



Fair Share Farm CSA Newsletter

IN THE SHARE week 16

Full:

Watermelon or cantaloupe
Tomatoes
Garlic
Potatoes
Sweet peppers
Summer squash, cucumbers,
salsa pack or cherry tomatoes
Arugula
Basil, thyme or parsley or dried
herbs

Partial:

Watermelon or cantaloupe
Tomatoes
Garlic
Potatoes
Arugula or basil, thyme or pars-
ley or dried herbs
Next week: More tomatoes,
salsa, eggplant, peppers and
okra. Carrots and onions return.

-Taters-

As the CSA membership has grown, so has our potato production. We know you like them as they rarely make an appearance in the swap boxes. We love them for their versatility in the kitchen and their storage capacity allowing us to distribute them every other week for almost the entire season. Tomorrow we will be digging a bed that has a couple of varieties, so we can't tell you exactly what type will be in your shares. It may be a choice of varieties.

Our last potato harvest was our biggest yet at 532 pounds from one bed. Over 1,000 row feet remain to be dug over the next week or so. It is best to remove the tubers from the fields before the fall rains convince them to start sprouting.

Potatoes require much to produce

well. In a fertile field, you can expect ten pounds to every one pound planted. We have yet to make that mark, but are hopeful for a bountiful harvest this season. One reason for optimism is that half of them were planted in the rich soil left by the broiler chickens our friend, Liz Elmore, raised on our farm last season.

The harvest is a collaborative effort between the farm workers and our International Harvester tractor, which we call Grandpa after its original owner, my Grandpa Graff. He worked the fields until his death from a heart attack when I was 12. Days later the tractor stood where he left it in the field with its lights still shining.

Pulling two plows behind him, Grandpa makes short work of unfurling the potato hills leaving the tubers on the

surface to be picked up by the harvest crew. Once harvested, we store the potatoes in the packing room to cure for a week before lugging them to the root cellar for long-term storage.

Last week the CSA crew had the pleasant task of culling out the seconds from the bin before they went to the cellar. Not a job for the faint of heart. For this next batch, we plan to pull out the seconds immediately. As they say, one rotten apple can spoil the whole batch.

—MU Extension Tour—

As you can see below, we had a good crowd on the tour last week. Our favorite memory of the event was when we were asked how we kept our fields so free of weeds! I don't remember now who it was, but we thank you from the bottom of our hearts.



CSA Harvesting—week 13:

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

Harvesting: basil, thyme, parsley, arugula, cherry tomatoes, potatoes

Other chores: potato harvest, garlic cleaning, weeding the eggplant

CALENDAR

September 5: Wednesday pick-up

farm workers: Ruth Van Wye, Shannon Nelson, Michael & Patty Reynolds
K.C. distribution team: Chris Packham, Amy Christensen

September 8: Saturday pick-up

farm workers: Debbie & William Bednar (Liberty delivery),
Fran, Bill, Valerie & Zack Gillespie

Your Share Items

More Watermelons (we hope for all)

We are taking the last of the watermelons from the mid-summer fields. These varieties include *Peace*, *Oranglo*, and *Sangria*—yellow, orange and red flesh melons. We are looking hard to make sure we can get everyone a shot at a second watermelon. We even have one more bed each of watermelon and cantaloupe that have set fruit, but might not make it to ripeness.

Cantaloupe

Our cantaloupe crop was pretty much a failure this year. We are continuing to look for better growing practices when it comes to the cucurbits. The few that we did harvest are in this week's share as a choice with the watermelons.

Late Tomatoes

We're trying something new with the tomatoes this year. Since the inevitable hot & dry weather reduces tomato production this time of year, we planted a bed a month later than the main planting so that it would peak...about now. These tomatoes are all hybrid and the determinate or "bush" type that can be caged, which requires much less labor on our part. We were lucky enough to buy 400 cages for 50¢ each thanks to a lead from member Ann Flynn (thanks again Ann). We also planted two new varieties that are supposed to be able to set fruit during spells of 95 to 100° F heat. These varieties are *Sunmaster* and *Solar Set*. We taste tested Sunmaster today and it was quite good, meaty with a nice flavor. The yellow tomatoes are still *Golden Girl*.

!!! GO TEAM !!!

Unfortunately for us, at the same time as our tour, the **Sustainable Table Eat Well Guided Tour of America** had pulled into town for an eating event at the Blue Bird Bistro. I'll let their blog (<http://www.sustainabletable.org/roadtrip/blog.php?id=65&bid=95>) tell the rest.

"Our event was hosted by Lisa Markley, an amazing woman who's a passionate foodie and is involved with the Kansas City Food Circle, KC 100 Mile Diet Team, (*is a fellow CSA member*), and is a registered dietician. She not only hosted us at the restaurant, she and her husband Jim escorted us around for the entire day – and helped make our stay in Kansas City and Lawrence memorable. For me, the highlight of the meal was when everyone went around the room and introduced themselves – it was inspiring to hear about all the good work people are doing and the groups they're working with. (And there had to have been 60-75 people at the event.)"

On Saturday member Heather Gibbons posted some info on the Yahoo! group about a project she and Lisa are working on called **Real Food For Schools**. Its goal is "to raise awareness of the importance of healthy meals and snacks for children at home and at school. They want to help parents and schools work together to provide fresher, more nutrient-rich food, eliminate harmful food, and encourage children to develop healthy habits today that will last a lifetime."

Real Food For Schools meets monthly to learn what children are eating at school, where it comes from, the effects it has on their bodies and brains, and most importantly, what we can do to make it better. At each meeting you can hear about a topic from a local expert, share ideas with others, and learn how schools and parents can provide healthy food that kids will eat.

Heather will be at the 39th St. market on Sept. 12 and will have a handout on healthy snacks for home & school. Up-to-date and contact information is available at <http://schoolreform.meetup.com/32>

Recipes

Roasted Red Pepper Tapenade

Ingredients:

- ◇ 1 cup roasted red peppers
- ◇ 1 clove garlic, minced
- ◇ ¼ cup chopped onions
- ◇ ½ cup chopped tomatoes (fresh or canned)
- ◇ 2 tbsp extra virgin olive oil 1 tbsp white wine vinegar
- ◇ 2 tbsp chopped herbs (basil, parsley, chives, garlic chives and/or oregano)
- ◇ ½ tsp salt
- ◇ Pepper to taste

Method:

- ◇ Roast the peppers (in the broiler, on a grill, or over a burner) until the skins are black and burnt. Put in a large covered bowl to sweat and cool.
- ◇ Peel off the skins. Chop the peppers.
- ◇ For thinner skinned peppers, like the small red pointed ones, you can instead chop them and fry them in a pan until soft.
- ◇ Add the garlic, onions, tomatoes, olive oil, vinegar, herbs and S&P. Mix and let marinate at room temperature for an hour.
- ◇ Serve on fresh baked Italian or French bread, or over pasta like a pesto.
- ◇ Sun-dried tomatoes can be substituted for the fresh ones.