



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 23

### Full:

Acorn squash  
Cauliflower  
Potatoes  
Garlic  
Lettuce  
Sweet peppers  
Radishes or turnips  
Collards, cabbage or kale  
Herbs: Dill, sage or thyme

### Partial:

Acorn squash  
Potatoes  
Garlic  
Lettuce  
Sweet peppers  
Herbs: Dill, sage or thyme

**Next week:** More greens, cabbage & lettuce. Leeks & sweet potatoes return. Rutabagas!

## FREEZE

Last Friday morning we awoke to what we were expecting would be Ole Jack Frost. Instead, we dipped dangerously close to a real freeze, otherwise known as the 'killing frost.' At 8 am the temperature at the barn was 26 degrees. Even the cold-hardy collards & cauliflower were slightly nipped by the cold temperatures. On Saturday morning during harvest we found not just frost, but ice cubes cupped in the arms of the leek leaves. The one unexpected casualty was the Swiss chard, whose leaves turned to mush overnight. The tender lettuces & arugula fared much better under the protection of row cover.

Despite the cold weather, the shares should be filled easily for these last two weeks & we will have extra of some. This is the last week to order from the bulk list which is filled with crops that can be stored, frozen, pickled or canned. Order from the bulk list and enjoy local,

sustainably-raised produce all winter long. We have been busy working on our winter food as another bout of food preservation is heating up on the farm. The harvest in anticipation of the coming frost presented us with a multitude of kitchen tasks. Large batches of drying marjoram vie for space with roasting peppers & big vats of cauliflower blanching.

## TAINTED

The hot topic amongst vegetable farmers & consumers continues to be the recent *e. Coli* outbreak in spinach. How a strain of lethal bacteria found in the stomachs of feedlot cattle got into so many bags of spinach is a complicated story no doubt. One of the best commentaries on the issue so far is authored by Michael Pollan, of the recently-released *Omnivores Dilemma* (for the article & more: [michaelpollan.com](http://michaelpollan.com)) Pollan explores the relationship between the sprawling feedlots of the industrial food system and the tainted

processing plant in the Salinas Valley where 26 million servings of salad are washed every week. Operating as our nation's kitchen sink, one bad batch can infect many and sicken consumers all over the country. Similarly, the industrial slaughterhouse grinders were the culprit a few years ago when the same strain of *e. Coli* showed up in ground beef. The response then was to irradiate the meat instead of changing the system that allows animal waste into our food. Could a similar response be in store for the nation's vegetables?

Regardless, our farm continues as it has. While the failure of our fall spinach crop (planted three times with no luck) precludes us from having to approach the controversy head-on, we would put spinach in the shares if we had it. We have applied manures on the farm in the fall, far ahead of the 120-day window prior to harvest required by the USDA organic standards. Long before the spinach story broke we had decided to change our fertility strategy partly out of frustration with the amount of weed seeds in it. Faced with several options we have the winter to decide. Look next week for the end of the season survey to give your opinions on fertility & your vegetables.

## CALENDAR

October 25: Wednesday pick-up \*\*Last of the year\*\*  
farm workers: Pat Horner & Nina Bozarth

October 28: Saturday pick-up \*\*Last of the year\*\*  
farm workers: Elizabeth Jenkins, Steve Starr, Victoria & Coral Wert, James Hedstrom

## Recipes

### Squash, Kale and White Bean Stew (Country Home, October 2006)

I recently received an email from a friend who said she enjoyed the newsletter recipes, but would like to see something with beans (or other non-meat protein). The next day member Emily Akins sent us this recipe. It is originally from Farmer John Peterson's *The Real Dirt on Vegetables* cookbook.

#### Ingredients:

- ◇ 1 lb dry cannellini beans (or whatever kind you like)
- ◇ Water for soaking and cooking beans
- ◇ 1/4 cup olive oil
- ◇ 1 head garlic, stem and roots removed
- ◇ 1 bay leaf
- ◇ 1 cup chopped onion or leek
- ◇ 4 cloves garlic, thinly sliced
- ◇ 3 tbsp minced fresh sage (or dried)
- ◇ 2 tsp ground cumin
- ◇ 1/8 tsp crushed red pepper
- ◇ 3 to 4 lb butternut squash, peeled, seeded and cut into 1-1/2 inch pieces
- ◇ 56 oz broth or water
- ◇ 12—14 oz kale or collards, stems removed, leaves torn or chopped
- ◇ Salt and ground black pepper

#### Method:

- ◇ Rinse beans. In a very large bowl combine beans and 6 cups water, cover and let stand 1 hour to overnight. Drain
- ◇ In an 8 quart Dutch oven, combine drained beans, 8 cups water, 2 tbsp of the olive oil, the head of garlic, and bay leaf. Bring to boiling; reduce heat and simmer, covered, 1 to 2-1/2 hours (cooking time for beans vary, see bean package). Drain. Discard bay leaf. Squeeze garlic out of the head and keep.
- ◇ In the same Dutch oven heat remaining 2 tbsp of olive oil. Add onion; cook until tender. Add sliced garlic, garlic paste, sage, cumin, and crushed red pepper. Cook 1 minute. Add squash, broth, kale and drained beans. Bring to boiling; reduce heat and simmer, covered 15 to 20 minutes or until squash is tender.



Season to taste with salt and pepper.

### Roasted Acorn Squash

Acorn squash are perhaps the easiest to prepare, due to their shape and size. We use a toaster oven, which makes it even simpler. The Carnival squash can be cooked the same way, though they may take a little longer.

#### Ingredients:

- ◇ Acorn style squash
- ◇ Honey, sorghum, brown sugar, molasses or other sweetener
- ◇ Butter
- ◇ Salt and pepper to taste.

#### Method:

- ◇ Pre-heat oven to 375 °F.
- ◇ Snap off the stem. Cut the squash in half, from top to bottom.
- ◇ Remove seeds. Save to roast or discard. Using a fork or the point of a sharp knife, prick the squash 10 to 20 times.
- ◇ In the cavity of each squash put 1 tbsp each of butter and sweetener. Add salt and pepper to taste.
- ◇ Roast squash in oven for 30 to 45 minutes, or until tender.
- ◇ Serve as is in a shallow bowl, or scoop out the flesh and mix it with the butter and sweeteners

## Your Share Items

### Acorn and Carnival Squash

The last of the squash varieties we have for you this year, the acorn, is not just a good looking squash, but a nice size one. We were able to grow 2 different varieties of acorn this year, a green variety and the multi-colored Carnival. We have tried and like them both. The green acorn appears to have a slightly creamier texture than the Carnival.

Like other orange vegetables, it contains carotenes, which is converted to Vitamin A by our bodies.

### Purple Top Turnips

Up until now, the turnips we have been handing out have been a sweet Japanese variety. This week, the turnips are a fall variety, perhaps more familiar to you.

The purple top turnips may not be quite as good raw, but they have a nice flavor, especially good roasted, or mashed with potatoes and garlic.

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