



Fair Share Farm CSA Newsletter

IN THE SHARE week 21

Full:

Broccoli
Butternut squash
Garlic
Potatoes
Kohlrabi or Cabbage or cucumbers
Sweet peppers or eggplant
Swiss chard or Collards
Hakurei turnips or Green tomatoes
Lemongrass, dill, or dried herb

Partial:

Broccoli
Butternut squash
Garlic
Potatoes
Cabbage or kohlrabi or turnips
Lemongrass, dill or dried herb

Next week: More broccoli, greens & cabbage. Sweet potatoes, lettuce & leeks return. Cauliflower & rutabagas enter.

LAST MONTH

October marks the end of the growing season for us. With the fields slowly emptying, beds are replaced with cover crops for the winter. Winter wheat, rye & vetch will protect the soil during the winter & add nutrients to the soil when turned under in the spring. By the end of the month, all of the fall crops will be harvested & in your shares. Yet, our farm has more growing on it this time of year than most. Supplying vegetables to a CSA encourages us to stretch the calendar to see how long we can provide fresh vegetables. Such 'season extension' is a reasonable next step to those interested in eating local. And while not the stars of summer, the fall crops definitely are a diverse, tasty & nutritious lot. The cole crops & greens predominate along with roots & green fruits.

Last year we were able to stretch the season all the way til Thanksgiving. We sold 'fall shares' to distribute a bumper crop of broccoli, cauliflower, greens & roots. This year is a different story. We shifted our timing back &

started harvesting early in order to distribute more of the beloved broccoli in the regular season shares. We cannot always count on a November season as our area is known to have killing frosts around Halloween. Instead, for the first time ever we have harvested a good crop of winter squash. The butternut squash follows the pumpkins and will be followed by acorn squashes. The winter squashes greatly increase our ability to extend the season as they will keep 5-6 months if kept cool & dry.

Preserving the harvest is our favorite way to extending the season. We'll try to keep the bulk list full this month for those who are interested in preserving or storing the season's bounty. Tom along with farm workers, Lindsay & Brooke, spent Sunday doing just that. They made pear chutney from some gifted local pears, pickled pepperoncinis, dilly beans, spicy pickled yard-long beans & kimchi. With the weather cooling down (no more of today's 95 degree heat, thankfully) it's a nice way to spend a day.

I also made the most of it & worked

on scraping the house's exterior. Peeling away as we tended to the farm, the paint on our old farmhouse's wood siding was crying out for attention. Tomorrow instead of attending distribution, I hope to start priming. Look out reality television makeovers, say goodbye to the 'vacant haunted house' look just in time for Halloween. In other news, local members & farm workers beware: the road crews are back & plan to chip & seal the road this month. Stay tuned for updates on their progress. As of now, they are still just grading & clearing ditches.

DISTRIBUTION

Last week a good-sized group of your fellow members met at the Crave Café next door to the 39th St. Farmers Market. The hot topic was what to do about city distribution next year. The meeting went well with some good ideas on how to make it work. If you pick up in the city, we have some questions for you. I'll be sending out a survey by email to the city folk for an informal vote on the way to proceed. The biggest recommendation from the group is that each member works one shift at distribution per year. This distribution work would be in addition to the farm work requirement. We are also looking for someone who would like to coordinate distribution as a core group member. Of course, core group membership has its privileges as the farm work requirement is waived.

CALENDAR

October 11: Wednesday pick-up
farm workers: Stacey Cook, Pat Horner, Nina Bozarth

October 14: Saturday pick-up
farm workers: 1. Judith Del Porto & friend, Kent & Carolyn Gillespie

Your Share Items

Lemongrass

This is the first year we have grown lemongrass for the shares. Last year our test patch was in a really weedy spot, but some of it survived. So we figured that with a little care they would do well, and they did, with very little water.

The variety of lemongrass that we grow is *East Indian*. It is used to flavor foods, teas as well as in perfume according to Johnny's Selected Seeds of Winslow, Maine. If you like it we can grow more, or plant some in your yard, as it becomes a very nice ornamental by mid-summer.

To clean it cut off the root end and tear off any tough outer leaves. You use the base of the

plant by grating or chopping it, and adding it to dishes. You can also add the upper stalks to dishes, retrieving them before serving.

Butternut Squash

Another winter squash success this year was butternut squash. We only grew one type—the standard *Waltham*, developed in Massachusetts. We have had them several times, in both soup and candied with sweet potatoes (last week's recipe).

If you cut the squash into 2 to 3 rounds, you can peel them easier. Just put the cut side down and trim away the rind. This year's squash has a nice texture and flavor.

Take Advantage of the Fall Harvest

This year has, all in all, been a good growing year. As we enter the last 4 weeks of the CSA, we can begin to see the things that we have in surplus. We expect that over the coming weeks we will have available green, colored and hot peppers, green tomatoes, cabbage, greens, potatoes, sweet potatoes, rutabagas, leeks and other items. Check the bulk list on the Members Services page of the website. We encourage you to take advantage of this opportunity to stock up on local vegetables.

Recipes

Lemon Grass Soup

Lemon Grass is used extensively in Asian cooking, and with good reason. It has a rich lemony flavor, more savory than sour. You can add whatever ingredients you have on hand to this soup, including broccoli, bok choy, and Chinese cabbage.

Ingredients:

- ◇ 2 tbsp sesame oil
- ◇ 2 cups total onion and/or leeks, thinly sliced
- ◇ 3 cloves of garlic, chopped
- ◇ 2 cups mushrooms, thinly sliced
- ◇ 2 tsp grated lemongrass
- ◇ 6 cups water or broth
- ◇ 1 cup grated carrots
- ◇ 1 cup turnips, cut into matchsticks
- ◇ 1 cup tat soi, chopped
- ◇ 1 dried red peppers
- ◇ 1 lemon grass stalk
- ◇ 1 tsp salt

Method:

- ◇ To make your own vegetable broth, clean all of the vegetables and put any peelings, etc. in 6 cups of cold water, bring to boil and simmer. Strain before using.
- ◇ Sauté the onion and/or leeks in the sesame oil for 1 to 2 minutes on high, add the garlic, mushrooms and the grated lemon grass and cook 1 minute more.
- ◇ Add the broth, lemon grass stalk,

hot pepper and turnips to the soup. Bring to boil and simmer for 10 minutes. Add the tat soi and cook for 2 minutes more.

- ◇ A squeeze of lime and some cilantro is a great way to garnish this soup.

Lemon Grass Chicken

This is one of the best recipes that I have ever run across. I got it from a short-lived Vietnamese restaurant near where I worked in Rochester, New York in the early 1980's.

Ingredients:

- ◇ 1 chicken, cut into pieces
- ◇ 1-1/2 tsp fresh lemon grass
- ◇ 1/2 tsp salt
- ◇ 1/2 tsp sugar
- ◇ 1/4 tsp cayenne pepper
- ◇ 1/4 cup grated onion
- ◇ 2 cloves garlic, chopped

Method:

Mix all seasonings together. Spread over chicken and marinate 2 hours to overnight. Bake chicken at 375 °F for 45 to 60 minutes, turning once.

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