omnivore can eat—pot roast. Vegetables out of your share, and roast from Medicine Creek or Parker Family Farm, or at the 39th St. Farmer's Market from Panther Creek. We cooked one for Labor Day and it was as good as you can get.

### Ingredients:

- ◇ 1 large pot roast
- ◇ 2 medium onions
- ◇ 5 medium carrots
- ◇ 3 medium potatoes
- ◇ 1/2 cup water
- ◇ Bundle of herbs (parsley, thyme, and/or rosemary)
- ◇ 1 whole head of garlic
- ◇ 2 tbsp olive oil
- ◇ 1 tsp salt, pepper to taste

### Method:

- ◇ Put to olive oil in a Dutch oven and heat on high. Sprinkle the roast with the salt and pepper, and add it to the Dutch oven. Brown the roast on both sides.
- ◇ Clean the vegetables, leaving the skins on the potatoes and carrots. Cut them in quarters and add to the roast, along with a whole head of garlic, the water and herbs. Cover and bring to a boil
- ◇ Turn heat down to low, and simmer for about 1-1/2 hours, or until vegetables are tender.
- ◇ Remove roast from pan and let sit on a platter for 20 to 30 minutes before cutting.
- ◇ Discard the herb bundle. Remove the garlic, let cool, and then squeeze the garlic into the pan with the vegetables.
- ◇ Serve with crusty bread.

## Food Politics

There is a lot going on all across the nation and the world to sell you food. CSA farmers and potato chip manufacturers alike want to be the ones to feed you. In either case, we feel it is important that you have the facts about your food. But there is currently legislation in Washington that can affect your right to know. This issue, as described by The Organic Consumers Association, is outlined below.

*The House of Representatives has passed a controversial "National Food Uniformity" labeling law that would take away local government and states' power to require food safety labels such as those required in California and other states on foods or beverages that are likely to cause cancer, birth defects, allergic reactions, or mercury poisoning. This bill would also prevent citizens in local municipalities and states from passing*

*laws requiring that genetically engineered foods and ingredients such as Monsanto's recombinant Bovine Growth Hormone (rBGH) be labeled.*

*The Senate will soon be voting on this bill which would gut state food safety and labeling laws. The "National Uniformity for Food Act," lowers the bar on food safety by overturning state food safety laws that are not "identical" to federal law. Hundreds of state laws and regulations are at risk, including those governing the safety of milk, fish, and shellfish. The bill is being pushed by large supermarket chains and food manufacturers, spearheaded by the powerful Grocery Manufacturers of America.*

There is more information on the OCA website [www.organicconsumers.org](http://www.organicconsumers.org) (Labeling Laws Endangered) . This link also allows you to write your Senators to let them know what you think.

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