

Fair Share Farm CSA Newsletter

IN THE SHARE week 17

Full:

Tomatoes
Onions
Carrots
Sweet peppers
Green beans or okra
Eggplant
Broccoli raab
Tarragon, rosemary, summer sa-
vory or dried herbs

Partial:

Tomatoes
Onions or cherry tomatoes
Carrots
Broccoli Raab or Arugula
Tarragon, rosemary, summer sa-
vory or dried herbs

Next week: More tomatoes,
beans, eggplant, peppers and
okra. Potatoes and Garlic return.

Save the date: October 27

Fair Share Farm CSA 4th annual End of Season Dinner

...more to come soon!

—Anticipation—

*Rain rain rain rain
Beautiful rain
Rain rain rain rain
Beautiful rain
Oh come (never come)
Oh come (never come)
Oh come to me beautiful rain
Lady Smith Black Mambazo*

When Tom's German cousin, Andres Sley Meyer, visited us in 2002, he gave us a Lady Smith CD with what has become our version of a rain dance. It very much captures the mix of anticipation, despair, and joy that we

feel about the subject. Here summer rain is never a given and this year has been no exception. The farm has received about two inches since the fourth of July and the downpour with its accompanying shift in the weather is late coming. The forecasters say it might happen this week. We'll play our rain song to be sure.

Last week Tom anticipated next season as he mapped out the farm's crop rotation. Crop rotation is important for the suppression of disease and pests in an organic system. For the most benefit, crops from the same family or those that share disease or

pests should not be grown in the same spot more than every four years. It works best if you can plant the similar crops together and rotate them as blocks around your fields. Until now, each year as we grew in memberships we would increase our plantings, making a block rotation difficult. Next season will mark the first time that we will be planting for the same amount of memberships (100 this year, 100 next . . . *we hope!*) and we're excited to finally have a crop rotation plan that will stay with us for the near future.

Part of that crop rotation plan includes our cover crops. We will be planting the winter cover crops in the next week or so. Thanks to Tom, we know where to broadcast the winter rye and hairy vetch seed. Next year's late summer and fall crops get the winter cover, while the spring and early summer crops are followed by either buckwheat or cowpeas (shown in the photo below).

CSA Harvesting—week 17:

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

Harvesting: tarragon, rosemary, summer savory, arugula, broccoli raab, green beans, cherry tomatoes

Other chores: weeding the eggplant

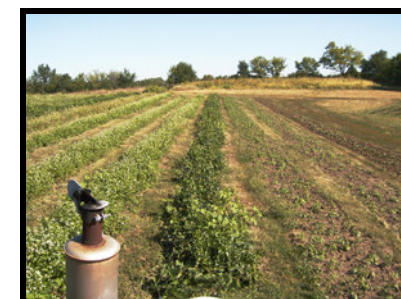
CALENDAR

September 12: Wednesday pick-up

farm workers: Stephanie Kenney, Mary Lowe, Tim & Heather McCoy
K.C. distribution team: Frank Riott; Amy Silvers, Deborah Thornton

September 15: Saturday pick-up

farm workers: Heather & Scott Gibbons, Bill Brooks, Emily Akins & Cheryl Ray



Your Share Items

Crossing into Fall

A slow transition has begun in your shares, and will continue from now until the end of the season. With this week and last we have begun the harvesting of our fall crops. The arugula and broccoli raab are examples of things to come.

We think this time of the year is especially good for cooking local food, as we can again enjoy the greens of spring, but now with the late summer harvests of things like potatoes, tomatoes, peppers, and eggplant.

As believers in making the 100-mile diet our everyday diet, it is especially nice to be able to make classic Mediterranean dishes like the one to the right, with mostly local ingredients. Restaurant quality recipes like these can be on everyone's table. And when you use your own dried tomatoes (August 24, 2005 Newsletter), or your own dried red pepper flakes, life is especially tasty.



Recipes

Rapini with Garlic, Sun-dried Tomatoes and Sunflower Seeds (*adapted from Mariquita Farm CSA website*)

Mariquita Farm is a small family farm located near Watsonville, CA. In conjunction with High ground Organics, they run the Two Small Farms CSA. Small must be defined different in California, as they have over 60 drop-off locations all around San Francisco. They have a great recipe page just for broccoli raab, which is where I got this recipe. Check out www.mariquita.com/recipes/broccoli%20raab.html for over half a dozen more raab recipes.

Ingredients:

- ◇ 1 bunch rapini (broccoli raab), washed, cut into 1-inch pieces
- ◇ 2 teaspoons salt
- ◇ 2 tbsp extra virgin olive oil
- ◇ 3 medium garlic cloves
- ◇ 1/4 tbsp red pepper flakes
- ◇ 1/2 cup sun-dried tomatoes, reconstituted (see below)
- ◇ 3 tbsp sunflower seeds, pumpkin seeds, or pine nuts

Method:

- ◇ Put sun-dried tomatoes in a bowl and cover with boiling water. Let sit 10 minutes, or until soft. Drain and chop.
- ◇ Meanwhile, bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside
- ◇ Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry.
- ◇ Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 2 minutes. Add sun-dried tomatoes, cook for 1 more minute.
- ◇ Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Add sunflower seeds. Season to taste with salt. Serve immediately over penne pasta.