



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 13

### Full:

Tomatoes  
Colorful *carrots*  
Eggplant and/or Peppers  
Salsa pack or beets  
Sweet onions  
Cherry or Roma tomatoes  
Summer squash or spicy pimento peppers  
Rosemary, basil, or summer savory or dried herbs

### Partial:

Tomatoes  
Colorful carrots  
Eggplant and/or peppers  
Sweet onions  
Summer squash or okra  
Rosemary, basil, or summer savory or dried herbs

**Next week:** More tomatoes, squash, salsa, eggplant, peppers, okra and . Melons are getting close. Potatoes and garlic return.

### —oily road alert—

Our stretch of Downing Road was oiled this week. Last year's chip-and-seal didn't hold, so the county crew is back laying blacktop. At the moment the newly oiled and rolled road is not bad to drive on. If you go slow and avoid the wet spots you can get to the farm oil-free. However, the final stage of oiling and adding rock dust is scheduled for tomorrow. If you are coming out to the farm the next few days you may want to call us for the latest information. There is an alternative route from the west that avoids the majority of the oiled road. From Hwy. 92 coming from Kearney, turn left on Jesse James Road. Turn left at the stop sign onto Old BB Hwy. Continue past MM Hwy. until you reach

188th St. Turn right on 188th and continue until you reach the 'T' with Downing Road. The farm is a short distance to the right. You may park in the area to the right of the stop sign (the Graff house) if you prefer to avoid driving on the road altogether. However this will entail walking across it or we may be able to shuttle folks to the farm via the farm truck.

### —state fair—

Tom and I recently were notified that we have been designated 'Clay County Farm Family of the Year.' Missouri County Extension's advisory board in each county chooses one family every year to represent the county. We are appreciative of the recognition and are looking forward to attending the awards

dinner at the Missouri State Fairgrounds next week. It's a great excuse to visit the state fair's animals, displays and attractions. We are also looking forward to meeting our fellow Missouri farmers and award recipients from every county in Missouri.

### —heat wave—

The heat is really starting to settle in with 100 deg. temperatures in the forecast for the rest of the week. We are now starting earlier in the day in order to avoid as much of it as we can. But the farm continues generally as before, with a slightly slower pace. We may not get out in the fields every afternoon but to water the crops. Save a very few, all crops are being irrigated. The fields are split into four zones with a zone or two watered each day. The young fall crops of broccoli and relations are flourishing under the tropical conditions and seem to be off to a great start.

### CSA Harvesting—week 13:

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

Harvesting: basil, rosemary, summer savory, carrots, cherry tomatoes.

Other chores: clean onions, carrot harvest

### CALENDAR

#### August 15: Wednesday pick-up

farm workers: David & Jennifer Rouyer, April Cochran

K.C. distribution team: David & Jennifer Rouyer, Maneesh Jhunjunwala

#### August 18: Saturday pick-up

farm workers: Danny Fowler (Liberty delivery), Jennifer McGee, Kristin, Frank, David & Patrick Riott



## Recipes

### Vegetarian Sloppy Joes

A lot of tomato canning has gone on over the last week, with one of the items being Clara Zimmer's Chili Sauce (August 2, 2006 newsletter). We are at the point where we make a lot of it, as it's great to add to ground beef for Sloppy Joes.

I didn't want to have to wait the 6 or 7 hours it takes to make the chili sauce to enjoy it, so came up with this quick version. The eggplant is excellent in place of the ground beef. Hot peppers are very good in this recipe.

#### Ingredients:

- ◇ 3 tbsp extra virgin olive oil
- ◇ 1 large onion, chopped
- ◇ 4 medium tomatoes
- ◇ 3 cloves of garlic
- ◇ 1 large red or green pepper
- ◇ 2 medium eggplant
- ◇ 1 tbsp ground cinnamon
- ◇ 1/4 tsp ground cloves
- ◇ 1/2 tsp salt
- ◇ 1/2 tsp ground pepper
- ◇ 1/2 cup apple cider or other vinegar
- ◇ 3 tbsp brown sugar or honey

#### Method:

- ◇ Core and chop the tomatoes. It's nice to blanch and peel them too, but you don't have to.
- ◇ Chop the other vegetables and mix them in a large skillet with the tomatoes, spices, salt, pepper and sugar.
- ◇ Bring to boil, then turn down and simmer for 30 minutes, or until vegetables are tender, and the sauce begins to thicken
- ◇ Serve over bread, rice or pasta.

### Vegetables with Hot Red Pepper and Garlic Mayonnaise—*Crudités à La Rouille (Bon Appétit 5/94)*

#### Ingredients:

- ◇ 2 large cloves of garlic
- ◇ 3 hot pimento peppers
- ◇ 1/2 tsp red wine vinegar
- ◇ 1/2 cup mayonnaise
- ◇ Assorted raw vegetables, such as carrot sticks, pepper strips, summer squash slices, cucumber rounds and cherry tomatoes

#### Method

- ◇ Cut off the tops of the peppers, cut in half and carefully scrape out the seeds and membrane (they are the hottest part of the pepper). Place them skin side up on a broiler pan.
- ◇ Place in the broiler for 15 to 25 minutes, or until the skins are charred black.
- ◇ Place in a glass bowl with a lid for 5 minutes. Once they are cooled, you can peel the skins off.
- ◇ With the food processor running, drop garlic through the feed tube and mince. Scrape down the sides of the bowl.
- ◇ Add roasted pepper and vinegar and process until mixture is almost a smooth puree. Add 1/4 cup mayo and process using on/off turns just until combined.
- ◇ Transfer sauce to a bowl; mix in remaining 1/4 cup mayo. Season to taste with salt and pepper. Cover and refrigerate at least 30 minutes.



## Your Share Items

### Rosemary

A favorite herb here at the farm, rosemary is nonetheless hard for us to grow. Having seen it grow wild in the rocky hills of Southern France, I thought we could cultivate bushes of it here. While it grows well, rosemary does not thrive in the tight silt and clay soils of the farm. Next year we will continue to improve that part of the herb bed to meet its specific needs.

Rosemary goes well with most all vegetables and meats. Chop some up and add it to a tomato sauce, potatoes, olive oil, butter, eggplant, lamb, beef and other dishes.

### Hot Pimento Peppers

The last several years we have been growing poblano (aka ancho) peppers. As is sometimes the case, the seeds in the packet the seed company sent were different peppers. What we have instead of poblanos, we believe, is a hot cherry or pimento pepper. As it turns out, they are growing as well as any vegetable on the farm at the moment, so we will be handing them out until people say they don't want them.

They are quite hot, but less so than the jalapenos. Their hotness does not linger like many peppers either, so it's a little easier to enjoy their flavor. Their thin skin makes them great for roasting, The recipe to the right is a great way to try these out.