



Fair Share Farm CSA Newsletter

This Week's Share:

Full Share:

Cucumbers or summer squash
Tomatoes
Lettuce
Onions
Carrots or beets
Potatoes
Beans
Bulb fennel
Summer savory or parsley

Partial Share:

Cucumbers or Summer squash
Tomatoes
Onions
Potatoes
Carrots or beets
Summer savory or parsley

Next week: More tomatoes, carrots, beans, cucumbers & squash. Beans & bulb fennel for the partial shares. The melons are beginning to fruit.

RAIN

My father knows from whence he speaks it seems. Like clockwork we got rain in the early morning of our nation's birthday. 1.8 inches to be exact. The most significant rain in months. The plants are very grateful and have a new bounce in their growth. Today the crops had mud clinging to their roots for the first time this year. Mud, how we missed you!

THE CORE

One spring evening while I was apprenticing on the CSA farm near Rochester, NY, I attended the farm's CSA core group meeting. Twenty or so thoughtful & enthusiastic members ploughed through an agenda filled with community work. I left the meeting hoping someday I could be lucky enough to be a part of

such a group. Inspired by their example, Tom, myself, and a handful of curious prospective members met for the first Fair Share Farm CSA core group meeting at the farm in winter 2002. Those first core group members stuck with it & built the CSA to what it is today. As the farm & membership has grown so have their ranks. Last Thursday was our largest meeting yet, with a dozen or so members in attendance. Newcomers joined core veterans for a lively hour & a half discussing the 2006 season to date and looking forward to the season still ahead as well as 2007. Seeing such enthusiasm & dedication from the core really gave us weary farmers a much-needed lift.

One topic for discussion at the core group meeting was our request to turn the KC 39th St. distribution over to the members in 2007. Next year we plan

to be a full capacity with 100 members and won't need (or have the ability) to continue selling at the farmers market. The thought is to, in large part, replicate the Liberty distribution model, while keeping the distribution location at the farmers market. If you pick up your share at the 39th St. location, you will be receiving an email this month about an exploratory meeting to occur later this summer.

THE MEDIA

For whatever reason, blame it on cosmic forces or just the onslaught of the tomato season, the farm has been contacted by three different newspapers in the last week. We even had the food editor of the KC Star out here for an entire CSA work shift. She kept her hands out of the dirt so that she could take notes (that was her excuse anyway!) interviewing us & the members as we harvested, washed & packed. The Star article on local food should be coming out sometime in August (Page A-1!). Also, look for a story in the Liberty Tribune next Wednesday on the 100 mile diet project and a Kearney Courier story on the farm apprenticeship program the following week.

CALENDAR

July 12: Wednesday pick-up
farm workers: Rachel Smith, Nanette Hinchey, Carol Steckelberg, Kristi Ahrendt

July 13th: 'Missouri's Bounty'
6:30 - 8:00 pm, Liberty Community Center, 1600 S. Withers Rd., Liberty, MO.
For more info. contact: Mother Nature's Health Market (816) 415-4638.

July 15: Saturday pick-up
farm workers: Natalie & John Smith, Mary & Gary Dempsey.

Your Share Items

Bulb Fennel

Remember when you decided to join the CSA, because you wanted to try new vegetables? Well here is another chance. Bulb fennel, also called anise, has a very apparent licorice essence. When prepared with other vegetables though, it takes on a more subtle flavor. We recommend trying the recipes to the right if you aren't familiar with it.

Herb—Summer Savory

The dry weather has been a little hard on a lot of the herbs, but the summer savory has been living up to its name. Also called Bean Herb, it is reaching its peak as the beans are coming in.

With an aroma similar to thyme, we strongly recommend that you dry it (see Issue 3) if you do not plan on using it fresh.



PICKLING PACKAGE AND REFRIDGERATOR PICKLE RECIPE

I'm not sure why, but somehow life has lead me to become a promoter of home pickling. And as luck would have it, we have grown our finest crop of pickling vegetables yet. We are overloaded with high quality pickling cucumbers at the moment and want to help you take advantage of it.

There are a lot of recipes for pickles, many depending on the availability of certain herbs. One of these of course is dill, and the dill flowers are peaking right now.

We will be offering packages of fresh ingredients for making pickles. All you will need to add is the vinegar, water, salt, and any pickling spices. For dill pickles we will provide 2 quarts pickles, dill flowers, small head of garlic, dried hot peppers, onion and a grape or currant leaf (for crispness). See the bulk list for current prices.

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Place the cucumbers in a large bowl and sprinkle them with salt (sea or kosher salt is best). Leave in fridge overnight. Rinse well and drain. Put in a large bowl or other container and cover with boiling water for 5 minutes. Drain.

Clean and wash enough glass jars to hold the pickles. One large container is the simplest way. Heat the jar(s) in the oven at 180 F so they won't crack when hot liquids are poured into it.

Next mix 1 quart vinegar and 1 cup water and heat to a boil. It's now time to make the pickles. Simply pack your container with the cucumbers, dill flowers, garlic cloves, onion slices, hot pepper, grape leaf, about 1 tsp peppercorns, and 1/2 tsp cinnamon stick. Pour hot vinegar/water in jar(s). Let cool and store in the fridge. They are edible right away, but are better after several days.

Recipes

Fennel, Tomato and Feta Salad

This recipe has been modified from one at Epicurious.com to include as many of your share items as possible.

Ingredients:

- ◇ 1 cup thinly sliced or grated fennel
- ◇ 1 large or 2 small tomatoes, coarsely chopped
- ◇ 1 clove garlic
- ◇ 1/2 cucumber
- ◇ 1/2 onion
- ◇ 2 tbsp chopped sour pickle
- ◇ 1/3 cup crumbled feta
- ◇ 1-1/2 tbsp lemon juice
- ◇ 1 tbsp olive oil
- ◇ Salt and pepper to taste

Method:

- ◇ Trim fennel stalks flush with bulb and discard, dry or use the tops for garnish. Cut in half and then into thin slices.
- ◇ Toss fennel with remaining ingredients in a large bowl

Fennel Mashed Potatoes (from www.epicurious.com)

Homemade mashed potatoes made with potatoes right out of the ground are always delicious. Fennel adds a subtle flavor to them, and a nice little crunch.

Ingredients:

- ◇ 1 tbsp butter
- ◇ 1 cup chopped fennel bulb
- ◇ 1/2 tsp crushed fennel seeds (optional)
- ◇ 1 quart potatoes, cut into 2 inch pieces
- ◇ Salt and pepper to taste
- ◇ 1/2 cup milk

Method:

- ◇ Melt butter in saucepan over medium-high heat. Add slice fennel bulb and fennel seed. Sprinkle with salt and pepper and stir.
- ◇ Reduce heat to low, cover and cook until fennel is tender but not brown, stirring often, about 10 minutes.
- ◇ Place potatoes in large saucepan. Cover with water and bring to boil. Reduce heat to medium and boil until potatoes are tender, about 15 minutes. Drain. Return potatoes to pan, cook over medium heat until no liquid remains. Mash potatoes.
- ◇ Add all of the fennel and enough of the milk to bring potatoes to desired thickness. Season with salt and pepper.

Fair Share Farm
 18613 Downing Road
 Kearney, Missouri 64060
 (816) 320-3763
 www.fairsharefarm.com

