



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Lettuce
Asian greens
Scallions
Kale or Chinese cabbage

Hakurei turnips
Radishes or arugula

Sugarsnap peas

Dill or cilantro

Partial Share:

Lettuce

Asian greens

Scallions

Kale or chinese cabbage

Radishes or arugula

Dill or cilantro

Next week: Kohlrabi, beets w/greens, and more peas, lettuce, arugula, and radishes.

Welcome to the second week of the CSA in '06. We hope you enjoy our offerings of spring this week. You may notice a few unfamiliar items, but not to worry Tom has got you covered. Just look on page two to learn more about hakurei turnips (so sweet! I love eating them right out of the field.) and Asian greens.

This week marks the beginning of the pea season. We hope for a long and fruitful harvest, as we share your enthusiasm for these tender morsels. Our spring weather is not always conducive to bountiful crops of peas. These 90 degree days tend to shorten the life of the average pea, but even the few weeks we have of them are worth all the effort. The peas you are receiving this week are 'sugarsnaps', otherwise known as 'edible pod' peas. Just snap the top & strip back the string and pop the

whole pea, pod & all, in your mouth. Yummy! We'll shortly have some tasty snow peas (so unlike those tough, tasteless ones in the store) & a few shelling peas in addition to more sugarsnaps. (Partial shares: don't worry, you will be getting a 'fair share' of peas beginning next week.)

All of the spring crops seem to be doing well, so far. As we harvest the spring ones, we have turned our attention to our summer crops. The bout of cold weather recently, had left

them listless. But the same weather that threatens an early demise to the peas, encourages the tomatoes & peppers to flourish. We are busy keeping up with staking tomatoes, covering cucumbers & squash (to keep away those pesky cuke beetles), and weeding everything. By the way, yes, it is dry. We would like some rain for the corn & a few other crops we don't irrigate. Meanwhile, the irrigation is pumping more often than not these days & the plants seem to be responding to our artificial rain.

Update on other farm products:

Medicine Creek Farm will be delivering the first Saturday of each month. Contact Doug or Diane (dptrs@grm.net, 660-824-4276) to order grass-fed beef.

Parker Farm will be delivering their products (beef, pork, lamb, eggs) every even numbered CSA week (in other words every other week starting this week). Give them a call by the Monday before delivery to place your order (816-470-3276). Jean who supplied eggs to the CSA last season, will also be supplying eggs when necessary.

In other news, we recently met a local dairyman that will be taking orders for either goat or cows' milk. For now, the milk will only be available at Fair Share Farm or from his farm directly. If you'd like to learn more or order some milk, give Jim a call at (660) 255-4214.

And last but not least, the Bentley's will soon have chickens. As will our new friend & fellow farmer, Liz, who is raising some chickens at our farm. Stay tuned for more info. in the coming weeks.

CALENDAR

May 31: Wednesday pick-up
farm workers: Rachel Smith, Debbie Bednar (2), Linda Bell.

June 3: Saturday pick-up
farm workers: Scott Wormsley, Bryan Morgan, Barbara Loveless

Useful Information

As the season has started, we are getting questions and comments from folks about storing and eating their vegetables. Here are a few answers to some FAQs.

1. *My greens wilted in the fridge, what should I do?*

Your greens are mostly water, and as such, dehydration can cause them to wilt. To avoid this, they should be stored in the crisper of the refrigerator in a bag, preferably a vented one (you will accumulate them as the season goes on). Vented bags help hold in moisture while allowing the vegetables to breathe. You can save wilted vegetables sometimes by soaking in cold water for a few minutes to re-hydrate them.

2. *I didn't like the cooked kale, it was too tough. Did I cook it right?*

Some greens, like kale, collards, and chard need to be cooked awhile to make their texture digestible. In general, they are prepared as follows:

- ◇ Cut the bunch in half, dividing into stems and leaves.
- ◇ Chop the stems and sauté with onions and/or garlic, S & P, about 3 to 4 minutes.
- ◇ Chop the leaves and add to the stems with 1/4 cup or so of water. Stir and cook over med-high heat for 10 minutes +/-, or until tender.
- ◇ Season as recipes suggest.

The greens should be tender, but not overly mushy. Some people suggest steaming or boiling greens first to tenderize them. Steaming and sautéing keep all the nutrients in the pan and are the healthiest methods to use.

Your Share Items

Asian Greens

Spring shares for most CSAs consist of generous portions of greens. For the next several weeks this means lots of Asian greens. They are at their best right now, and we hope you enjoy them at their peak and begin to understand their subtle differences.

Tat Soi and Yukina Savoy

Sometime referred to as Asian spinach, the dark green color of these vegetables speaks to their nutritional value. Chopped up the leaves are good in fresh salad. While being mustard greens, their flavor is actually mellow and nutty.

Komatsuna

Standing upright and looking a little like celery stalks, komatsuna is yet another mild mustard green perfect for the wok.

Bok Choi and Napa Cabbage

We progress next to the bulkier, thicker staked Asian greens. Bok choy (spelled many ways) should be familiar if you've ever eaten in a Chinese restaurant. Napa (Chinese) cabbage will be the heaviest thing in your share bag. Good raw or cooked.

Hukarei Turnips

Looking like a radish, Hukarei spring turnips are anything but. They pack a unique flavor, a turnip both mellow and sweet, and beautiful to boot. Cut into rounds and dip in your favorite dressing, or grate into salads. You can also chop them and add to your favorite stir-fry recipe for a bit of extra crunchiness.

Herbs

Two herbs that grow best in Spring are cilantro and dill. Looking like parsley, cilantro is used traditionally as a garnish and seasoning in both Mexican and Asian cooking. Dill leaves (aka dill weed) has many uses, going great with eggs, potatoes and fish, among other things.

Recipes

Asian Greens with Whatever Sauce

If you are new to Asian greens we first direct you to last year's Week 5 newsletter and our column *Stir Fry 101*. This recipe hopes to prove the simplicity of Asian greens, and how a good bottled sauce makes things even easier.

Ingredients:

2 tbsp sesame oil
1 large bunch Asian greens
1 bunch green onions
2 garlic greens or 3 cloves garlic
2 to 3 medium radishes or Hukarei turnips
2 tablespoons of your favorite Asian sauce, such as chili, hoisin or oyster.
Salt to taste
Rice
Cilantro and lime for garnish

Method:

- ◇ Trim off the root end of the Asian greens, then cut in half, dividing into stems and leaves. Chop the stems into 1 inch pieces or size to your liking. Chop the leaves. Cut the roots off the scallions and garlic greens and chop the lower white portion. Cut the tops and bottoms off the turnips, and then cut into half rounds.
- ◇ Heat 2 tbsp sesame oil in a wok or large pan. Add the stems and cook for 2 to 3 minutes on high heat. Next add the green onions and garlic and cook for 1 minute more. Add the chopped leaves and cook for 3 minutes. Add the turnips and sauce of your choice and cook for 2 to 3 minutes longer or until desired tenderness.
- ◇ Serve over rice, garnished with a

squeeze of lime, cilantro, and the green scallion tops.

Kale with Vinegar and Egg

Ingredients:

2 tbsp olive oil
1 large bunch kale, chard or other green
2 garlic greens or 3 cloves garlic
1 bunch green onions
1 hardboiled egg, finely chopped
1/4 cup water
3 tbsp red wine vinegar
Salt and pepper to taste
Rice

Method:

- ◇ Heat the olive oil in a large pan. Chop the kale stems and sauté for 2 minutes. Season with salt and pepper.
- ◇ Chop the white part of the scallion and garlic greens, add to the pan and sauté for 2 more minutes.
- ◇ Chop the kale leaves, add to the pan and stir. Add the water and vinegar and cook over medium high heat for 6 to 8 minutes or until desired tenderness.
- ◇ Let cool slightly and add hard boiled egg. Serve as a side dish or over rice.

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