



Fair Share Farm CSA Newsletter

IN THE SHARE week 12

Full:

Tomatoes

Desiree potatoes

Eggplant or Peppers

Rose Valley Garlic

Okra or cherry tomatoes

Summer squash

Walla Walla onions

Basil, parsley or summer savory dried herbs

Partial:

Tomatoes

Desiree potatoes

Eggplant or peppers

Rose Valley garlic

Salsa pack or cherry tomatoes

Basil, parsley or summer savory or dried herbs

Next week: More tomatoes, squash, salsa, eggplant, peppers, okra and onions. Carrots return.

—the harvest—

Today we harvested four hundred pounds of tomatoes along with our regular Tuesday/Friday harvest routine of peppers, eggplant, okra, and squash. Thanks to some extra help from the Hunter family, we also harvested six hundred feet of red onions. The glowing red bulbs along with the season's garlic fill the upper barn with an earthy aroma.

Most of the tomato harvest currently consists of hybrid varieties. Hybrid seed is produced in laboratory environments using traditional breeding techniques to create a more vigorous plant from a first generation of a cross. For this reason, seed from a hybrid plant will not stay true-to-type but will revert back to its common

cherry tomato roots. Only seeds from open-pollinated varieties will stay true, but often even these require separation of similar plants (like cucumbers and squash) by large distances to prevent cross-pollination. Tomato plants, however, have a perfect flower with male and female parts. These self-pollinators make it easy for seed companies and backyard gardeners alike to select for their particular growing conditions and taste buds.

We took time this week to save seeds from our open-pollinated tomatoes. We've saved a dozen so far, with a few more to go. It's easy and you still get to eat the tomato afterwards. It's also a good time for an impromptu tomato tasting. Which one is your favorite?

—easy tomato seed-saving—

- ◇ select a good-looking open-pollinated tomato (usually, and in our case always, not perfectly round and red or golden). Check out the back side of the newsletter for more info. on some of the new varieties in the shares this week.)
- ◇ scrape out the seeds of the tomato, into a small bowl,
- ◇ add a teaspoon of water and loosely cover with a cloth.
- ◇ The fermentation that follows is necessary as it allows the seed to separate from the pulp that surrounds it. According to Nancy Bubel (*The New Seed Starters Handbook*, 1988), fermentation takes place in two days at 80 degrees F, three days at 70.
- ◇ Stir daily and skim off any floaters.
- ◇ On the fourth or fifth day, rinse with water in a fine-meshed strainer.
- ◇ Dry on paper for three to seven days.
- ◇ Place the dry seeds in an envelope and store in a cool, dry spot.

CSA Harvesting—week 12:

If you are coming out to harvest this week, here's what's waiting for you...

Harvesting: basil, parsley, summer savory, potatoes, cherry tomatoes.

Other chores: clean garlic & onions, onion harvest

CALENDAR

August 8: Wednesday pick-up

farm workers: Mary Ann Blitt, Rhonda Cosgrove, Jolynne Martinez, Daniel and Jeff Minton

K.C. distribution team: Morgana Bailey and Laura Iorg

August 11: Saturday pick-up

farm workers: Crystal & Mike Rice (Liberty delivery), Tim Nord, Patrick Tuohey, Maneesh Jhunhunwala



Recipes

August Chili

This recipe is suggested by Rebecca and adapted from her well worn copy of *The New Basics Cookbook* by Julee Rosso and Shelia Lukins. We were running out of daylight before dinner, and wanted something that would cook up quick. Start the rice first, and you can be eating around the time it is ready.

As meat, egg and bread share buyers we also had some great additions to the meal at home. Some leftover Parker Farms smoked sausage found its way into the pot (you can also add okra about halfway through for a gumbo). Bread of Life's Totally Nuts bread with some Shatto butter made for a totally satisfying meal.

Ingredients:

- ◇ 3 tbsp extra virgin olive oil
- ◇ 2 onions, cut into small chunks
- ◇ 2 to 3 medium tomatoes, chopped



- ◇ 3 cloves of garlic, chopped or thinly sliced
- ◇ 2 red or green peppers, cut into bite-size chunks
- ◇ 2 cups tomato juice or sauce
- ◇ 3 tbsp chopped summer savory or parsley
- ◇ 2 tbsp chili powder
- ◇ 1 tbsp ground cumin
- ◇ 1/2 tsp salt
- ◇ 1/4 tsp ground pepper
- ◇ Grated Parmesan or other cheese for topping
- ◇ Cooked rice

Method:

- ◇ Sauté the onions in the olive oil for 2 minutes on high heat
- ◇ Stir in tomatoes, garlic, tomato juice, green peppers, herbs, salt and pepper.
- ◇ Bring to boil, then turn down and simmer for 20 minutes, or until peppers are tender
- ◇ Serve over rice.

Your Share Items

More on Tomatoes

As the tomatoes hit their stride, more heirloom varieties are beginning to ripen. This includes our 2 green heirlooms—**Green Zebra** and **Emerald Evergreen**. The Green Zebra are the smaller, more tart, and more common in the tomato bin. These green ones take on a deep yellow tint as they ripen.

Pineapple's and **Old Germans** are yellow tomatoes with red striping. They have similar mild tastes, and a beautiful red star pattern on its bottom

Eggplant

We were able today to get some irrigation onto the eggplant and will be giving it a regular drink of water from now on. The larger, fatter varieties are beginning to mature now. These include the black **Nadia** and white and purple **Pandora Pink Striped**.

Order Your Canning Tomatoes

While we don't know how many tomatoes we will harvest this year, we do know that at this moment we have a lot of paste tomatoes. The bulk list on the Member Services page has the prices on them. These tomatoes are great for making sauce, with a meaty texture.

What the members don't take we will use to get caught up on canning some salsa, chili sauce, ketchup, pizza sauce, and tomato sauce. This opportunity won't last forever, so let us know your canning needs and we will try to get you tomatoes when it matches you