



Fair Share Farm CSA Newsletter

IN THE SHARE week 24

(last week!)

Full:

- Cabbage
- Onions or potatoes
- Choice of greens
- Broccoli and/or Cauliflower
- Cauliflower
- Lettuce
- Green bell peppers
- Garlic
- Rosemary, dill or cilantro

Partial:

- Cabbage
- Onions or potatoes
- Broccoli and Cauliflower
- Cauliflower
- Sweet bell peppers
- Lettuce
- Rosemary, dill or cilantro

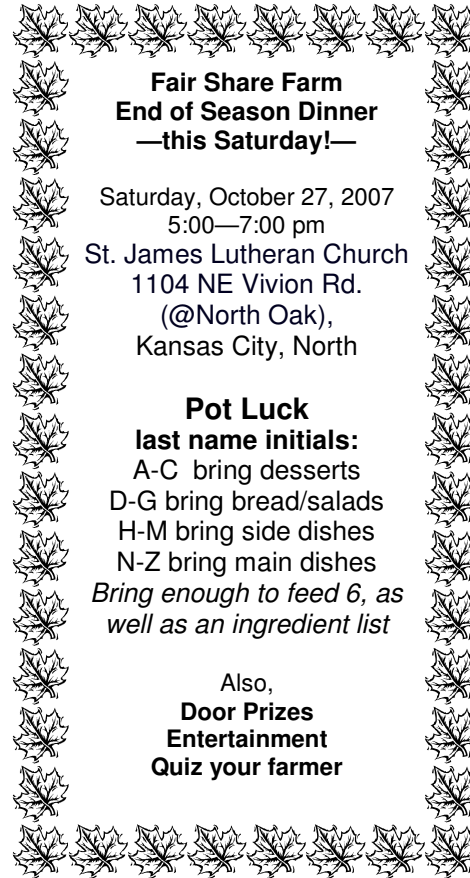
Next week: Time to pull out those freezer bags and canned goodies!

—the end of the season—

The last week of the season has arrived. We thank you all for your support during the past 24 weeks and hope that you enjoyed our offerings.

The growing season began in mid-February when the first thin strands of onion seedlings sprouted in the greenhouse. Quickly thereafter we become responsible for a growing nursery of thousands of tender green shoots, roots, flowers and fruits each with their own needs and preferences. We feed the soil so that they grow healthy and strong, weed out any wild competitors, mulch them to keep their roots cool, trellis them to keep them off the ground, worry over them when they take sick, harvest them when they are at their peak and send them to all of you to feed your families as we feed ours. For our labor, they nourish our bodies and our spirits.

The end of the season marks the break in this cycle allowing for time to celebrate the harvest and give thanks. We hope that many of you will join us in doing just that this Saturday at the End of the Season dinner.



Fair Share Farm End of Season Dinner —this Saturday!—

Saturday, October 27, 2007
5:00—7:00 pm
St. James Lutheran Church
1104 NE Vivion Rd.
(@North Oak),
Kansas City, North

Pot Luck
last name initials:
A-C bring desserts
D-G bring bread/salads
H-M bring side dishes
N-Z bring main dishes
Bring enough to feed 6, as well as an ingredient list

Also,
Door Prizes
Entertainment
Quiz your farmer

—next season—

What is an end but a new beginning, right? We are now ready to receive deposits for 2008 shares from the current membership. If you want to renew your membership, print page three of this newsletter and mail the completed form to us along with a \$50 deposit. Current members have until the end of 07 to renew before we open up our lengthy waiting list in January. So, before you forget about your farm amongst the holiday celebrations and family gatherings, send in your deposit to ensure you will be with us come spring.

—a home for a firecracker?—

Two kittens arrived at the farm this summer apparently dumped along the road near our farm. Now six months old, Eggplant went home with the Whitman family last weekend. Her brother, Firecracker, is still up for adoption. He is black, fluffy, chatty and playful. He likes to jump high in the air to catch grasshoppers and hide in boxes. His best trick is perching on Libby's back when she is harvesting.



Member Farm Shifts

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

For the shares: herbs, lettuce, greens, cabbage, cherry tomatoes, clean garlic & potatoes, sort onions

Other chores: dismantle pole bean fencing, mulch over-wintering leeks

Your Share Items

End of the Season

As we finish up the harvest we hope everyone is familiar with what they get in their share. So there are no surprises this last week, other than the **Melissa Savoy** cabbage that will be a choice. This cabbage makes a striking head in the field, growing to be a good 3 feet across. Savoy refers to its crinkly texture.

We hope that the newsletter has helped you get to know and enjoy the vegetables you get in your share. We appreciate the recipes and other suggestions you all have given us. We also appreciate the food gifts we seem to get from time to time. Thanks to everyone for helping to make this a good year.

Recipes

Caponata

This recipe is a combination of a recipe from *La Cucina* by Rose Sorce (1953), and watching Brooke combine whatever ingredients we had on hand for our canning session. While the recipe generally calls for things like pine nuts, capers and olives, this mostly local version is good too.

Ingredients

- ◇ 2 to 3 medium eggplant
- ◇ 1 large onion or 1 large leek
- ◇ 2 to 3 tomatoes (red or green)
- ◇ 2 medium peppers
- ◇ 1 bunch vitamin green (stems only)
- ◇ 3/4 cup raisins or other dried fruit
- ◇ 3 cloves garlic
- ◇ 1/2 cup red wine or other vinegar
- ◇ 1/2 cup sugar

- ◇ 2 tbsp olive oil

Method:

- ◇ Pre-heat oven to 350° F
- ◇ Cut the stem top from the eggplant. Chop into bite-size pieces. Toss in 1 tbsp olive oil to coat and roast in oven for 30 to 45 minutes, or until tender.
- ◇ Clean and chop the rest of the vegetables. In a separate pan, combine them and cook over medium high heat for 20 minutes.
- ◇ Add the eggplant to the vegetable mixture. Add the vinegar, sugar and raisins. Cook for 15 minutes more.
- ◇ Pour relish into clean hot jars and seal. If canning, process 45 minutes in water bath.
- ◇ Serve on bread, fish, pasta, crackers, or wherever you want

Tis' the Season

As an abundant flush of vegetables fills the fields this Fall, we are ready to mobilize and preserve as much of it as possible. On Monday the farm crew headed downtown to fellow-farmer Brooke Salvaggio's market place, *Bad Seed*. With friend Lori Watley, we proceeded to process basil for pesto, chutney, pickled peppers, green tomato relish, green salsa and caponata., an eggplant relish recipe from



Sicily. (see above).

We hope that you too are able to do a little preserving that you can enjoy this winter. Member Emily Akins posted a great reference on the yahoo! Group for freezing vegetables.

Go to

<http://extension.missouri.edu/explore/hesguide/foodnut/gh1503.htm>, and freeze that extra cauliflower, kale, broccoli and or peppers that are in your share or fridge.

Fair Share Farm – Community Supported Agriculture

SIGN UP NOW FOR 2008 SHARES

If you wish to reserve a place for the 2008 season, fill out this form along with a \$50 deposit. Your deposit will hold your place until Spring sign-up and will be applied to the cost of your share. Make checks payable to: Fair Share Farm. Mail to: 18613 Downing Road, Kearney, MO 64060.

Name: _____

Address: _____

Phone Number: _____ **Email:** _____

Share Size: **Partial or Full** (*circle one*)

Distribution site: **Farm or Liberty or Kansas City** (*circle one*)