



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 2

### Full:

Lettuce  
Chinese cabbage  
Hakurei turnips  
Bok choy  
Green garlic or scallions  
Leeks, peas or spinach  
Tatsoi or Yukina Savoy  
Cilantro, dill, lovage or dried herbs

### Partial:

Lettuce  
Chinese cabbage or bok choy  
Leeks, peas or spinach  
Green garlic or scallions  
Cilantro, dill, lovage or dried herbs

**Next week:** More lettuce, radishes, peas, scallions & herbs. Kohlrabi enters.

### — crop report —

The planting of the summer crops is proceeding on schedule. The dry weather has allowed us time to catch up on the backlog of plants waiting to get in the field. The greenhouse is all but empty, just sheltering a dozen flats. Squash, cucumbers, melons & beans are sprouting in the fields. Mulching the tomatoes & strawberries is underway. After the harvest is done, the CSA members have been filling the extra time assisting in this endeavor. Saturday's crew gave the strawberry patch a makeover. We have a lot of hope for the new patch. Planted after the freeze, the plants are growing well. This season's strawberries,



however, are from the three beds we planted (on my birthday, our records indicate) in April of 2005. They suffered significant deer damage early in life and our grass strips attempted to envelope them. This time around we are planting the strawberries in a patch free from grass & thickly mulched.

### — the cranky farmer —

Yes, I'm still cranky. It appears that the broccoli may be lost. Heads are beginning to develop on the slow-growing plants. While most of the buds are just emerging, a few have buttoned-up already. The plants are about half the size you would want them at this stage. This is largely due to the freeze-flood sisters that roared thru this spring. That and springtime broccoli is a bit of a gamble in our climate. This season is really hitting that point home to us. Kohlrabi, broccoli's lesser-known cousin, is growing well and may assist in filling in the gap.

Now that the dry weather has allowed us to catch up, we're looking forward to a rainy day to water in all that we've planted.

### — the good news —

The sugarsnap peas have begun

producing their fruits. Although two beds were lost during the Easter freeze, three beds are growing well. Their tender crunchiness is a gift only received by those who eat it the day it was picked or soon thereafter. Just snap the stem, peel back the small string and enjoy. The small supply this week should grow once the harvest is in full swing.

The corn is up and has been weeded & thinned. We like one foot spacing for our sweet corn, as it allows for plenty of room to grow nice, big ears. After a suggestion by a veteran Arkansas cotton field worker, we attached foot-long sticks onto our hoes and sliced out the extras. It's a handy technique when thinning 2700 row feet of sweet corn.

### — the 39th St. Market —

Over half of the Fair Share Farm members pick up their shares at the 39th St. Community Market located in midtown Kansas City each Wednesday afternoon during our 24 week season. The market is made up of local farmers who sign a pledge to use only organic practices on their fields. Tom & I are very grateful to be a member of this growing community institution. This season the market has four new vendors, filling out the market offerings to include mushrooms and crafts in addition to produce, baked goods, jams, meats & eggs. Please consider visiting our fellow Community Market vendors this season.

## CALENDAR

May 30: Wednesday distribution farm workers: Lolly Ockerstrom, Keith Snyder, Karen & John Brown, Julia Keller

June 2: Saturday distribution farm workers: Kathi Whitman, Ann & Tom Duckett, Bette Marcus, Max Hetherington, Lorne Carroll, Dan Vlamis

## Your Share Items

### Bok Choi and Chinese Cabbage

These Asian greens are bulkier than the tat soi and yukina savoy of the first week. They are best cooked, or marinated when in a salad or slaw. The lo mein recipe can use any combination of these greens.

### Hakurei Turnips

These Spring treats are just coming on. They look like radishes, but they aren't. They are unique and have a sweet taste, with a little hotness. They are good fresh, or add to cooked dishes at the end for some crunchiness.

### Scallions

Some onions we plant close together, for harvest as green onions. These onions survived the big freeze, and are sizing up. Being a young plant, scallions are tender. Use them as a garnish, make a dip with them, or add them to cooked greens at the last minute.

### Lovage

If you are not familiar with the herb lovage, you're probably not alone. But that's no reason not to add it to your cooking repertoire. It is one of the most aromatic

herbs we grow, having a strong celery scent. Start with using only one or two leaves to see how you like it.

It goes well in Asian dishes as well as slaws and potato salad. It's strong, so don't use too much the first time. We will also have dried lovage as the year progresses.

### Lettuce

We try to grow a lot of lettuce for the CSA. We don't bag your lettuce, as it is very time consuming. Besides, we think some of the head lettuce varieties we've found should be seen in all their glory. Right now, the two main varieties being handed out are *Quattro di Stagioni (four season, red with green heart)* and *Adriana (green butterhead)*.

## Recipes

### Lo Mein (adapted from chinesefooddiy.com)

This dish got Rebecca's seal of approval to be a dish we make a lot. It makes a great cold salad too, just the thing for packing carbs at lunch. It's a way to eat a hearty meal and lots of greens at the same time.

#### Ingredients:

- ◇ 6 to 8 ounces vermicelli noodles or spaghetti (cooked)
- ◇ 2 tbsp sesame oil
- ◇ 2 green garlic (white part)
- ◇ 1 cup stock. If you are using dried mushrooms you can use the water from reconstituting them
- ◇ 4 to 5 cups chopped Asian greens such as tat soi, yukina savoy, bok choy, or Chinese cabbage (stems and leaves kept separate)

- ◇ 2 tbsp soy sauce
- ◇ 1/2 tsp red pepper flakes
- ◇ 1 medium carrot, grated carrot
- ◇ 3 hakurei turnips, cut into half rounds
- ◇ 2 green onions, chopped
- ◇ 1/2 cup sliced mushrooms
- ◇ 1/2 cup sliced almonds
- ◇ Cilantro or lovage for garnish

#### Method:

- ◇ Chop all ingredients. Heat sesame oil in a wok or large frying pan to medium high.
- ◇ Stir fry garlic and the stems of the greens for 2 minutes
- ◇ Add chopped leaves and stir fry for 2 minutes.
- ◇ Add stock, soy sauce and red pepper. Stir fry for 1 minute.
- ◇ Add carrots, mushrooms, turnips and almonds
- ◇ Add cooked pasta, toss
- ◇ Garnish with chopped cilantro or lovage

You may find you want more soy sauce, so keep it handy. Add whatever you have on hand in preparing this dish.

### Eating in Season 101

These first weeks of shares are a good example of being able to enjoy the Spring harvest. Greens abound, and it's time to take advantage of them.

Right now is the time to do a lot of Asian cooking. Recipes include lots of vegetables and taste. In coming weeks, greens used in Mediterranean and other styles of cooking will be in your share..

Come Summer these greens will be scarce. Now's the time to take in the calcium, iron, vitamins and other nutrients your body craves.

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