



Fair Share Farm CSA Newsletter

IN THE SHARE week 5

Full:

- Lettuce
- Broccoli
- Summer squash
- Baby beets or kohlrabi
- Kale, Yukina savoy or Chinese cabbage
- Cucumbers
- Sugarsnap peas
- Spring onions
- Parsley

Partial:

- Lettuce
- Broccoli
- Summer squash
- Peas
- Spring onions
- Parsley

Next week: More lettuce, summer squash, cucumbers. Peas and broccoli make their exit. Baby carrots & new potatoes possibly.

— in the fields —

The gals are on their own this week with Tom away. Libby and I, often joined by volunteer Jen, are keeping up the pace. The crops (and the weeds) continue their lush growth as the tropical weather lingers. Monotony threatens as the to-do list fills with beds to hoe. Today Libby and I shared the first two cherry tomatoes—a bit under-ripe (we couldn't wait) .

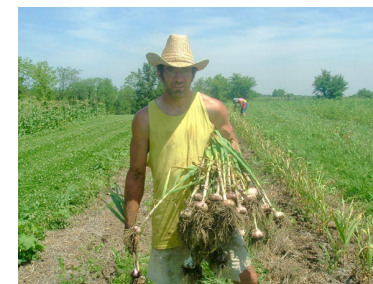
— thorn in my side —

A honey locust tree is home & lunch for wildlife with its long pods filled with nutritious seeds. The same deer that grazes its pods, dreads the sharp thorns that cover its trunk and limbs. As do we and any rubber-tired vehicle. Honey locusts thrive in pastures, conservation lands and fencerows where one tree can give birth to thousands. Since being back on the farm, Tom, myself and my father have done battle with the beastly sprouts. Two years ago, Tom managed to lodge an inch long thorn in his hand that was removed by a doctor *six months later*. My

father identifies them as “worse than thistles” which means a lot coming from him. With some help, dad began today to rid the farm of a few more.

— on my own —

It's a funny feeling to be without the one you spend literally every moment with. My minimalist cooking of the past few days is re-affirming my gratitude for his culinary art for one thing. Best wishes to Tom & his family during this difficult time. Lucille is a



great lady and will be sorely missed. See back page for more.

A Brief History of the 39th Street Community Market

We were brand-new farmers in 2003 when we joined the Organic Wednesday Farmers Market at the River Market. A project of Local Harvest and a small but diverse group of vendors, the market was located across from Heather Hand's storefront that specialized in local food products. We liked the idea of a Wednesday afternoon market as it fit with our idea for a mid-week CSA distribution. Also, a mid-week farmers market just makes sense for perishable produce.

In 2004 the market made its ill-fated move to the Crossroads neighborhood where the enthusiasm of a few did not lead to the many flocking to the market booths. The closing of Local Harvest the following year added to the untenable situation in the Crossroads. The market (with Farmer Tom acting as market master) created its by-laws, contracts and rules for the first time. Luckily our orphan market fell into the welcoming arms of 39th St. community. With assistance from Jessica Ratcliff, the Freeling family and others, the market began a new chapter at its present-day location. This season the market added four new vendors filling in much of the available space.

This is an important year for the now-named 39th St. Community Market. As the number of vendors has doubled, we're all hoping the customers will too. You can lend your support by bringing a friend and taking home a bounty of local food.

CALENDAR

June 20: Wednesday distribution

K.C. distribution: Mike Pettengell, Emily Akins
farm workers: Kay Smith, Stephanie Kenney, Mary Ann Blitt, Jeff & Daniel Minton

June 23: Saturday distribution

farm workers: Emily Akins (Liberty), Bette Marcus, Max Hetherington, Mike Pettengell & Sarah Spearman

Recipes and Share Items

You are on your own this week. But not to worry, this being our 4th CSA season, there are 3 years worth of newsletters on the website that can provide you with both tasty recipes, and information on what's in your share. Go to the Newsletter archive page and look for the following recipes:

2004

- ◇ Asian Salad with (or without), Beef
- ◇ Grilled Summer Squash with Mint Sauce
- ◇ Zucchini Fritters
- ◇ Quick Rice and Wilted Greens

2005

- ◇ Steamed Tatsoi with Peanut Sauce
- ◇ Fresh Spring Slaw
- ◇ Kohlrabi Sauté with Garlic and Lemon Juice
- ◇ Garlic Scape Pesto
- ◇ Summer Squash with Lemon, Butter and Cream Sauce

2006

- ◇ Asian Greens with Whatever Sauce
- ◇ Kale with Vinegar and Eggs
- ◇ Asian Salad
- ◇ Ranch Dressing Kohlrabi Salad
- ◇ Kohlrabi Pan Au Gratin
- ◇ Chef's Salad
- ◇ Creamy Garlic Dressing
- ◇ Ruggieri Zucchini Fritters
- ◇ Zucchini Casserole



...*Rebecca here filling in the gap.*

Baby beets

These are out of a bed that just doesn't want to size up, perhaps because of some nutrient-scarfing sunflowers that were in it last year. We're letting the other beds of beets grow a bit more before handing them out. Baby beets and their greens are a delicious start to the beet season. Try Tom's *Baby beets and Tomato Sauce* recipe from June 2004.

Parsley

We grow the Italian kind. It grows best for us and its nicer to chop. The *Gigante di Italia* we are growing this year is living up to it's name. It goes well in almost anything – pasta, eggs, cheeses, potatoes. Add it fresh at the end for the most punch.

Enjoy!

Lucille Fehr Ruggieri

I will be away from the farm for a little while to be with my family and help care for my mother in her final days. Born Lucille Frances Fehr, she was the daughter of German immigrants, and a native Cincinnati. One of the "greatest generation", she quit her job in the 1940's to work fulltime for the USO. After the war she met my father, Frank Ruggieri and started a family of 5 girls and 2 boys.

Later in life, after my father's death, she got the travel bug and we traveled together on several occasions, including to her father's hometown of Riegel, Germany. In 2000 she went with a church group to the Vatican for the Jubilee, and I



tracked her down (pictured below) while on a trip of my own to my dad's parent's hometowns.

She provided me with tremendous support all my life. I feel lucky to have a mother that could help me through engineering school, and still believe in me when my career switched to farming.

Over the past several years she bounced back from numerous setbacks, including pneumonia, a rather long-term intestinal problem (c. diff.), a broken arm, and a recent respiratory infection, making us think she had 9 lives-though the care she got from my sisters had much to do with it.

Throughout last year and the beginning of this year a snail mail copy of the newsletter had been a weekly letter home, keeping her up-to-date on the happenings at the farm and in our community.

She has been able to spend the end of her life comfortably at home, in the house her father had built, surrounded by family. She has been grateful for all these things, and we are grateful to her.

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