



## IN THE SHARE week 20

### Full:

Tomatoes or Lettuce

Garlic or shallots or basil or dried herb

Potatoes

Broccoli

*French Breakfast* radishes

Green Beans

Kale or Bok Choy

Eggplant or okra or onions

*Purple Top* Turnips

### Partial:

Broccoli

Garlic or Shallots or Basil or Dried Herb

Potatoes

Radishes or Turnips

Green Beans

Eggplant or Kale or Bok Choy

**Next week:** More broccoli, radishes, onions, greens & beans. Sweet potatoes and Hakurei turnips.

# Fair Share Farm CSA Newsletter

### —rain—

The rain began to fall early this morning and continued as a steady shower while we did our day-before-CSA harvest. The farm collectively sighed in relief as it continued to fall all morning long. Over two inches of rain erased the cracks in the earth that had been with us since July. To our delight mud appeared. After a hot and dry summer, mud and standing puddles are nice to see.

Now in our fifth season, we are starting to get used to dry summers. For two months out of the year our climate gets downright nasty for vegetable crops. It can be a struggle for plants to grow through the high

heat and humidity. Lots of irrigation and mulch keeps them alive and growing, but by the end of August the farm usually needs rain badly. If it hasn't come by the end of September we begin to get a bit desperate. With today's rain we can be assured that we can fill the shares for the rest of the season (barring some calamity of nature or man, of course). On the whole, the fall crops are actually thriving. The fields are full of many shades of deep green to blue. All of the roots and the greens are growing faster than we can pick them.

### —flowers of fall—

The cooler weather that accompanied

today's rain did not get here quick enough for all. The lack of lettuce and the spastic broccoli in your shares this week attest to the heat of the past two weeks. Most of this week's lettuce bolted (flowered) practically overnight. Likewise, everyone's favorite fall flower, broccoli, is maturing its buds unevenly. Fortunately, it is still very edible if not the prettiest we've grown. The cooler temperatures and moisture should considerably improve the subsequent crops of broccoli and lettuce.

### —intruders—

Further insult to the lettuce patch occurred this week when a couple of small deer got through the fence. After walking the fenceline, we discovered their strategy. First, they find a spot in the fence where a rabbit has chewed an opening. There are many of these small holes in the fence which are no bigger than, well, a bunny. Once the deer finds a bunny hole, it pushes its body through it, ripping a much larger hole. Then it is straight to the organic salad bar for a late night snack. We are checking the lettuce daily and patching the fence as needed. This seems to be keeping the deer away for the most part. It still definitely beats having no fence at all.

## CSA Harvesting

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

For the shares: basil, kale, bok choy, turnips, radishes, green beans, cherry tomatoes

Other chores: sort onions & shallots, wash potatoes, watermelon radish & turnip harvest

## CALENDAR

### October 3: Wednesday pick-up

farm workers: Stephanie Kenney, Robert, Teresa & Brittany Baumli  
K.C. distribution team: Julia Keller, Linda Medoff

### October 6: Saturday pick-up

farm workers: Jamie Friedrich (Liberty delivery), Season Burnett, Chris Riebschlager, Todd & Anissa Johnson, Amy Silvers

## Your Share Items

As the first day of autumn has arrived, you will begin to see a shift in your share contents. The tomatoes will be waning, replaced by broccoli and turnips, to be followed by sweet potatoes, leeks, cabbage, cauliflower, and other wonderful fall crops.

Get ready to start making stews, slaws, mashes, and soups. The vegetables coming your way combine to make lots of great fall dishes. You may want to make some room in the fridge to store some of the items, as the cabbage and the roots will keep well.

## Recipes

### German Potato Salad (*Joy of Cooking 1943 edition*)

I have been thinking of making this potato salad for awhile, since we have lots of potatoes and bacon on the farm right now. It is a mainstay of the diet back in Cincinnati, home to many German immigrants. There are variations, with some calling for a tbsp of flour to help thicken the dressing, and more sugar.

#### **Ingredients:**

- ◇ 1-1/2 quarts potatoes
- ◇ 4 tbsp bacon, minced, or 2 tbsp bacon drippings
- ◇ 1/4 cup chopped onions
- ◇ 1/4 cup chopped celery (optional)
- ◇ 1 dill pickle, chopped
- ◇ 1/4 cup water
- ◇ 1/2 cup vinegar

- ◇ 1/2 tsp salt
- ◇ 1/8 tsp paprika
- ◇ 1/4 tsp dried mustard

#### **Method:**

- ◇ Cook the potatoes in their jackets (in boiling water) in a covered saucepan until tender (about 15 minutes). Peel and slice them while they are still warm/hot.
- ◇ Heat in a skillet the minced bacon and/or bacon grease. Add and sauté until brown the onion, celery and pickle.
- ◇ Heat to the boiling point the water, vinegar, salt, paprika and dried mustard.
- ◇ Pour into the skillet. Combine them with the potatoes and serve them at once.

### World War II and Sacrifice

Rebecca and I have been watching the Ken Burns series *The War* the last few nights. The *Joy of Cooking 1943* edition for the above recipe, makes reference to the conditions people lived in during that time. Here is an excerpt from the Preface.

*When the revision of this book was begun a year ago we had no intimation that international obligations would lead our land of plenty to ration cards. It now goes to print with a number of emergency chapters added, written to meet the difficulties that beset the present-day cook.*

These chapters included:

- ◇ Sugarless and Sugar-Saving Recipes for Cakes, Cookies and Desserts
- ◇ Meat Stretching, Meat substitutes and Supplementary Dishes

