



IN THE SHARE week 19

Full:

Pie pumpkin
Carrots
Garlic
Lettuce
Choice of tomatoes
Choice of greens
Hakurei turnips or radishes
Green beans or broccoli
Sage, parsley or dried herb

Partial:

Pie pumpkin
Carrots or tomatoes
Garlic
Lettuce
Choice of greens
Sage, parsley or dried herb

Next week: greens, lettuce, broccoli, & kohlrabi. Potatoes & leeks return.

Fair Share Farm CSA Newsletter

PUMPKIN

With the autumnal equinox just a few days away, the farm is celebrating its first ever pumpkin harvest. Never before have we been able to hand out pumpkins and much less to every member. Happy fall! Our giddiness is a result of a hard road of past failures. We have witnessed total pumpkin annihilation by onslaughts of hungry insects. Like the rest of the Cucurbit family (squash, cucumbers & melons) stink bugs, vine borers & cucumber beetles love them to death. To make matters worse, pumpkins & winter squash need lots of time to ripen & bear fruit. The longer the 'days to maturity', the more time the buggies have for lunch. Every year our pumpkins & squash would be invaded by a cloud of beetles and within weeks the plants would be massacred before

having a chance to ripen one fruit.

We had begun to think that growing organic pumpkins, which sprout out of every backyard compost heap & city dumpster taunting us with their lush vines, was somehow impossible on our rural farm. There was some reason to suspect just that as cucumber beetles, a major Cucurbit pest and carrier of bacterial wilt, spend their larval stage at the base of corn plants which were often in abundance right next door. To see if it would help, this year marked the end of corn being planted nearby thanks to the Graff family. To hide the plants from the insects we also covered them with row cover, a polyester-spun fabric that covers the plants but allows light, rain & air to pass through, extensively on all the cucurbits. As soon as the plants sprouted from the soil, we covered them only taking the cover off

once they began flowering (got to allow the pollinators in if you want fruit). The row cover seemed to work well as the plants appeared untouched while in other areas of the farm the squash bugs were present. The only trouble seems to be in weeding the crops under the row cover which involves taking the cover on & off repeatedly. Despite some weediness, all the cucurbits grew well under the row cover & produced prolifically. Now all there is to wonder is whether such a harvest is a fleeting blessing of the Pumpkin Fairy or something we can count on in the years to come. Regardless, right now we have pumpkins—both beautiful & tasty, as my stomach can attest after eating four pieces of pumpkin pie in the last 24 hours.

BROCCOLI

The fall broccoli harvest has also begun and if all goes well will continue for several weeks. This week we just have a few bunches, but soon we should have much more. A space hog, broccoli needs a good 2 feet between each plant that will bear one head & hopefully a few side shoots. Knowing that broccoli is a much-loved crop (always in the top 3 on the surveys) we grow as much as we have the space & time for. Over 1,000 broccoli plants fill five 200 ft. beds and should supply the CSA well into October.

CALENDAR

September 27: Wednesday pick-up
farm workers: Stephanie Kenney

****6 pm:** City Distribution meeting at the Grave Café next door to pick-up. Have an opinion about where & how city distribution will run next year? Join your fellow city members & farmer rebecca for a discussion of the possibilities & next steps.**

September 30: Saturday pick-up
farm workers: (LIB) Judith del Porto, Dustin & Marian Morris, Debbie Bednar & spouse

Your Share Items

Pie Pumpkins

We grew 2 varieties of pie pumpkins this year, Baby Pam and New England Pie Pumpkin. The former is a somewhat flat-shaped pumpkin, while the latter is round and tall. They are smaller than the Jack-O-Lantern varieties, but superior in the quality of the puree.

We picked the pumpkins awhile ago, and they have stored well. If you want to store yours awhile too before cooking, it should be kept in a cool, dry place. We hope you get the chance to make a fresh pumpkin dish this fall.

Green Tomatoes

The tomato plants are nearing the end of the season with some green fruit still on the vine. We will be picking any last ripe tomatoes and decent sized green ones over the next week or so. Dipped in egg, coated with seasoned cornmeal, and fried is the traditional way to prepare them. We welcome any new or unique recipes.

Sage

As the fall crops come in, the sage is growing well, just in time to help flavor winter squash, sweet potatoes, dressings and other goodies. A native to Southern France, it is one of the most fragrant herbs in the garden. It will keep well hanging to dry in the kitchen.

Recipes

Pumpkin Puree

Many pumpkin recipes, such as pie, soup and bread, call for pumpkin puree. You can make it several ways. One way is to clean and peel the pumpkin, cut it into pieces, boil or steam it until tender, and then puree it in a food processor.

While this method works fine, peeling a pumpkin is a difficult (if not dangerous) activity. A cleaner way to make the puree is as follows:

- ◇ Remove the stem and cut the pumpkin in half. Remove the seeds (keep for roasting).
- ◇ Place the pumpkin halves, cut side down, in a deep baking dish. Add 1/2 inch of water to the dish and bake at 350 °F for 45 minutes or until tender.
- ◇ Let cool and then scoop out pumpkin flesh with a spoon. Puree in a food processor or blender. You can then use the puree, or freeze it for later use.

I used a 6 inch diameter pumpkin and got 3 cups of puree.

Pumpkin Pie (from *Cooking A to Z, The California Culinary Academy*)

I looked through a lot of pumpkin pie recipes, including one from an 1845 cookbook that I have, before settling on this one. The general trend in all the recipes is that it's a spiced mix of pumpkin puree,; eggs,

Recipes

milk, evaporated milk, or cream, and sweetener.

Ingredients:

- ◇ 2 cups pumpkin puree
- ◇ 3 eggs
- ◇ 2 cups whipping cream
- ◇ 3/4 cup sugar
- ◇ 1 tsp ground cinnamon
- ◇ 3/4 tsp ground ginger
- ◇ 1/2 tsp freshly grated nutmeg
- ◇ 1/4 tsp each ground cloves and ground allspice
- ◇ Two 9 inch pie crusts

Method:

- ◇ Turn oven to 400 °F. Blind bake pie crust until partially baked (bake pie shell empty).
- ◇ In medium bowl beat 2 cups cooked pumpkin puree just until smooth; add eggs, one at a time, beating well after each addition. Add cream, sugar, cinnamon, ginger, nutmeg, cloves and allspice. Beat to combine.
- ◇ Place pie shells on baking sheet. Divide filling between two crusts. Bake 10 minutes; reduce heat to 350 °F and bake until filling is set and a knife inserted near the center comes out clean (40 to 50 minutes). Serve warm or at room temperature

Roasted Pumpkin Seeds

Occasionally there is something cooking wise that you remember having done when you were a kid. For me roasting pumpkin seeds is one of

those things. It goes well with the time of year too.

Method:

- ◇ Scoop the seeds out of a cut pumpkin, pulling the seeds off the pulpy flesh. Place them in a colander and rinse well.
- ◇ Put the seeds in a dishtowel, pat dry and then transfer to a bowl.
- ◇ Sprinkle the seeds with 1 tbsp olive oil, 1/2 tsp sea salt, 1/4 tsp garlic salt and 1 tsp curry powder.
- ◇ Spread the seeds on a baking sheet and roast at 350 °F for 5 minutes. Stir seeds and roast for 5 to 10 more minutes, until golden brown.
- ◇ Serve immediately. They will keep covered for 1 to 2 weeks.



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