



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 20

### Full:

Broccoli  
Sweet potatoes  
Leeks  
Choice of greens  
Kohlrabi  
Green peppers  
Tomatoes or beans  
Choice of cabbage  
Rosemary, basil or dill

### Partial:

Broccoli  
Sweet potatoes  
Leeks  
Tomatoes or beans  
Green peppers  
Rosemary, basil or dill

**Next week:** More broccoli, kohlrabi, & greens . Garlic returns. Butternut squash enters.

## THE MEMBERSHIP SPEAKS

Twice each season the FSF CSA surveys the membership to see how things are going. The results of the mid-season survey arrived at my desk several weeks ago thanks to the work of Core Group member, Donna Merrill. I'm a bit tardy, but here's some of the highlights.

39 surveys returned (50% of the membership responding with a few more late entries that didn't make the cut). 17 out of 39 were new members. 38 described their CSA experience thus far as very good, with 1 good. 36 members gave us high marks for both quality & quantity & 37 plan to sign up for next year.

About half of the respondents had heard of the CSA through word of mouth, the other half through some media source. The Yahoo group got many comments. Some were frustrated &/or confused by the sign-up process. Next year we will try to have some extra help for those who need it.

Distribution seems to be working for

folks except for a few who have a long drive to reach us at the 39th St. Market.

## VEGGIES WANTED

The Veggie Survey is always interesting to us as it guides what we plant & in what quantity. As in past years, broccoli, berries, spinach & peas top the charts in the *give me more* category.

We hope the coming weeks will begin to feed the broccoli lust. Every year we have expanded the area taken up by the space hog. Not a fan of hot weather especially during head formation, our climate can be a broccoli nightmare. But a nice crop like we harvested today makes up for its rascally personality.

Peas are in a similar vein, but even more so as the spring crop breaks out in mildew at the first sign of heat. Next year we plan to grow mainly varieties that are resistant to mildew, even though others may be earlier.

The heat of April '06 was quite an education in spinach production as

well. A good crop last fall & this spring made us think we finally had figured out spinach, but after three tries at planting it for this fall we are back to the drawing board. The latest industrial food scare, *E coli* spinach, has perhaps put a damper on demand although I can't imagine that what happened in the spinach fields of the Salinas Valley is possible on our farm. Stay tuned.

## ANIMALS

Until this year, our farm has been exclusively a vegetable operation. That changed this season when we partnered with Liz Elmore to raise chickens. While Liz is on hiatus from farming while she pursues an education at UMKC, we continue to consider the possibilities of animal production.

On Monday, we went with apprentice Lindsay to a farm tour at Mood Wood Gardens, a diversified farm that provides much of its fertility needs. Manure from the cattle & chickens feed the vegetables & fruit. Alfalfa hay and field corn grown on the farm in turn feeds the animals along with scraps from the vegetable garden. It's a system to admire in its sustainability & design. Vegetables continue to be our priority, but we are looking at how animals on the farm could improve the vegetable production. If anyone has opinions about animals on the farm please let us know.

## CALENDAR

October 4: Wednesday pick-up  
farm workers: Miranda Matthews

October 7: Saturday pick-up  
farm workers: Emily Akins, Chris Riebschlager, Season Burnett, Mike Pettengel, Sarah Spearman, Keough & Tom Duckett

## Your Share Items

### Sweet Potatoes

This season is our 4th year of farming, and also our 4th of trying to grow sweet potatoes. They were not something we originally planned on growing, as we did not gain any experience with them during our internships.

The first year we planted them the deer ate them all. The next 2 years we had little success, due to wet conditions. This year, however, we made a point of putting them on high ground and taking good care of them. As we began digging them a couple weeks ago we could see that our persistence has paid off, with an excellent harvest of these large, tasty root vegetables.

According to *Nourishing Traditions* by Sally Fallon "there is probably no vegetable with a higher beta-carotene content. This...protects us against cancer, colds, infections and other diseases." They also contain iron, potassium, niacin, fiber, magnesium, and vitamins B<sub>6</sub> and C.

Sweet potatoes are a morning glory. This is advantageous to the plant in hot weather, as they are self-mulching, spreading out and shading the soil to keep in moisture and smother weeds. They are a native to Central America and are different than a yam, which is native to Africa.

## Recipes

### Calabaza y Camote (Candied Squash and Sweet Potatoes)

This recipe is from the most recent *Savuer*. You will be getting butternut squash next week, and if you can't wait you can use your pumpkin. Adjust the amount of sweetener per the quantity of squash you have on hand. We made this with the sorghum and honey and it was excellent.

#### Ingredients:

- ◇ 4 to 5 sweet potatoes (about 3 lbs), scrubbed halved lengthwise, and cut into 2" chunks
- ◇ 1 butternut squash (about 2-3/4 lbs) scrubbed, trimmed, halved, seeded, and cut into 2" chunks
- ◇ 1 lb Mexican brown sugar (we substituted 1/2 cup sorghum syrup and 1 cup honey, keeping the sweeteners local)

#### Method:

- ◇ Put sweet potatoes and 1 cup water into a large pot, cover, and bring to a boil over high heat. Reduce heat to medium-low and simmer, covered, for 20 minutes. Add squash and sweetener, stir to combine, and cook, covered, stirring occasionally, until sweet potatoes and squash are soft, 1 to 1-1/2 hours more
- ◇ Uncover pot and cook until sweet potatoes and squash are just falling apart and liquid has thick-

ened, about 45 minutes. Transfer sweet potato-squash mixture to serving bowl and let cool to room temperature. Divide between bowls and serve at room temperature.

### Stuffed Manicotti Verde

It's nice to hear at distribution, at the farm, or through email when members know a truly good recipe for using ingredients in the share. This one comes from Ann Duckett and *Moosewood Restaurant Low-Fat Favorites* (with some adaptation). You can also use kale or collards in this recipe for the greens, just cook them a little longer to get them tender.

#### Ingredients:

- ◇ 1 tbsp olive oil
- ◇ 2 large garlic cloves, minced or pressed
- ◇ 1 bunch chopped leeks (white bulb and tender green parts)
- ◇ 3 tbsp water
- ◇ 1 bunch greens (tat soi, yukina savoy, broccoli raab, or spinach)
- ◇ 1 tsp dried basil
- ◇ 1/2 cup grated reduced-fat mozzarella cheese
- ◇ 1/3 cup grated parmesan cheese
- ◇ 1-1/2 cups nonfat ricotta cheese
- ◇ 1/2 tsp nutmeg
- ◇ Salt and ground black pepper to taste

- ◇ 14 manicotti (1 lb box dried pasta shells)
- ◇ 3-1/2 cups tomato sauce

#### Method:

- ◇ Heat the olive oil in a large soup pot. Stir in the garlic, leeks and water. Cover and gently sauté, stirring occasionally until the leeks soften, about 10 minutes. Add the greens and basil. Cook covered for about 5 minutes, until the greens wilt, stirring once or twice. Uncover and cook a few minutes longer on medium-high heat to evaporate as much excess moisture as possible. Drain, if necessary. Combine the mozzarella, Parmesan, ricotta, and nutmeg with the vegetables. Add salt and pepper to taste.
- ◇ Cook the pasta shells until al dente, drain well. Fill each manicotti and place in a lightly oiled 9 x 12 inch baking dish. Pour half of the tomato sauce evenly over the manicotti and cover tightly with foil. Bake at 350 °F for 30 minutes. Serve hot and pass the remaining tomato sauce at the table.

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