



Fair Share Farm CSA Newsletter

IN THE SHARE week 14

Full:

Tomatoes
 Garlic
 Potatoes
 Eggplant and/or sweet peppers
 Okra or spicy pimento peppers
 Cherry tomatoes or onions
 Summer squash
 Yellow wax beans, *Dragon Tongue* beans or cucumbers
 Basil, parsley or hot peppers or parsley or dried herbs

Partial:

Tomatoes
 Garlic
 Potatoes
 Eggplant and/or sweet peppers
 Salsa pack or cherry tomatoes
 Basil or parsley or hot peppers or dried herbs

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

—state fair—

Tom and I took in the MO State Fair on Monday in part to attend the awards dinner for the Farm Family of the Year as the Clay County recipients. Before the dinner we toured the fair's largest pumpkins, blue-ribbon pies and fussed-over piggies. My favorite activity at the fair is just wandering through the livestock barns, greeting the goats and watching the sheep being shorn in preparation for their chance at a ribbon. Tom liked the free ice cream and checking out the competition in the best pickle category. A festive atmosphere permeated the fairgrounds, or was that just the plumes of exhaust coming from the tractor pull contest?

Later that afternoon we joined 108 other farm families from all over the state

for the awards dinner. We all received a pretty walnut plaque and got our photograph taken with the State Fair Queen and a few dignitaries. The MO Farm Bureau-catered dinner in the stifling heat was a speedy affair during which each dignitary took his/her five minutes for speech-making. Before you could say *farmers are the backbone of democracy* it was over. No time to meet our fellow farmers of the year, nor to discuss the finer points of local food systems with the Dean of the MU College of Agriculture. Ah, maybe next

time...

—farm tour next week—

MU Extension is organizing a tour of the farm next Thursday, August 23. The tour begins at the Karbaumer Farm near Weston, MO. Klaus & Lee Karbaumer farm with draft horses and supply a 50+ CSA. After our bit at 11, they head to Watkins Mill for a tour and lunch

catered by Rayville Bakery. Contact Tom Fowler at the Buchanan Co. Extension office for more info.

We are hoping to have the farm in top-notch shape for our guests, although August tends toward the opposite. We'd take any volunteers who would like to assist in the effort. We hear the heat is supposed to break before the weekend ...

—sign up for your farm shifts—

Just a friendly reminder if you haven't already scheduled your farm shifts, now is a great time do so. August is always the lightest month in terms of help and for good reason. Some folks are physically unable to work in this heat. If you are of the more heat tolerant variety and want to lend a hand, just let us or the farm shift schedulers know. And we thank you ...



CSA Harvesting—week 14:

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

Harvesting: basil, beans, cherry tomatoes, potatoes.

Other chores: clean garlic, carrot & potato harvest.

CALENDAR

August 22: Wednesday pick-up

farm workers: Jolynne Martinez

K.C. distribution team: Yvonne Vazquez Rangel, Lara & Ben Pabst

August 25: Saturday pick-up

farm workers: Shanna Parcell x2 (Liberty delivery), Morgana & Gwen Bailey,

Amy Christensen

Your Share Items

More on Eggplant

We never know how a crop is going to grow. Eggplant is one that in the past has looked mighty scraggly due to numerous issues. This year though, it is growing well, and right now it is at its peak. Unlike what you can find at the grocer, the eggplant in your share is especially fresh, and does not require the peeling or pre-salting that many recipes call for.

Hot Peppers

While not for everybody, we know that there are many hot pepper fans in the CSA. We are growing 4 main types this year: jalapenos for use in salsa packs, pepperoncinis for pickling, hot pimentos for fresh use and roasting, and the small extra hot cayenne and Thai peppers. These latter two are an herb choice this week.

These peppers can be used many ways. Hot pepper lovers eat them raw. Those of us not quite acclimated to this treat can chop them fine to add spiciness to dishes. Another good use is to string and dry them before using them whole in soups, stews and other dishes, or crushed as red pepper flakes.

Yellow Wax and Dragon Tongue Beans

We try to stagger our bean plantings to have some on a semi-regular basis during the year, without tying us to bean picking the whole summer. Right now we have a single bed of beans coming on—half **yellow wax beans** and half **dragon tongue**. The latter are a roma type bean, more flat than round. You can cook them like any green bean, however, the purple stripping on them will disappear when cooked. They are quite juicy and flavorful, and are especially good raw in marinated salads.

Recipes

Phat Thai Style Eggplant, Apples and Onions

On our way to the State Fair we stopped at an orchard stand along US Route 24. While hearing from the owner the depressing news that his apple harvest was only 10% of normal, we did have a chance to buy some of the harvest—fresh Gala apples. They've been a good snack in this heat, and I couldn't help but think that they would go good with eggplant.

The phat thai sauce used in this recipe calls for sorghum instead of sugar. I wasn't sure how these flavors would combine, but the full sweet taste of the sorghum complements well the complex flavor of the fish sauce.

Ingredients:

- ◇ 2 tbsp vegetable oil
- ◇ 3 long or 2 round eggplant
- ◇ 1 large onion
- ◇ 2 medium apples
- ◇ 1 tbsp peanut butter
- ◇ 1 tbsp fish sauce
- ◇ 1 tbsp sorghum
- ◇ 1/2 cup water
- ◇ 1/2 tsp salt

Method:

- ◇ Clean the vegetables and apples (don't peel) and chop into a medium dice
- ◇ Sauté the onions in a large skillet over medium high heat until translucent, 1 to 2 minutes.
- ◇ Add the eggplant, onion and salt. Stir and cook 2 minutes more.
- ◇ Add the water and cook over medium high heat for 20 to 25 minutes, or until eggplant is tender.
- ◇ In a bowl, mix the peanut butter, fish sauce and sorghum. Add to skillet and mix well. Cook over medium low heat for 5 minutes.
- ◇ Serve over cellophane noodles or rice. Garnish with parsley, thai basil or mint.

