



**IN THE SHARE week 19**

**Full:**

Tomatoes or Green Beans

Onions

*Easter Egg* Radishes

Lettuce

Kohlrabi or Eggplant

Tatsoi or Yukina Savoy

Basil, Parsley, Rosemary or Dried Herbs

Kale or Collards

Extra: carrot seconds if you want them

**Partial:**

Tomatoes or Green Beans

Onions

Kohlrabi

Lettuce

Basil, Parsley, Rosemary or Dried Herbs

Extra: carrot seconds if you want them

**Next week:** Broccoli begins—hurrah! More lettuces, greens, radishes and eggplant. Potatoes and garlic.

# Fair Share Farm CSA Newsletter

**Got talent?**

The search is on for this season's breakthrough act to perform at the FSF CSA Harvest Dinner on Oct 27th. We have time for one, maybe two, short performances preceding the potluck meal. All spoon-players, throat singers and tightrope acts will be considered. . . .as will any and all who apply. This is a family event. No fire-breathing or knife-throwing allowed. Previous acts have led us in original songs, created balloon animals, played musical instruments, performed comedic monologues and skits.

Are you our next Harvest Dinner idol? If you think so, contact the farm for more info.

Here's an excerpt from last year's entertainment brought to us by the Rouyer Family Singers—sing along to the tune of *This Land is Your Land*...

*We went riding  
in the back of a pickup  
out to the field  
to pick some food.  
Oh, food like turnips  
and sweet potatoes.  
This is the way it ought to be.*

*This farm is your farm  
This farm is my farm  
From Kearney Missouri  
to Kansas City  
We work together  
to make the food we eat  
This is the way it ought to be.*

**CSA Harvesting**

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

For the shares: basil, parsley, rosemary, lettuce, tatsoi, yukina savoy, radishes, green beans, kale, collards, kohlrabi, cherry tomatoes

Other chores: sweet potato harvest

**CALENDAR**

September 26: Wednesday pick-up

farm workers: Pat Horner, Ruth Van Wye, Nina & Silas Bozarth  
K.C. distribution team: Heather Gibbons , Lisa Markley, Scott Klamm

September : Saturday pick-up

farm workers: Sari Cantrell (Liberty delivery), Doris Bender, Sandra Stuckey  
Ernie, Nancy & Mary Cozadd

**Brain food**

Ever since a friend lent me a copy of *The Bean Trees* in college, I have been a Barbara Kingsolver fan. She is a great storyteller whether its non-fiction, a novel or short story. Her tales have a deeply-rooted sense of place with its flora and fauna ever present. Her latest, *Animal, Vegetable, Miracle* chronicles her family's journey as they shift to eating local foods on their Virginia farm.

Books that don't pertain to the fertility requirements of asparagus or the life cycle of blister beetles have no place on the farm during the growing season, so I have yet to read the book. I do know that the website for the book ([www.animalvegetablemiracle.com](http://www.animalvegetablemiracle.com)) is a good one with lots of info on, as she puts it, living la vida local. Share your local food adventure and it will be posted with those of other localvores near and far. And check out the Vegetannual!

**The crops**

I almost forgot to say anything about what's happening at the farm. To be brief: it is dry and we continue to irrigate. Greens, greens, greens. We have lots of radishes. Seed-saving and straw stacking. The last of the winter cover crops were sown before today's rain— hurray!

## Recipes

### Kale Chips (yogi at [www.recipezaar.com](http://www.recipezaar.com))

Something that I have heard raves about, but until now have not tried. A quick internet search resulted in the recipe below. It was itself adapted from one at [radicalhealth.com](http://radicalhealth.com). That recipe called for drying in a dehydrator, rather than baking.

Having never seen, tasted, or cooked these chips before, I did not know what to expect. They looked like they weren't going to make it, but when they came out of the oven they had turned into beautiful chips, with the lightness and crispiness of seaweed.

#### **Ingredients:**

- ◇ 1 tablespoon apple cider vinegar
- ◇ 1 tablespoons salt (this makes them pretty salty- you may want to reduce the amount, then sprinkle the chips with salt)
- ◇ 2 tablespoons olive oil
- ◇ 1 bunch kale, rinsed with stems removed

#### **Method:**

- ◇ Cut kale into 2 to 3 inch pieces.
- ◇ Mix vinegar, oil, and salt in a large bowl then add kale and mix by hand.
- ◇ Try to get all the leaves covered.
- ◇ Place on baking sheets (you can use parchment paper for easy cleanup) and bake at 350° F until they are crispy.
- ◇ After about 20 minutes, if it looks like they are not sizzling a bit or getting a little crispy, turn up the heat to 400°F.
- ◇ Time for baking varies depending on the size of your chips and desired crispness.
- ◇ The outer edges cook quicker than the pieces from near the stem.

### Greens with Pine Nuts and Red Pepper Flakes

This dish is good over rice. We used some broccoli raab. Sunflower or pumpkin seeds also go good in this dish.

For more tender greens, like raab, or Asian greens, you can chop the stems and put them in the dish. With greens like kale and collards you will want to cut most of the stem away.

#### **Ingredients:**

- ◇ 1 bunch greens
- ◇ 1 medium onion
- ◇ 2 cloves garlic
- ◇ 1/2 tsp red pepper flakes
- ◇ 1/4 cup pine nut, sunflower seeds or pumpkin seeds
- ◇ Salt and pepper

#### **Method:**

- ◇ Cut away tough stems. Cut the greens into 2 to 3 inch pieces. Steam or boil for 2 to 4 minutes until tender. Drain.
- ◇ Chop onions and garlic and sauté in the olive oil over medium high heat for 2 minutes. Add the salt and pepper, chopped stems and cook for 2 minutes more.
- ◇ Add the greens and cook for 2 more minutes. Add the red pepper flakes and pine nuts, stir, turn the heat to low, and cook for 5 minutes.
- ◇ Grated cheese is a good garnish for this dish.

