



Fair Share Farm CSA Newsletter

IN THE SHARE week 4

Full:

Lettuce
Broccoli
Radish or turnip
Kale, Tatsoi or Chinese cabbage
Kohlrabi
Peas
Summer squash & garlic scapes
Oregano, tarragon or mint

Partial:

Lettuce
Broccoli
Kohlrabi
Peas
Kale, Tat soi, or Chinese cabbage
Oregano, tarragon or mint

Next week: More lettuce, peas, broccoli, kohlrabi & summer squash. Beets enter.

— crop report —

As June enters, the crops are lushly filling the fields. The puddles from last week's three inches of rain have soaked into the soil. The exuberant growth of the crops is keeping us going at a good clip. The tomato-tying is on track with all the plants either caged or with their first string, some with a second.

This morning we were surprised to find some large stalks of broccoli in the fields. After the freeze we had little hope of a good crop, but it is making a valiant effort. This week everyone gets a share. The CSA's favorite flower may continue its spring appearance for another week until fall return. But as one exits, another enters. The summer squash & zucchinis usher in the taste of summer. Much more to come.



— the CSA buying club —

This is the first season that meat, egg & bread shares have been available to farm members from Parker Farms and Bread of Life Bakery. We've enjoyed shares of both in our kitchen and I hope those of you who joined us have as well. Thanks to them our 100 mile diet is tasty & healthful one. Distributing these items is new for us and the crew at the newly member-staffed 39th St. distribution point. Any new project has its kinks and two in one season is perhaps pushing it. For most members there have been no problems, but a few shares have been forgotten or misplaced at pickup. You can help by remembering to pick up your additional shares and asking the distribution team if you can't find them. Those in charge have the coordinators' and the farm's cell phone #s and can call us to help solve the mystery.

The City coordinators would like to add:

"Distribution workers are share

members who help with distribution/pick-up. They help with set-up, assist members as needed, then break down the tables, tents, etc. and store them till the following week. They may/may not be in a position to safely store unpicked-up shares."

An Interwoven Community

*Libby Negus
2007 FSF farm apprentice*

I got my first taste of farming on a smaller scale; as a girl helping my mom in the garden, picking strawberries and mulching tomatoes. Now, I can say that strawberries, tomatoes and I have an intimate relationship, along with many other plants. While planting, weeding and eating them, we grow closer every day.

People ask what I do on the farm and I list the above, but some events stick out in mind much more than others. The first week in early April, I helped lay row cover in forty degree weather with a piercing wind billowing across the field. What has made an even greater imprint on me is the subtle lessons from the community that is all around and learning from each interwoven part of the whole. In the coming months I look forward to working and growing with each of you.

See you soon, Libby.

CALENDAR

June 13: Wednesday distribution

K.C. distribution: Lisa Key, Kevin Flinn
farm workers: Kay Smith, Marjorie Yates, Kevin Flinn, Kathryn Zibell

June 16: Saturday distribution

farm workers: (LIB) Deb & Wm Bednar, S & A Linehan, Kent Gillespie, Carolyn Gillespie, Sheri Brown, Carroll

Recipes

Newsletter Recipe Philosophy

In providing recipes in the newsletter we have a few objectives:

- ◇ include as many items as possible from the share
- ◇ suggest recipes that are, or can readily be adapted for vegetarian and vegan diets
- ◇ prepare the recipes ourselves to test them

In this example, the pasta with broccoli is a great way to enjoy some really fresh broccoli. The meatballs are then a nice addition, if they suit your diet. We know that ones made with Parker Farm's ground beef are especially tasty.

Pasta with Broccoli... (from Terra Firma CSA 2/6/01)

Ingredients:

- ◇ 1 bunch broccoli
- ◇ 4 garlic scapes or 3 garlic greens, chopped
- ◇ 1/4 tsp crushed red pepper
- ◇ 1/3 cup olive oil
- ◇ Pasta of choice

Method:

- ◇ Cook the pasta
- ◇ Pull apart or cut florets into bite sized pieces. Chop the stem (peel the thick part first)
- ◇ Sauté the broccoli, garlic and red pepper in the olive oil
- ◇ When the broccoli is bright green and crisp tender, add a few spoon-

fuls of pasta water and turn off the heat

- ◇ Serve the broccoli mixture over the pasta

...and Baby Meatballs

Ingredients:

- ◇ 1 lb ground beef
- ◇ 1 tbsp dry or 2 tbsp chopped fresh oregano
- ◇ 2/3 cups grated bread
- ◇ 1 egg
- ◇ 1/2 tsp each salt and pepper
- ◇ 2 tbsp olive oil
- ◇ 1 tbsp butter
- ◇ 2 to 3 tbsp flour
- ◇ 2/3 cup milk

Method:

- ◇ In a bowl, mix the ground beef, oregano, bread, egg, salt and pepper. Form ping pong ball size meatballs or smaller (about 18 of them)
- ◇ Place the meatballs on a large plate as you make them. When done, sprinkle the flour over them and roll them around until lightly covered
- ◇ Brown the meatballs in a skillet over medium high heat, 5 to 7 minutes.
- ◇ Add the butter and milk and mix until meatballs are coated. Reduce heat and cover for about 5 minutes, until meatballs are cooked through.
- ◇ Serve over the pasta and broccoli

Your Share Items

Kohlrabi

It's finally time for kohlrabi, one of our more unusual vegetables. An enlarged stem rather than the root that it looks like, it has been finding its way back onto American dinner tables mainly due to CSAs and farmers markets. It's great fresh or cooked.

Lat year's Week 4 newsletter has 2 very nice recipes for it—*Ranch Dressing Kohlrabi Salad* and *Kohlrabi Pan Au Gratin*. I suggest you start there if you have never eaten it before. Be sure to cut off the bottom end and peel it before using.

Tarragon

A traditional French herb, tarragon has a slight anise flavor that goes good with fish, eggs and chicken. It is also excellent in dips, mayonnaise and to flavor vinegars. Chop some up and add it to your morning eggs to see if you like its delicate flavor.

Dried Herbs

As farmers and eaters it is our goal to provide you with as much of what can be grown in our area as possible. In doing this we generally don't "process" anything into what they call a "value-added product". With herbs though, we do go that extra step, drying spring prunings and extra herbs in the greenhouse and our oven.

The amount of dried herbs we can produce is enough to provide an occasional alternative to your weekly fresh herb share. We hope you sometimes take advantage of them.

The containers are reusable and expensive, so we ask for a 25¢ deposit. If you don't have the quarter at pickup, just drop it in the jar the following week. We generally have the herbs listed below. If you are looking for a particular herb and it is not in the box, ask the distribution coordinator if there is any extra stashed away. If your distribution site is out of what you want, they can let us know and we will send some in with the next week's produce while supplies last.

Dried Herbs:

Mint
Oregano
Marjoram
Rosemary
Lavender flowers
Lovage
Thyme
Sage
Dill
Coriander seeds

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