



Fair Share Farm CSA Newsletter

IN THE SHARE week 24 (last week)

Full:

Rutabaga
Winter squash or sweet potatoes
Choice of kale, arugula or collards
Cabbage
Lettuce
Marconi peppers, watermelon radishes or purple top turnips

Leeks

Softneck garlic

Carrot seconds

Partial:

Rutabaga

Winter squash or sweet potatoes

Choice of kale, arugula, collards or cabbage

Lettuce

Marconi peppers, watermelon radishes or purple top turnips

Garlic

Next week: you're on your own til spring!

UNTIL SPRING

These crisp days are spent cleaning out the fields & store rooms by filling the last shares with the hardiest of crops. Once full of winter squash, garlic & onions, the barn is emptying. The CSA potatoes that filled the root cellar will soon be replaced with our household's winter stores. The frost-sweetened cabbages, rutabagas & turnips are being harvested from the fields. The rutabagas are especially nice, I think, although I do have a special place in my heart for the underdog. Try the buttery leek & rutabaga recipe on the back & see what you think.

The softneck garlic in your shares is a good keeper if stored in a dry, cool spot. This is the garlic we use

for braiding as it keeps well into the early spring. If you would prefer, the swap box will contain some bags of elephant garlic. Actually more closely related to the leek, elephant garlic is larger than garlic, not a great keeper but with a nice, milder flavor. The elephants in the bags will be the smaller sizes, although still good-sized by garlic standards. We are slowly increasing the amount of elephant garlic we grow by saving most of the harvest for seed. Garlic is grown by planting individual cloves. Each year we grow enough garlic for the shares, for braiding (yes, we still have some for sale) and for seed. Next week we will begin planting three 200 ft. beds with three rows each (1,800 ft. @ 6 inch spacing = 3,600

cloves of garlic = over 400 heads). One of our favorite crops, garlic grows well for us under a layer of straw mulch which keeps it cool, moist & weed-free.

THE NEXT FIVE

The 2007 season will be our fifth here at Fair Share Farm. When Tom & I started this adventure we created a five-year plan for the farm. So far, we appear to be on track, although much work is still to be done. Infrastructure projects (barn, house, equipment) continue to loom while the demand for memberships is exceeding our capacity. While not a bad problem to have, we want to plan carefully the next five years to ensure stability with the CSA and the farm. On Saturday night we will celebrate with many of you the completion of another season (see left). The next day we will have our 'retreat' here at the farm to create our next 5-year plan. On the agenda: fertility, infrastructure, & community building.

As we make big plans here on the farm, we would like all of you to take a few minutes to complete the 06 end of the season survey. Shorter & with new questions, you'll be seeing it in an email from me soon. Your responses will help guide us & the core group in our cogitations on the future.

& don't forget ...

The 3rd Annual Fair Share Farm CSA Harvest Dinner

Saturday, October 28, 2005, 5-7 p.m.

St. James Lutheran Church,

1104 NE Vivion Rd. (at North Oak), Kansas City, North

Bring a favorite dish from the season's harvest.

Door prizes for children & adults

The return of Bif Henderson & the KCSA radio show

Guaranteed good food & good conversation

RSVP to Elaine @ (816)-792-2725 or elarey@msn.com

Recipes

Rutabagas with Caramelized Leeks (adapted from epicurious.com)

This recipe actually called for onions, but leeks are a fine substitute. It didn't call for any herbs either, but sage is known to go well with rutabagas, so we added some and it tasted great. The leeks, butter, sage and honey mellow out the taste of the rutabaga, making for a savory dish.

Ingredients:

- ◇ 3 tbsp butter
- ◇ 2 tbsp olive oil
- ◇ 1 large onion or 2 medium leeks, thinly sliced
- ◇ 1 large or 2 medium rutabaga, peeled and cut into 1/2- to 3/4-inch pieces
- ◇ 2 tbsp honey
- ◇ Salt and pepper

Method:

- ◇ Cook the rutabagas in boiling, salted water until tender, about 10 minutes. Drain.
- ◇ While the rutabagas are cooking, heat the olive oil and half the butter in a pan. Add the leeks/onions, salt and pepper. Cook on high heat for 2 to 3 minutes, stirring often until the leeks/onions are soft. Turn heat to medium low and slowly cook them for 10 minutes.
- ◇ Add the rutabagas, honey, re-

maining butter and sage. Stir and continue cooking for 5 minutes, until the vegetables are caramelized.

Vegetable Stew

A standard dish here on the farm and at the annual harvest party, our vegetable stew is a meal unto itself. You can add pretty much whatever vegetables you have around to it. Try to add something white (potatoes, turnips, rutabagas, onions, leeks, garlic...), something orange (carrots, squash, sweet potatoes...), something red (tomatoes, peppers...) and something green (beans, kale, chard, collards...). Herbs like summer savory, thyme, oregano and rosemary all add to the satisfying flavor of this dish. Hot pepper can be a nice addition too.

Ingredients:

- ◇ 2 tbsp olive oil
- ◇ 2 tbsp butter
- ◇ 3 carrots
- ◇ 1 large onion or 2 medium leeks
- ◇ 2 medium potatoes
- ◇ 1 medium rutabaga and/or turnip
- ◇ 1 medium sweet potato
- ◇ 6 cloves garlic, cut into slices
- ◇ 2 red or green bell peppers
- ◇ 3/4 lb green beans
- ◇ 1/2 bunch collards
- ◇ 1 tbsp each thyme, summer savory and oregano

- ◇ 1 quart tomato sauce
- ◇ 1 quart water or stock

Method:

- ◇ Clean and cut all the vegetables into 1/2 inch pieces
- ◇ In a large soup pot or Dutch oven heat the olive oil and half the butter.
- ◇ Sauté the carrots, leeks/onions and peppers for 3 minutes on high heat. Add the garlic, herbs and enough stock to just cover the vegetables. Cook until boiling.
- ◇ Add the potatoes, turnips/ rutabagas, and sweet potatoes. Stir well and add 1/2 the tomato sauce. Cook to a boil.
- ◇ Add the beans and greens. Add the remaining tomato sauce and stock to desired consistency. Bring to a boil, turn down heat and simmer, uncovered for 45 minutes.

UNTIL NEXT YEAR

The end of the season is always a bittersweet thing. While it signals a time when we can slow down, catch our breath and enjoy the year's harvest, it also means the pleasure of growing for the CSA is over until Spring.

We are grateful to all of you for supporting our livelihood and hope you eat well during the off season.

Your Share Items

Rutabagas

One thing that can be intimidating during a good Fall harvest is the size of some root vegetables. Some, like the baseball size radishes, we leave behind and till under. Others, like some of the rutabagas this week, are perfect for harvest.

Rutabagas (a cabbage-turnip cross) are a nutritious form of carbohydrate. They are also a strong tasting vegetable, and can be more palatable by cooking with at least equal amounts of potatoes or other root vegetables.

The book *Culinary Artistry* by Andrew Dornenburg and Karen Page list the following items as Food Matches Made in Heaven for rutabagas: butter, cream, ginger, lemon, nutmeg, parsley, black pepper, sage, sour cream, thyme. They also instruct us that rutabagas can be baked, boiled, deep-fried, puréed, or roasted.

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