



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Lettuce
Carrots
Swiss Chard
Summer squash
Beets or Hakurei turnips
Peas or Broccoli
Kohlrabi
Genovese or Thai basil

Partial Share:

Carrots
Summer squash
Cabbage
Peas or Broccoli
Genovese or Thai basil

Next week: more carrots, summer squash, and swiss chard. Cucumbers. Chinese cabbage makes a comeback.

Goodbye Spring

With Spring all but over, we can now say that this Spring wasn't the best for growing vegetable crops. 90-degree heat & no rain does not a great pea or broccoli head make. Nevertheless, the farm carries on and the vegetables grow with a little coaxing & lots of irrigation. A week ahead of schedule, we are happy to offer the first of the summer crops. The summer squash plants are looking great, having been protected by row cover for the past few weeks. So far we have seen few representatives of the cucumber beetle legions that often

visit the squash patch. The row cover protects plants from pests, but it also seems to have increased their growth by moderating the temperature. With similar cultivation, the cucumbers are looking good and have formed their first small fruits.

Predators

In the latest chapter of The Uninvited Guests our old friends, the deer, are testing the fence. One or two have gotten in the last 2 nights, we believe, by pushing thru an apparent soft spot. They enjoyed a brief organic salad buffet of beet tops & swiss chard. Farmer Tom beefed up security today and we're hopeful

that will be the end of that. In other fencing news, the hot electric one around the chickens seems to be working. This week there were no casualties and our cats seemed to have recovered as well.

Recycling

We have been very lucky this year to have some great volunteers in addition to the help from the CSA members. They are folks who have an interest in organic farming as a career, or at least a major hobby. In exchange for some veggies & instruction, they work with us in the fields trellising tomatoes, hoeing rows, & planting crops. Kathy Plant (yes, that is her real name) is a much-appreciated farm volunteer and a farmer in her own right. With a greenhouse under construction, bee hives, a flock of laying chickens, a few horses, she's also a worm farmer. In exchange for vegetable scraps from our washing area, she'll return them to us in a few months in the form of worm castings. Worm castings are an important component to our potting mix, and with just our veggie scraps, egg shells & coffee grounds for food, the worms should create a perfect mix for our tender seedlings.

CALENDAR

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;

June 21 Summer Solstice: Wednesday pick-up
farm workers: Kay Smith, Season Burnett, Chris Riebschlager, Melissa Laycock.

June 24: Saturday pick-up
farm workers: Ann & Tom Duckett, Max Hetherington, Denise & Chris Osborne, Bette Marcus.

June 29: Fair Share Farm CSA Core Group meeting. Contact the farm for more info.

Your Share Items

Carrots

When we first came to the farm, we were skeptical that we could grow good carrots—Clay County's name scared us. After 3 years of farming we feel that our soils are actually well suited to growing carrots, and we are working at getting good at it.

These first carrots are small, tender, and good for all uses, including snacking. We hope that our Spring thinning will soon result in some nice sized carrots.

Broccoli

This year we planted 1,000 broccoli plants in an effort to give the 75 member CSA a good supply. We hope to have broccoli for 1 to 2 more weeks. Preferring temperatures between 45 and 75°F, the broccoli has had a tough Spring.

Keep an eye out for green caterpillar (cabbage moth larvae) in and on your broccoli. The best way to get rid of them is to soak your broccoli in a bowl with 1 tbsp salt for a few minutes.

But the Spring is almost over, and it is time to start thinking of Fall planting. We will soon begin seeding broccoli in the greenhouse.

Raspberries

It is nice this year to be able to offer some fruit to the CSA, even if for now it is just a nibbling. Our raspberries are producing well for the very first time, and we are working on getting a good harvest, handling and distribution system in place. We appreciate your patience.

Herbs

This week we will have 2 types of basil available—**Genovese** and **Thai**. We know that many folks like Italian basil, but are not as familiar with Asian varieties. The Thai basil is a nice addition to dishes you cook with your Asian greens.

Running out of Space

No room this week to talk about summer squash and swiss chard. Check out the website recipe page, or the newsletter archive, if you need info on these veges.

Recipes

Chef's Salad

We are starting to realize that the longer we farm, and the more people we invite into our kitchen, the more great meals we will learn to cook. My sister-in-law Iva turned us onto a somewhat old idea that makes sense for us in the Spring—chef's salad. That same week member Fred Amelung gave us some brisket he had BBQed, and we had a great way to use it.

Ingredients

- ◇ 1 head of lettuce, cleaned and torn for salad
- ◇ 2 cups total, chopped Chinese and/or green cabbage
- ◇ 2 medium Hakurei turnips, chopped
- ◇ 3 medium radishes, chopped
- ◇ 2 cups sharp cheddar cheese, cut into strips.
- ◇ 2 hardboiled eggs, shelled and sliced
- ◇ 2 cups turkey, ham, brisket, or other cold meats, cut into strips

Method

Toss the lettuce and cabbage together in a large salad bowl. Top with turnips, radishes, cheese, meat and eggs. Serve with favorite dressing.

Creamy Garlic Dressing (from *The Silver Palate Cookbook*)

Using garlic scapes or garlic greens keeps this dressing milder than when using garlic cloves.

Ingredients:

- ◇ 1 egg yolk
- ◇ 2 green garlic stalks, white part only or 3 garlic scapes or 2 cloves of garlic
- ◇ 1/3 cup red wine vinegar
- ◇ 1 tbsp sugar
- ◇ 1 cup olive oil
- ◇ Salt and pepper to taste

Method:

Combine egg yolk, vinegar, sugar, garlic and salt & pepper in the bowl of a food processor. Process briefly to chop of garlic. Next, with the motor running, slowly dribble in the olive oil. Taste, correct seasoning, and transfer to a jar.

Creamy Custard with Fruit

As we have only been giving you small quantities of fruit, we

would like to offer ways to stretch them. This custard recipe also takes advantage of the wonderful eggs from Parker Farms, and the raw milk with cream that is available through the farm.

Ingredients:

- ◇ 5 eggs
- ◇ 2-1/3 cups milk and/or cream
- ◇ 1/2 cup sugar
- ◇ Pinch of salt
- ◇ 2 tbsp vanilla
- ◇ 1/2 pt raspberries

Method:

- ◇ Preheat oven to 300°F and heat a kettle of hot water. Heat the milk/cream in a saucepan to a simmer (do not boil). Meanwhile, in a large bowl gently mix the sugar, salt, vanilla and eggs (do not whip the ingredients together as you don't want air in your custard).
- ◇ Pour a small amount (about 1/4 cup) of the milk into the egg mixture and stir to slowly to warm up the eggs (if you add it all at once, the heat of the milk will result in scrambled eggs). Slowly add the rest and mix into a creamy custard.
- ◇ Pour the custard into individual containers or several shallow oven-proof bowls. Add the raspberries. Place the custard in a deep baking dish and pour hot water around the custard dishes, to a depth of about an inch. Bake for approximately 30 minutes, or until custard sets.

Are You Paying Attention?

One of the things we are trying to do this year with the recipe page, is to show you just how many different delicious dishes you can easily make using mostly local ingredients. Take the custard, for example made with CSA raspberries, Parker Farms

eggs, and local raw milk and cream. You get 8 servings for a good price too—\$1 for eggs, 70¢ for milk/cream, pre-paid raspberries, and a little salt, sugar and vanilla.

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