



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 23

### Full:

Sweet potatoes  
 Leeks  
 Choice of greens  
 Broccoli and/or Cauliflower  
*Purple Top* Turnips  
 Lettuce or Tomatoes  
 Green Tomatoes and Eggplant  
 Frying peppers  
 Sage or chives or parsley or dried herbs

### Partial:

Sweet potatoes  
 Leeks  
 Broccoli and/or Cauliflower  
 Choice of greens  
 Frying peppers  
 Sage or chives or parsley or dried herbs

**Next week:** More cauliflower, cabbage, greens, and peppers. We're clearing out the storage crops—the last of the garlic, onions and potatoes.

### —sweet spuds—

If I had to pick a favorite crop this year it would have to be the sweet potato. Of course if you ask me next week I may have a different answer, but lately I've really taken a shine to the African tuber. While we've always grown some, our sweet potato crops had never been that great. The tubers were often small and many had black spots that made them ugly and impossible to store. Over time our yields have increased by volume, if not beauty. Last year was our best crop ever, but we still had those annoying splotches. In January, Tom & I made our annual pilgrimage to the Great Plains Vegetable Growers conference where we learned that the black spots were most likely coming from the grower of our slips (what you plant to

get the taters). As luck would have it, Ted Carey at K-State had begun to produce organic sweet potato slips in part to encourage local farmers to grow more of the tubers. We signed up immediately and decided to double last year's planting. From two 200 ft. beds we got over two weeks worth of the most gorgeous, blemish-free sweet potatoes. Thank you, Ted! We love these orange roots for their tastiness fresh from the garden, but they really shine in January when they look just as good as the day they were dug. Unlike their unrelated 'Irish' potato brethren who start sprouting about four months after they mature in the field, sweet potatoes make eating local year round in our region easy and delicious. I'm already dreaming about growing even more of them next year.

### —great bolts of lettuce—

Something that is not making my top of the crops list this year is the fall lettuce. Tom & I have yet to figure out exactly why the fall lettuce is such a flop. The plants continue to perplex us by prematurely bolting (sending up a flower stalk) before they have approached a decent size even though the lower temperatures and shorter days should be calming such nonsense. Whatever is passable is in the full shares this week. The partial shares will be first in line next time around. Our apologies.

### —stormy weather—

Last Saturday's harvest morning was an eventful one. Rain fell all morning long as we harvested the shares. A dozen or so of us crowded into the packing room cleaning enough garlic for the rest of the season, waiting for a break in the lightening to venture outside. Luckily at about 10 am the storm weakened and the lightening stopped. The rain continued as we all donned our rain gear and headed out to harvest the roots & greens in the pond field. We sped thru the fields harvesting as quickly as we dared and made it back safe and sound if a bit drenched and muddy. A hearty thank you goes to all of those who took part.

### Member Farm Shifts

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

For the shares: lettuce, greens, turnips, leeks, cherry tomatoes, wash sweet potatoes

Other chores: dismantle pole bean fencing

### CALENDAR

October 24: Wednesday pick-up

farm workers: Chris & Denise Osborne, Clif Gillespie  
 K.C. distribution team: Steve Starr, Ruth Van Wye

October 27: Saturday pick-up

farm workers: Chris Veach (Liberty delivery), Coral & Victoria Wert, Cheryl Ray

## Your Share Items

### Pairings

We are always trying to make your share as enjoyable and usable as possible. In 2005 we started making up "salsa packs", combining tomatillos, jalapenos, garlic and onions.

This year we have tried a few other combos of vegetables that can be the main ingredients in a good recipe. Two weeks ago it was watermelon radishes and celeriac (great together in slaw); last week it was green tomatoes and peppers (the relish recipe is highly recommended).

This week, we combined green tomatoes and eggplant into one share item, with the suggestion of trying this week's recipe. We hope you try it. It might change your feelings on green tomatoes and eggplant.

## Recipes

### Green Tomato Curry

When it comes to green tomatoes, we thought we should step out of our American recipe repertoire, and find out what the rest of the world does with them. Rebecca had suggested making a curry with them and the eggplant. So, after a little cookbook and web research, this Thai style version of green tomatoes was realized.

If you don't have coconut milk, you can substitute sweetened condensed milk, and if you don't have curry paste around, garlic sauce or other Asian sauce can make a good substitute.

#### Ingredients

- ◇ 1 medium onion or 1 large leek
- ◇ 2 to 3 green tomatoes
- ◇ 2 green peppers
- ◇ 1 to 2 eggplants
- ◇ 4 cloves garlic, chopped fine
- ◇ 2 tbsp sesame oil
- ◇ 1 to 2 tbsp green curry sauce
- ◇ 1 cup coconut milk

#### Method:

- ◇ Peel the onion. Core the green tomatoes. Core and seed the peppers. Cut the stem from the eggplants.
- ◇ Chop all of the vegetables into small (1/2 inch to 1/4 inch) pieces
- ◇ Heat the sesame oil to a large skillet or pan. Add the curry sauce, onions and peppers. Sauté on high heat for 2 minutes.
- ◇ Add the eggplant, green tomatoes and garlic, stir. Cook for 2 more minutes.
- ◇ Turn heat to medium, cover and cook for 5 minutes, stirring once.
- ◇ Add the coconut milk, stir, cover and cook for 5 minutes more, or until eggplant is tender.
- ◇ Serve over rice. Garnish with lime, cilantro, Thai basil, green onions or chives.



### Time to Bulk Up

The season is down to its last weeks, and we still have vegetables at the farm. Pepper plants leaning over with fruits of various sizes, shapes and colors that are ready for freezing, pickling or relishing. Greens you can freeze and add to those winter stews and soups. Radishes, turnips and rutabagas that can last until Xmas and add extra flavor to mashed potatoes. Hot peppers, both fresh and dried. Herbs that have yet to see a frost. Stock up for the winter.