



Fair Share Farm CSA Newsletter

IN THE SHARE week 22

Full:

Broccoli
Sweet potatoes
Leeks
Cauliflower
Sweet peppers
Tomato choice
Bok choy, tat soi or chinese cabbage
Lettuce & arugula
Marjoram, dill or thyme

Partial:

Broccoli
Cauliflower
Leeks
Tomato choice
Peppers and/or eggplant
Marjoram, dill or thyme

Next week: More cauliflower, greens, cabbage & lettuce. Garlic & potatoes return. Acorn squash debuts.

FROST

The forecasted lows for Thursday & Friday mornings are below freezing, threatening to nip the tender crops with frost. We are busy in preparation –harvesting the last of the winter squash and all of the fully formed peppers, tomatoes & eggplant. This will be the last week of basil as it wilts at the very hint of cold weather. But most of the crops in the field should fair just fine as long as the temperatures stay above 28 or so. The cabbage family of crops have the ability to withstand freezing temperatures down to about 25, as do many of the root crops that will be protected underground. A light row cover should keep the frost away from the lettuces & greens. The winter squashes, potatoes & garlic will be safely stored in the lower barn.

Frost is not uncommon in October. More often than not, the first light freezes happen before or around Halloween. The first frost in 2003 was October 13th. Last year was a

bit of an anomaly with the freeze holding off well into November. With the cold front comes a chance of some much needed rain. The rains of September are long gone & the ground is dry. We are still around 10 inches below average for the year & are hoping the fall rains will be plentiful so that we are not starting next year at a deficit.

DEMAND

With the recent publicity of the Fair Share Farm CSA (*KC Star* 9/27/06) interest in Community Supported Agriculture in the Kansas City area appears to be growing. In the last few weeks many new names have been added to the 2007 season waiting list with several commenting that they were excited to join a CSA where they could participate. What is sometimes called a 'traditional' CSA like ours where the membership is involved in the community & farm work, is rare in the Midwest. The majority of CSAs are completely farmer-driven with little involvement from their subscribers. Such subscription CSAs leave the

farmers with all of the production, delivery & distribution work and with little feedback, support or assistance from the subscribers. Many times these farms are located farther away from large population centers making farm visits difficult. We are lucky that our farm is within an hour's drive of Kansas City allowing a familiar relationship between the farm & its community members. Since the FSF CSA began three years ago, the demand for memberships has kept pace with the farm's growth. We are now seeing signs that the demand for CSA memberships may exceed our ability to meet it. While we never want to 'count our chickens before they're hatched' we seem to have enough folks on the list (and then some) to reach our goal of 100 members in 2007.

One way to meet the demand is to increase production on our farm. Another possibility is for other farmers to offer CSA shares. There seems to be a growing interest in the traditional CSA model amongst some area farmers as well. This winter we are hoping to gather all interested parties together to discuss how we might encourage the growth of traditional CSAs in the Kansas City area. If you would like to participate in such an endeavor contact the farm.

CALENDAR

October 18: Wednesday pick-up
farm workers: Stephanie Kenney, Anna Gaiser

October 21: Saturday pick-up
farm workers: Steve Starr, Stripling x3

Keep Up with the 100-Mile Diet Project



One of many cool things that has happened to us this year is being a part of the 100-Mile Diet Team.

This month the 8th story of our saga to find local food was published in Present Magazine (www.presentmagazine.com). Many of the stories are written by fellow Fair Share Farm CSA members and farmers, as Heather Murphy, Lisa & Jim Markley, Pete Dulin, Rebecca and I have all contributed.

We are closing in on the end of the journey, with next month's article on fish, soy, and mushrooms. Then the final chapter for this year in December. We plan to compile the whole series and make it available on the web, on CD's and possibly in print. We look forward to keeping things going next year, and are ready to think up something new for 2007. If you want to participate in any manner, just let us know.



Recipes

Check out the Archives

As we near the end of our third CSA year, we've spent many a Monday or Tuesday night trying out a new dish to talk about in the newsletter. This week I thought that I would take a look at those 100 or so recipes and suggest a few for what's been in the recent shares. Some of these recipes are ones we use on a regular basis. Others we only recently became familiar with, having been shared by the members. We hope this gives you some good ideas for enjoying the current harvest.

Leek and Potato Soup, Week 18, 2003

Cauliflower Puttanesca, Roasted Garlic, Week 17, 2004

Asian Salad with (or without), Beef, Creamy Lemon-Herb Dressing, Week 1, 2004

Roasted Sweet Potatoes with Sage, Sweet Potato Latkes, Week 22, 2005

Potato and Kale Soup, Week 20, 2005

Angel Hair Pasta with Leeks, Week 1, 2005

Roasted Root Vegetables

A favorite of ours, that it turns out has not yet been featured in the newsletter. You can use any blend

of roots that suit your taste.

Ingredients:

- ◇ 3 medium potatoes
- ◇ 3 medium carrots
- ◇ 1 rutabaga or turnip
- ◇ 1 large leek or 1 large onion
- ◇ 6 garlic cloves, cleaned and cut into halves
- ◇ 3 tbsp olive oil
- ◇ 1 tbsp balsamic vinegar
- ◇ 1 tsp salt
- ◇ 2 tbsp total thyme, marjoram, summer savory, rosemary, and/or oregano

Method:

- ◇ Cut the vegetables into bite-sized pieces. Mix all ingredient together and marinate for 15 minutes to 4 hours
- ◇ Pour vegetables into a shallow baking dish and bake at 425 °F for 45 to 60 minutes, stirring several times until vegetables are golden brown.



Your Share Items

Marjoram

Marjoram is perhaps my favorite of the herbs we grow. It is related to oregano, and has a similar smell. It is an excellent addition to many dishes. It is great in meat dishes, smoothing out the flavor. It is great too with most vegetables, adding a savory taste.

We use a lot of it, so we make sure to dry as much as possible during the year. You can air dry the oregano by hanging it in the kitchen. It is ready when you can crumble the leaves and flowers off the stem. If it is too humid, you can finish the drying by putting the oregano in the oven at 200 °F, until it dries out.

Cauliflower

While some heads have been small, we think we planted enough cauliflower to have more next week to hand out. It is a sign we need to continue to work on our soil fertility.

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