



# Fair Share Farm CSA Newsletter

## IN THE SHARE week 3

### Full:

Lettuce  
Arugula  
Scallions  
Peas or broccoli  
Garlic scapes  
Vitamin green  
Tat soi or yukina savoy  
Cilantro, dill, oregano or dried herbs

### Partial:

Lettuce  
Choice of Asian greens  
Hakurei turnips  
Garlic scapes  
Cilantro, dill, oregano or dried herbs

**Next week:** More lettuce, peas, broccoli, & herbs. Kohlrabi & summer squash enter. Radishes return

### — crop report —

This morning we were greeted by a caged raccoon in our strawberry patch. After getting through our electric fence surrounding the crop, she most likely ate her fair share before becoming interested in the peanut butter bait waiting inside. Tom got the truck and drove her down the road a pace. Unlike many (perhaps smarter) farmers than we, we find ourselves unable to kill them. Instead they are set free to return to our fields unharmed. The little buggers are so numerous here that one more or less won't make a difference. Two years ago



we actually caught two in one trap, as you can see in the photo below. Rather than battling the wildlife that surrounds us, our job is to engineer the varmint-proof fence.

With the deer fence holding its ground, the rodent family is now our top pest. The much smaller cousin to the raccoon, the vole lives in vast networks underground and has a lust for vegetables & seeds. So far this season, voles have eaten 800 feet of pea seeds, 400 feet of winter squash seeds and 200 feet of melon seeds. Their nocturnal foraging is evident by the empty seed shells left behind. A row cover blanketing the re-planted seeds will hopefully do the trick.

### — strawberries —

Our last year of our first ever strawberry patch is yielding a few berries. Our plan is to get everyone a share as long as the berries continue. If you haven't gotten yours yet, you're next in line to get them. Next years' patch continues to look promising thanks to many hands.

## CALENDAR

### June 6: Wednesday distribution

K.C. distribution: Jamie Friedrich, Chris & Denise Osborne  
farm workers: Mariah Chrans, Stephanie Kenney, Jim & Lisa Markley, Julia Keller

### June 9: Saturday distribution

farm workers: Martha Hufford, Gary Barton, Mary Dempsey, Sharon Schneider, Lorne Carroll

### — yahoo! —

We've enjoyed reading everyone's comments on the yahoo group. It gives us a renewed enthusiasm for our work when so many seem to be enjoying the fruits of our labors. To catch up on what you've been missing visit the yahoo section of our member services page.

## Farmer's Fair Share?

*By Bill McKelvey, house guest*

Do you know how much the average farmer earns for the food they produce? The National Farmers Union (<http://www.nfu.org/issues/agriculture-programs/resources/farmers-share/>) keeps tabs on the farmer's share of the retail food dollar.

Their website reports that farmers typically earn an average of \$1.18 for a gallon of milk that retails for \$3.49; \$0.10 for a 1lb loaf of Wonder Bread that retails at \$2.78; and \$0.77 for a dozen eggs that retail for @2.29. These price comparisons demonstrate the growing difficulty that conventional farmers have when it comes to making a living farming. They also show how the CSA model helps provide farmers a fair return on their effort while providing community members with high quality, locally grown food.

## Recipes

### Wrap, Pocket and Roll

Yet another quick and convenient way to eat greens is to use them in filling wraps, pita pockets and Spring rolls. The wraps and pitas are best cooked and warm, while the Spring rolls are fresh.

Some recipes we put in the newsletter don't require anything fancy, and while these aren't fancy recipes they do require some special ingredients, namely the wrappings. So if you don't have any on hand, add them to your grocery list.

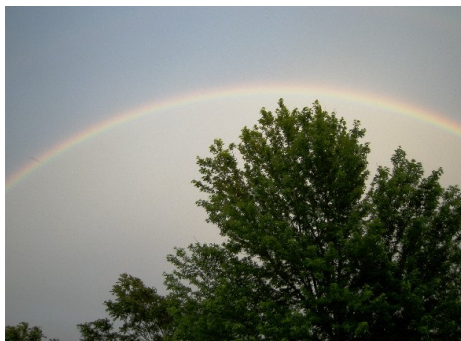
### Share Wrap

#### **Ingredients:**

- ◇ 1 lb ground beef
- ◇ 1 tbsp dry or 2 tbsp chopped fresh oregano
- ◇ 1 tat soi or similar Asian green, stems and leaves chopped separately
- ◇ Chopped garlic scapes
- ◇ Sour cream
- ◇ Grated cheese
- ◇ Chopped cilantro
- ◇ Fresh tortilla
- ◇ Your favorite hot sauce, salsa or other sauce

#### **Method:**

- ◇ Brown the ground beef, adding oregano
- ◇ Chop the tat soi stems and add to the ground beef. Cook over medium-low heat for 5 minutes
- ◇ Chop the tat soi leaves
- ◇ Warm and lightly toast the tortilla on the burner. Fill the tortilla with some or all of the above. Wrap it like a burrito



### Share Pocket

#### **Method:**

- ◇ Use the same ingredients as the wrap and stuff the pita pocket. Pour a vinaigrette or other salad dressing over the filling

### Spring Rolls

#### **Ingredients:**

- ◇ Asian greens; stems and leaves chopped separately
- ◇ Chopped garlic scapes
- ◇ Cilantro leaves
- ◇ Grated carrot
- ◇ 2 to 3 cups prepared rice vermicelli noodles
- ◇ Vietnamese rice papers
- ◇ Hosien, peanut, chili or other Asian sauce for dipping

#### **Method:**

- ◇ Chop all of the ingredients ahead of time.
- ◇ Put the vermicelli in a bowl and cover with hot water for 1 to 2 minutes or until noodles are soft. Drain and cool with cold water. Drain again and chop into 2 inch pieces
  - ◇ Fill a large shallow pan with hot tap water. Put the rice paper in the water until soft and pliable.
  - ◇ Place the rice paper on a flat surface and fill with several tablespoons of vermicelli. Continue filling with other ingredients in proportions to your taste. Roll up like a burrito.

## Your Share Items

### Vitamin Green

Yet another Asian green, vitamin green is the closest thing to celery stalks that we can grow. The stalks are crisp, and have a mustardy taste that fades. We cooked the greens with pasta and added an egg at the end. It was either an Italian or an Asian dish—could have been either.

### Peas

Last week Rebecca told you how it was a bad Spring for peas. Well the ones that made it look good at the moment, and are producing sweet snap peas. *They do require stringing* though, So grab the stem end, snap it, and pull the string.

They are great by themselves, with dip, or chopped up into a salad or stir fry.

### Broccoli

Broccoli needs little introduction for most people.

### Garlic Scapes

As seasonal an item as you can get, garlic scapes are the flower bud of hard neck garlic. It has a mild garlic flavor a that is good cooked or fresh. Chop it fine with some olive oil and nuts for a nice pesto.

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