



# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

- Cucumbers or summer squash
- Tomatoes
- Cherry tomatoes
- Salsa pack
- Carrots
- Lettuce
- Garlic
- Cabbage or eggplant
- Basil or tarragon

### Partial Share:

- Cucumbers or Carrots
- Tomatoes
- Beans
- Bulb fennel
- Garlic
- Basil or tarragon

**Next week:** More tomatoes, cucumbers, salsa packs & beans. Onions & Potatoes will return. The first peppers will be ready.

## Chip & seal

Civilization is currently coming down our road. This week the county arrived with its excavation equipment & began the preparations for turning our dusty country road into blacktop. At the moment they are deepening the drainage ditches that wash into the intermittent creek that starts at our farm & flows all the way to the Missouri via the Fishing River.

If you are coming out to the farm in the next several weeks, you may see the road crew. Currently we are still able to get around them. If Downing Rd. is ever blocked, head

east on MM Hwy. and take your first left on Tevis Rd. This is the far southeast corner of the Graff farm. Keep to your left & you will circle around to the entrance to the farm.

## Harvest heaven

The time in the season has arrived when its all we can do to keep up with the harvest. In addition to Weds. & Sat. mornings with the membership, the majority of Tuesdays & Fridays are spent harvesting. We are happy (if a little overwhelmed) with how well the cucumber crop is doing in particular. No one is sure what is the source of the improvement. Is it the

higher pH? the increased soil fertility? the dry weather? Whatever it is we like it and hope the cucumber bounty bodes well for future harvests of all of our many crops.

## A bit of order

Yes, its sad but true, our young CSA is in need of some additional structure. As we've grown from 25 to 75 members, I have become unable to keep up with the sprinkling of member requests to switch days and/or location of pickup each week. My little scraps of handwritten notes on packing paper are easily lost & forgotten. Each change affects the count for the day and if the count is off the last member picking up may be left with nothing. Such was the case this past weekend, but with assistance from the Liberty distribution colonel, Heather Murphy, everyone got their fair share by Sunday. So, from now on I will need a week's notice, over email preferably, if you want to make changes to the schedule. We thank you in advance for understanding and hope for perfect counts for the rest of the season.

\*\*Look for us & our apprentice Kathy Plant in the *Kearney Courier* this Wednesday or next.

## GLEANERS ALERT

We have four hundred feet of cucumbers that we have no time to pick. Our second planting is keeping us in cukes galore so we had to abandon our first planting with many good fruit left on the vines. Gleaner members are welcome to pick them for free: take them home, give them to friends or family or donate those in need. Just let us know when you're coming & we'll point you to the cucumber patch.

## CALENDAR

July 19: Wednesday pick-up  
farm workers: Nanette Hinchey, Jolynne Martinez, Jes Owings & Sara Nelson.

July 22: Saturday pick-up  
farm workers: Eric & Nancy Schneider, Dan & Diana Wright, Mike Pettengell & Sarah Spearman.

## Your Share Items

### Eggplant

Slowly the eggplant are beginning to mature., and should be available until late in the season. If you are not familiar with eggplant remember this one simple rule, *Don't undercook it.* If you know how to prepare it already, enjoy the fact that these eggplant are so fresh you don't have to peel or salt them. Just cut off the stem and chop them up.

Eggplant isn't known for a high nutritional content, but it is a good source of fiber. As it absorbs the flavors of what you are cooking, it goes well with many things.

### Salsa Fixin's

With the tomatillos, jalapeños, tomatoes, onions and garlic all in their prime, it is time to make salsa.

During our first two years, we tried

selling and handing out tomatillos on their own, but people didn't seem to know what to do with them. So we decided to package them with other salsa fixin's to make it handy to whip up some fresh salsa.

The recipe for salsa is in last year's Volume 9 newsletter. You basically take the salsa pack ingredients, add a tomato, and chop them all together. Add a little lime juice, vegetable oil, red wine vinegar, tomato sauce, salt and pepper, and you have a fresh sauce.



### ++++ PASTE AND CANNING TOMATOES +++++

As the heirloom and hybrid tomatoes begin to ripen, we find that this year the paste tomatoes are keeping time and ripening earlier than usual. Are our seasons changing? It's hard to tell, but we are preparing for extremes.

We first began growing the paste tomatoes to meet our household's needs, but now find we have extra for the CSA. We will have high quality paste tomatoes and tomato seconds available soon. Check the Bulk List for prices. It is available through the Members Services page or at Distribution Sign-in.

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## Recipes

### Breakfast

This time of year you can have some pretty savory breakfasts with items in your share. A little chopping and pretty soon tomatoes are fueling your day. If you like salsa, these chile quilles are a great way to eat it with a fork instead of your fingers.

### Chile Quilles

#### Ingredients:

- ◇ 2 cups broken tortilla chips
- ◇ 2 tbsp vegetable oil
- ◇ 2 eggs
- ◇ 1/4 cup salsa
- ◇ salt and pepper to taste

#### Method:

- ◇ Heat oil in a skillet, add the tortilla chips, toss for several minutes until tortillas just begin to toast
- ◇ Add the eggs, scramble for 1 to 2 minutes, add salsa, salt and pepper.

### Eggs and Summer Squash

Rebecca says she doesn't cook, but actually she cooks the most breakfasts in the house. This is one of her recipes. Both summer squash and zucchini are really good in this dish.

#### Ingredients:

- ◇ 1/2 cup chopped summer squash
- ◇ 2 eggs, cracked and beaten
- ◇ 1/4 cup of your favorite cooking cheese
- ◇ 2 tbsp summer savory

#### Method:

Heat oil in a skillet, add summer squash and cook for 1 minute. Add the eggs and scramble the mixture for 30 seconds. Add the cheese and summer savory and scramble another 30 seconds until done. Serve with toast, jam and juice.

### Hash Browns

One thing that is nice about getting fresh dug potatoes is that they cook up pretty quick. If you slice your potatoes thin and then chop them, you can have tender fried potatoes in 15 minutes.

#### Ingredients:

- ◇ 1-1/2 cups chopped potatoes
- ◇ 1 tbsp vegetable oil
- ◇ 1 tbsp butter
- ◇ 1/4 cup water
- ◇ 1 tsp salt
- ◇ Pepper to taste

#### Method:

Heat oil and butter in a skillet, add the potatoes and salt. Cook on high for 3 minutes, Turn potatoes and cook until beginning to crisp, about 3 minutes. Add water, cook until potatoes brown, turning once, about 8 minutes.

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