



Volume 4 Issue 21, October 3, 2007

Fair Share Farm CSA Newsletter

IN THE SHARE week 21

Full:

Broccoli
Sweet potatoes
Leeks
Peppers
Watermelon Radish & Celeriac
Green Beans, okra, or eggplant
Choice of an assortment of greens
Hakurei Turnips
Sage, arugula or parsley

Partial:

Broccoli
Sweet potatoes
Leeks
Watermelon radish & Celeriac or
Hakurei Turnips
Tomatoes or Lettuce
Sage, arugula or parsley

Next week: More broccoli, greens & beans. Onions, garlic and potatoes. Green tomatoes and green peppers. Cabbage and rutabagas.

-the results are in-

With over half of the membership reporting, the mid-season survey responses have been tabulated. 45 out of 50 said the CSA share was a good market value. 49 agreed that the produce tastes great and increased the nutritional content of their meals.

Vegetables that scored high in the 'more, please' category include, in order of desirability: berries, corn, broccoli, peas, melons and spinach. Only a few wanted more herbs, okra or kohlrabi. Eight wanted more squash, which some of you may find surprising after reading your comments. I believe one pleaded: *No more squash! Stop the madness!* Less than half wanted more tomatoes, which is quite a success in our book.

Areas for improvement include signage and tables at the K.C. distribution, partial share equity and bulk ordering. Four of the partial shares disagreed that the share was a good market value. We hope that the heft of the fall harvest is in some part making up for any perceived shortfalls. As always, remember you can trade out your herb if you'd rather have a bulkier share.

A trickier nut to crack are the comments under a general category I like to call 'the early bird gets the worm.' Until we figure out a systematic approach to curing this problem, we ask that those picking up at the beginning of distribution remember those who because of different schedules don't make it until the end. Someone always

has to take the last bag of okra or the last pint of cherry tomatoes when they are offered as a choice, just try not to be that person too often.

We are still sorting through the many comments and suggestions from the surveys. We sincerely appreciate those who found the time and energy to thoughtfully respond. We really value your opinions and suggestions for how we can feed your family better. Your responses will be an invaluable resource for us as the winter approaches and we begin looking toward next season. A hearty thank you goes to Kent Gillespie, FSF CSA Inreach Coordinator, for creating the survey & compiling the results.

—harvest dinner 10/27—

If you haven't already done so, mark your calendars for October 27th 5-7 pm for the Fair Share Farm CSA Harvest Dinner. Join your farmers and fellow members in celebrating the completion of our fourth season of the CSA. A short program of performances from the membership and a 'ask your farmer' quiz will be followed by the best potluck of local eating in the county. Door prizes for all ages will be announced throughout the evening including a few pie pumpkins that survived the season this year. Look for an email

Member Farm Shifts

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

For the shares: sage, parsley, arugula, lettuce, greens, celeriac, radishes, turnips, leeks, green beans, cherry tomatoes, wash sweet potatoes

Other chores: watermelon radish harvest

CALENDAR

October 10: Wednesday pick-up

farm workers: Pat Horner, Heather Anne & Jason Norbury, Clif Gillespie
K.C. distribution team: Season Burnett, Michael & Patty Reynolds

October 13: Saturday pick-up

farm workers: (LIB) Mariah Chrans, Coral & Victoria Wert, Sharon Schneider, Amy Hearst, Steve Starr

Your Share Items

Sweet Potatoes—Not for the Fridge

This year we were able to get our sweet potato "slips" (small rooted sprouts) from Ted Carey at Kansas State. Apparently Kansas once grew a lot of sweet potatoes, and they are looking into ways to increase the state's production. We say thanks to Ted, as they grew well during some very dry times.

In a great article on sweet potato cultivation by Pam Dawling in *Growing for Market*, she notes that "below 55° F, a permanent chilling injury with the nasty name of Hard Core can happen. We had a disastrous case of this one year. The potatoes remain hard no matter how long you cook them, and are useless."

Celeriac

For those who like the flavor of celery in a form other than stalk. Celeriac is a delicious root vegetable that is good both raw and cooked. This week's recipe is a good way to get familiar with it. The tops are a nice addition to stocks too.

Watermelon Radishes

Familiar to veteran members, these spicy radishes are one of the most colorful vegetables we grow. Also called the Christmas radish, if stored in your crisper, you may very well be able to enjoy it then. But try it now, when it is at it's freshest.

Sage

Sage is one of our perennial herbs that has been coming back year after year (mostly). The rains and cool weather of late have greened them up and brought new growth. We save it for the Fall, as it pairs well with things like sweet potatoes, winter squash and meats. Go to our website's Recipe page, search for sage and you will find a recipe from October 12, 2005 for roasted sweet potatoes with sage that we recommend.

Recipes

Celeriac, Watermelon Radish and Broccoli Stem Salad

This recipe is especially good if adding or substituting kohlrabi or hakurei turnips.

Ingredients:

- ◇ 1 celeriac
- ◇ 1 large watermelon radish, grated
- ◇ Stems of 1 broccoli bunch
- ◇ 3 tbsp sesame seed oil
- ◇ 1 tbsp rice wine vinegar
- ◇ 1 tbsp honey
- ◇ 1/2 tsp salt
- ◇ 2 tbsp chopped parsley, chives, cilantro or lovage

Method:

- ◇ Cut off the green tops and peel the celeriac with a paring knife. Cut into rounds, and then into strips (julienne)
- ◇ Peel the broccoli stems and cut into strips. You may need to cut away the bottom half of the stems if they are not tender
- ◇ In a bowl, mix the oil, vinegar, honey, salt and herbs, and then toss with the vegetables
- ◇ Let sit for 30 minutes to 1 hour before serving

T H E N E W B U L K L I S T

From time to time we have excess produce at the farm that we offer for sale. We are sorry that what is available and when has sometimes been a source of confusion to the members. We are now starting a new system that we hope works better.

Each week we will post what is for sale on the Bulk List. The list is accessible from the Member Services page of the website. There will also be a link to it in the newsletter email that goes out on Wednesday morning. If you are interested in purchasing veggies, email us your order. We will verify your order and send it in at the next available distribution with the amount due noted on the bag. You then pay your money to the cashbox.

This week, as the season winds down, we have garlic braids, turnips, rutabagas, greens, radishes, baby beets, jalapenos and dried herbs.