



# Fair Share Farm CSA Newsletter

## **This Week's Share:**

### **Full Share:**

Cucumbers  
Red & green cabbage  
Spring onions  
Colorful carrots  
Summer squash  
Swiss chard  
Hot peppers, tarragon or basil  
Fresh garlic

### **Partial Share:**

Cucumbers or Summer squash  
Lettuce  
Colorful carrots  
Red & green cabbage  
Fresh garlic

**Next week:** Cherry tomatoes continue their increase. Bulb fennel will make an appearance. The beans are beginning to fruit.

## **Fourth of July Fireworks**

My dad always says (& our experience has borne him out) that we usually get a good rain around the fourth of July. While the weather is gorgeous on most accounts, the weatherman says its the second driest start of a year in 50 years. Here's hoping for some natural fireworks to celebrate our nation's independence.

## **A bit of a breather**

This week the shares are a little lighter as we leave many of the spring crops behind and the summer crops are just beginning. Think of it as time to catch up on cooking all the

veggies squashed in the furthest reaches of your fridge. Or find time to try your hand at some pickling. We've got a bountiful crop of cucumbers & beets. We'll have both in the swap box this week, but if you want a larger quantity to process let us know. Pickled beets are my childhood favorite and we always make a pint or two for my grandma as its her favorite too.

## **Odd weather**

We are in the thick of the annual garlic harvest right now. A farmer knows to harvest her garlic when the three lowest leaves have dried on the plants. We realized last week that our garlic was ready to pull, two weeks

ahead of schedule. The word is other farmers are having the same experience with their garlic. Garlic is planted in the fall and in our climate it is supposed to just sit the winter out waiting until spring to grow. We usually begin harvesting the first week of July, but this winter our garlic got ahead of schedule during the unseasonably warm winter.

## **And an apology**

Growing for a continuous supply of veggies for 75 shares over 24 weeks is not an easy task, but one we relish. We spend the better part of the winter creating the schedules of planting & harvest for the season to come. Then there's the mental-juggling, number-crunching aspect of distributing the shares. Occasionally, wires get crossed, a count is off, and someone misses out on some veggies. This is not something we like to see happen. You can help by letting us know when something goofy occurs. This will help us evaluate our current system & look for ways to fine-tune until the CSA becomes a well-oiled machine. Until that day, we apologize for any missed berries or unnecessary trips to the farm. And we thank you for your patience and support.

## **CALENDAR**

### July 5: Wednesday pick-up

farm workers: Joylnne Martinez, Chris & Denise Osborne.

### July 8: Saturday pick-up

farm workers: Steve & Amanda Linehan, Melinda Dillon

### July 13th: 'Missouri's Bounty'

Mother Nature's Health Market in Liberty, MO will be holding a program on local vendors from 6:30 - 8:00 pm at the Liberty Community Center, Blue Room, 1600 S. Withers Road. We will be talking about our farm, along with other local producers from Campo Lindo, Bread of Life & Pisciotta Farms. Come on by and get your free samples and enter the raffle to win some local goodies.

## Your Share Items

### Uncured Garlic

We sometimes feel especially lucky that we have a CSA. Such was the case last Saturday when, after harvesting for the week's share, our member farm workers helped dig half a bed of garlic (we have 3 beds total).

Garlic in this stage is very edible, but not yet suitable for long term storage. To help preserve it we hang it in our upper barn for about a month, to dry down and cure. We will then clip off the stalk, producing a head of garlic.

You can eat your garlic now, hang it to dry, or cut off the stalk and store the head in the fridge. My suggestion is eat it up, as there is more garlic coming behind this.

### Herbs—Dried Hot Peppers

While not everyone is crazy about spicy foods, we feel that having some dried hot peppers in the pantry is indispensable. Grown last summer, dried on the plant in our greenhouse, and stored over the winter, these peppers are fresh from the farm.

We use them in many dishes. Just drop one whole in a soup or stew, add one to a jar of pickles, or crush them up to create your own red pepper flakes. You can store them in the bag they came in, or transfer them to an air tight jar.



### — CUCUMBERS, BULK ORDERS AND DONATIONS —

We are trying to grow for 100 members (plus or minus) this year, and so may have a surplus of more than one thing. Along with beets right now, we have some productive cucumber plants. We even have *more* plants, and they are just starting to fruit! These cucumbers are mainly slicers, though true pickling cucumbers will be available soon.

These, and other veggies and herbs that are available are listed on the Bulk List (available at sign-in). There you can order those things we have a surplus of.

If we have too much of something and it won't store well, we will compost it or till it in. Our apprentice Brenda has been taking our extra produce to several charities. If you also know of places to donate any surplus we are happy to do it. Help with delivery will be needed though.

## Recipes

### Recipe Submissions

One thing we like is when members tell us they found a tasty way to use the vegetables we grow for you. You can do this by submitting a recipe through the website Recipe page.

All of those recipes submitted last year have been inputted, and can be viewed on the website. If you submit a recipe this year it will be loaded up sometime before next year.

The most helpful part of the submissions is the Introduction, where you can talk about why you like the recipe. As possible we will try them out and print them in the newsletter... a double testimonial to a good dish.

### Zucchini Casserole

Right now is the heart of summer squash season at the farm. We have a good combination of squash and zucchini and hope it takes a little longer to get tired of, because of the variety of shape, color and taste.

Hence the following recipe, which was served at last Friday's 100-Mile Diet meeting by host Lori Watley. Check out Lori's upcoming article on food preservation (*Waste Not Want Not*) in the July issue of Present Magazine ([www.presentmagazine.com](http://www.presentmagazine.com)). You'll be inspired to preserve

at least one thing this summer.

#### **Ingredients:**

4 cups grated zucchini or summer squash (2 large)  
2 eggs  
2 cups milk  
1 medium onion, sliced  
2 cloves garlic, minced  
2 tbsp olive oil  
1/4 cup chopped fresh parsley, basil and/or mint  
1/4 tsp each salt and pepper  
1-1/2 cups total bread crumbs and/or grated Parmesan cheese.

#### **Method:**

- ◇ Set oven to 350 F
- ◇ Sauté the onions in the olive oil over high heat for 3 minutes. Add the garlic and cook 1 more minute.
- ◇ Remove from heat and mix with herbs, salt, pepper, milk and egg.
- ◇ Put the grated zucchini in a baking dish and pour the egg mixture over the top. Bake for 30 minutes.
- ◇ Top with bread crumbs and/or cheese. Raise oven temperature to broil, and bake 5 to 10 minutes more, until golden brown.

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