



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

- Lettuce
- Asian greens
- Hakurei turnips or radishes
- Choice of peas
- Beets or Broccoli
- Spinach or arugula
- Scallions
- Garlic scapes
- Dill or cilantro

Partial Share:

- Lettuce
- Hakurei turnips
- Sugarsnap peas
- Beets or Broccoli
- Garlic scapes
- Dill or cilantro

Next week: Kohlrabi, cabbage, more peas, lettuce, broccoli & greens..

Last week I mentioned that it was very hot & dry for May. This is supposed to be our spring rainy season, and it is shaping up to be anything but. According to our most recent report from the University of Missouri, soil temps are 7 degrees (F) above the average for the last 6 years. Our farm continues to miss most of the significant showers that support the growth of the plants as they get established in their new soil.

Instead, the irrigation system (powered by a gas-powered pump) keeps churning along. This was the first year that we had to irrigate in April. And May gave us no relief. Luckily, our brand-spankin new, spring-fed pond is full and holding well. Soon we will turn our sites on switching over from grandpa's old

CALENDAR

June 7: Wednesday pick-up
farm workers: Fred Amelung, Michelle Downey, Bob Harris, & Marjorie Yates

June 10: Saturday pick-up
farm workers: Dianna Wormsley, Dorris Bender, Leslie Stith, Kent & Carolyn Gillespie

reliable, if a little silted-in, pond.

One crop we are nervously watching is the corn. Since we planted it a few weeks ago, only half an inch of rain has fallen. The corn is grown in a large section, most similar to row cropping than our bed system, and is not set up for irrigation. Usually once corn comes up it produces, regardless of rain, but much of our crop has yet to germinate. We are hoping that this last bit of showers might do the trick.

In better news, we seem to have thwarted the strawberry thief. This

week everyone who has yet to receive their share of berries will have their chance & perhaps we'll go another round. Also, there seems to be some raspberries in the not-so-distant future.

*****the shares*****

Just a reminder, the Wednesday & Saturday shares are not always identical. Our priority is to harvest crops at their peak which sometimes does not conform to our man-made schedule. Not to worry, we will make sure that we divvy up the goods fairly over the course of the season.

CSA Movie

During our 2004 winter, Tom & I attended a CSA conference in Michigan. The participants included members & farmers from all over North America. In the evening, we became the audience for the premiere screening of the 'The Real Dirt on Farmer John', the true life story of a kindred spirit over in Illinois. John Peterson's Angelic Organic Farm feeds over 1,000 CSA members in the Chicago area. Much of his life was documented, first by his parents with an early video camera, then his art-school friends. There's great footage of John growing up on a busy farm, thru the Farm Crisis of the 80s, to the Angelic Organics of today. We recommend it.

PBS will be airing 'The Real Dirt on Farmer John', Tuesday, June 13th at 10 pm. I'll have to drink some coffee for that one!

Your Share Items

Beets

We've come to learn that beets are a vegetable that creates strong opinions. Many members love them, but many seem to have a real aversion to them. I haven't figured it out, whether it's taste, or some childhood experience. I guess I can always conduct a long term study.

If you like fresh beets, we hope you're happy with this year's. We changed our cultivation practices, prioritizing beet (and carrot) thinning. We've seen an improvement in the size of the beets in the field, since we didn't let 5 seeds grow on top of each other this year. We just hope the hot, dry spring doesn't stunt this cool weather vegetable.

Fresh beets are nice, since the leafy tops are very edible, with a sweet spinach type taste. To cook the root, trim off the beet tops, leaving about 1/2 inch of stem (this reduces bleeding), and boil until tender, but not mushy. Cool in cold water. You can then slice or grate or fry or pickle them. They go well with dill, cilantro, parsley and green garlic.

Dried Herbs

Over the past 3 years we've tried to establish an herb garden that we can harvest all season long, providing fresh herbs each week to the CSA. In doing this, and by going to the 39th Street Farmers Market, we regularly have extra herbs.

We have been working on ways to dry and preserve them, and think we found a good solution—a greenhouse

that when closed up can reach temperatures of over 120 °F. So, as long as the sun shines and we can fit it in, we'll dry herbs as another choice in your share.

At this point, we've been stockpiling dried herbs and would like to experiment with providing them as a choice. The herbs will come in small, glass topped tins. We like the reusable tins, versus a bag, as they will hopefully keep herbs more accessible, and therefore used up on a regular basis. We'll have a 25 ¢ deposit on them.

Remember that you can always dry your own herbs, if you don't have time to use them fresh. It's important to know though, that air drying herbs (such as just hanging them in the kitchen), doesn't seem to work well here in Missouri. Here on the farm, dried herbs will reabsorb water once the sun goes down.

The best way to have crumbly herbs that retain their color, is to dry them on the lowest setting of your oven (about 170 °F) until dry, usually about 2 hours. Putting them in a hot oven that is cooling down can even save a little energy.

Garlic Scapes

A garlic delicacy, garlic scapes are the flower bud of hardneck garlic. This time of year certain garlic varieties try to set seed, and shoot up flower stalks. We have to cut off these stalks for plant vigor, but keep them from becoming compost. They are great to add to about anything, or puree with olive oil into a flavorful pesto.

Recipes

Asian Salad

One of the unique flavors of many Asian cuisines is provided by fish sauce. A fermented mix of many things, it's strong by itself, but mellows out when mixed with lime juice and sugar. You can use pretty much anything in your share for this salad.

Salad Dressing

- ◇ Juice of 1 lime, about 6 tbsp
- ◇ 5 tbsp fish sauce
- ◇ 1 tsp sugar
- ◇ 1 hot pepper (jalapeno, Thai chile, or other)

Salad

- ◇ 1 bunch Asian greens, chopped
- ◇ 3 or 4 Chinese cabbage leaves, chopped
- ◇ 1 cup chopped tomato (canned or fresh)
- ◇ 3 scallions, chopped
- ◇ 1-1/2 cups chopped radish and/or turnips
- ◇ 3 tbsp cilantro

Toss all of the salad ingredients in a large bowl. Pour dressing over salad and toss.

Beet Bunch with Dill

Ingredients:

- 1 bunch of beets
- 2 garlic greens
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar

- 3 scallions
- 2 tbsp chopped fresh dill
- 1/4 cup water
- Salt and pepper to taste

Method:

Cut beet bunch into greens, stems and beets. Cook the beets as described earlier. Cut into bite size pieces. Chop the beet stems and white part of the scallions and sauté over high heat in 2 tbsp olive oil for 2 minutes. Chop the beet greens, garlic greens and onion tops. Toss and add 1/4 cup of water, cook on high 1 to 2 minutes. Cover and simmer on low for 5 minutes, or until greens are tender. Add dill, 1 tbsp olive oil, vinegar, salt and pepper to taste. Mix with beet pieces. Serve hot or cold.



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