



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Lettuce
Cabbage
Asian greens
Beets, or Hakurei turnips
Peas
Broccoli
Kohlrabi
French breakfast Radishes
Chervil or parsley

Partial Share:

Lettuce
Peas
Broccoli
Kohlrabi
Radishes, beets, or turnips
Chervil or parsley

Next week: carrots, summer squash, swiss chard, shelling peas. .

How does that old saying go?

'Don't count your chickens before they're hatched' There is wisdom in those words, as we discovered this week during our experiment into chicken production on the farm. As I've mentioned previously, fellow farmer, Liz Elmore, is raising chickens on our farm this season. The last two nights chickens have been eaten, and not by us! A raccoon, er rather a pack of raccoons, are the culprits. In all the ruckus, momma kitty got an injured paw and had a visit with the local vet. Many possibilities are on the table for upping the chicken

fortification. First on the list, and starting tonight, is a hot electric fence.

Farming definitely keeps you on your toes. You never know when you'll be presented with a new experience, whether its discovering an unexpected flavorful new tomato or waking up in the middle of the night to predators terrorizing the flock. We'll keep you posted on how it all goes.

We continue to irrigate. The thunderstorms in both St. Joseph & Kansas City yesterday apparently split over the top of us, leaving us with just enough moisture to make some steam today. We received less than one inch of rain during the entire

month of May, which is usually our wettest month until September. But with irrigation, most crops are fairing well so far.

The tomatoes love this hot weather and are becoming loaded with green fruit. The two tomato patches received a major overhaul with assistance from Brooklyn, New York this week. Tom's brother, Bill, his wife Iva, and their son, Lucas, spent much of their Missouri vacation weekend hoeing tomato & pepper plants (and have the blisters to prove it!), harvesting peas with the members and ingesting many forms of barbequed & deep-fried meats. We thoroughly enjoyed their visit, and the tomatoes thank them. Now we just have to keep up with tying the 'maters as they grow.

We uncovered the summer squash from its protective cover today and there's cute 2 inch fruits forming. We've just finished up a round of succession plantings for melons, beans, & squash. We continue to weed the summer crops. And every once in awhile we raise our heads from our task and appreciate the beautiful spring sky.

CALENDAR

June 13: 'The Real Dirt on Farmer John' airs on PBS at 10 pm.

June 14: Wednesday pick-up
farm workers: Jim & Lisa Markley, Stephanie Kenney, & Michelle Downey.

June 17: Saturday pick-up
farm workers: Eric & Nancy Schneider, Lisa Key & Harry Mallin, Martha Hufford, & Kathryn Zibell.

June 20: Food Preservation Workshop (2 - 4 p.m.) at North Cross UMC on Vivion Road.
For more info. contact Glenda Kinder, kinderg@missouri.edu, 816-407-3490;

Your Share Items

Kohlrabi

At the sign-up meeting in April, I used kohlrabi as an example of a vegetable some new members may not be familiar with. In case you weren't there (or don't remember), I mentioned how you need to give new vegetables a try, and how all you need to do with kohlrabi is peel it, cut it, and eat it. It has a lot of similarities with a firm apple as far as texture, juiciness, and sweetness.

Peas

This will actually be the third week of peas for some of you, and we have yet to talk about them. We've been enjoying them here on the farm, snacking and picking. You will have your choice of 2 types, sugar snap and snow. Both of these peas have edible pods. Just pull off the stem end, string

the pea, and eat the whole thing. They are also good cooked. Just leave whole or chop up.

Green Cabbage

Over the course of the past 3 years we have been figuring out what we can grow in the Spring here in Missouri. It appears that cabbage is one of those things. This year I was anticipating cutting into our first head of green cabbage of the year. It ended up in the Ranch Dressing Kohlrabi Salad, and was a great addition.

Herbs

Two look alike herbs, **parsley** and **chervil** are nice additions to sauces and dressings this time of year. There are two types of parsley we have, Italian flat leaf and Curly. The chervil is a fine herb, with a slight licorice flavor.

Food Preservation Class

Glenda Kinder of Extension recently emailed us and said that she had 6 people registered for the June 20th food preservation workshop (2 - 4 p.m.) at North Cross UMC, 1321 NE Vivion Road. She is holding the class, but hoping for more people to sign up. She will also hold classes on July 25th from 6:30 pm to 8:30 pm at the same location, and on August 17th from 6:30 pm to 8:30 pm at the Platte Clay Extension Office.

Contact Glenda at kinderg@missouri.edu to sign up.

Recipes

Ranch Dressing Kohlrabi Salad

When we come up with a recipe for the share, we try to come up with something that tastes really good, kids like, and is easy to prepare. We hope this recipe does the job, as it might also be the first kohlrabi dish some of you have had.

We know that ranch flavor dressing is popular, and have a word on salad dressing philosophy. We tend to make our own, but as of late have been buying some store bought. We feel that if we can buy a unique tasting condiment, and it's ingredients list can be found in our kitchen, it is better for us than ones full of salt, corn syrup, MSG, and preservatives. We recommend paying the extra cost for something without synthetic ingredients in it, especially if you eat a lot of dressing.

Ingredients

- ◇ 1 large kohlrabi, peeled and cut into matchsticks (or other bite size shape)
- ◇ 2 cups coarsely chopped cabbage or lettuce
- ◇ 1/2 cup canned tomatoes, chopped
- ◇ White part of 2 scallions, chopped
- ◇ 2 tbsp dill, parsley or chervil
- ◇ 2 tbsp ranch dressing

Method

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

Kohlrabi Pan Au Gratin

You can treat kohlrabi like a potato. Hash browns and au gratins are good ways to cook them.

Ingredients:

- ◇ 2 large kohlrabi, peeled and grated
- ◇ 2 cups grated sharp cheddar cheese
- ◇ 1/2 cup milk or cream
- ◇ 2 tbsp olive oil
- ◇ 1/4 cup scallion greens
- ◇ 2 tbsp chopped fresh parsley, dill or chervil
- ◇ Salt and pepper to taste

Method:

Heat the olive oil in a pan, add the kohlrabi, salt and pepper and cook on high for 5 to 6 minutes until crispy, like a hash brown. Add the cheese and milk to the pan and mix. Cook on high for 2 to 3 minutes, then turn on low for 5 to 6 minutes, or until desired thickness. Top with fresh herbs and/or scallion tops. Serve hot or cold.

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