



Fair Share Farm CSA Newsletter

IN THE SHARE week 6

Full:

Lettuce
New potatoes
Summer squash
Komatsuna or cabbage
Cucumbers
Carrots
Basil or dried herb

Partial:

Lettuce
New potatoes
Summer squash or cucumbers
Baby beets or kohlrabi
Basil or dried herb

Next week: More lettuce, summer squash, cucumbers, carrots & beets. Onions return.

— summer is here —

The zucchini and squash are announcing summer's arrival in their typical overwhelming fashion. It's a great week for zucchini bread (or grate & freeze for later like I do) as we'll be offering the surplus free for the taking for members at distribution.

The first day of summer also marks the beginning of the fall greenhouse planting as we begin seeding the broccoli, cabbage, cauliflower, Brussel sprouts, kale and collards. A new gadget of ours is assisting with the work. A mini soil-block maker pops out twenty blocks a squeeze. Each of the 2,700 blocks seeded today are destined for larger accommodations once they've grown a bit. We trialed the 20-celled soil blocker this spring in combination with our trusty 4-celled medium-block maker. We liked the results then and are hoping for a repeat. Soil blocks have several advantages over other options. Standard plastic or foam cell trays degrade in the sun requiring

replacement every 5 or so years of a petroleum-based material. Soil blocks, however, require only a simple sturdy tray to hold them. We built ours out of lathe out of our home and scrap barn lumber. Soil blocks also benefit the plant by air-pruning its roots. Most plants dislike having their roots disturbed (well, would you?). The air surrounding each block keeps the roots from wanting to explore further, leaving fewer roots injured during transplant. Less stress during transplant leads to a healthier plant that will grow quickly.



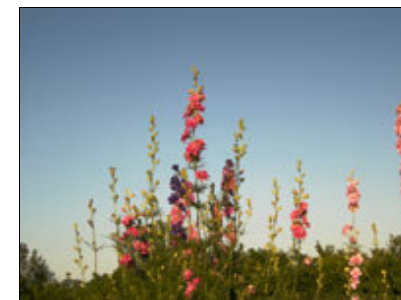
U-Pick Flower Garden trial

Since our first season, we have grown a small cut-flower garden. A constant supply of flowering plants is critical for a healthy population of pollinators and beneficial insects. In step with our winged friends, we humans are also drawn to a beautiful flower.

With the plentiful rains we've had this spring, the flower patch has filled in well and is beginning to bloom. Populated with trouble-free varieties that don't take precious time away from the vegetables, it includes zinnias, echinacea, yarrow, larkspur, snapdragons, cleomes, amaranth, marigolds & calendula.

This year we are trialing the idea of a U-pick flower garden for members. For those with the desire and the ability, flowers are free for the taking.

Look for the two flower beds as you walk in the upper deer gate. This area, the midway as we call it, is bordered by the herb garden on the left and the flower garden on the right and is now home to a picnic table with an awning. Members may pick flowers on any day between 8am—6 pm. Look for more details at the flower patch. Signage and supplies are in the works.



CALENDAR

June 27: Wednesday distribution

K.C. distribution: Steve Linehan & Crystal Rice

farm workers: Kay Smith, Laura Nelson, Robert, Teresa & Brittany Baumli

June 30: Saturday distribution

farm workers: Sara & G O'Connell, Martha Hufford, Doris Bender, Ben & Lara Pabst

Recipes

After a difficult week it is good to be home and cooking again. I appreciate the many condolences, as well as the pitching in that occurred to help during our absence.

It was nice, on getting home Saturday, to have a pot of curry soup that Libby made to help out Rebecca. We ate it for 2 nights and thought it was great. I got the recipe from Libby, and tried it out with good results. It is the type of soup that gets better over the first few days. Just add a little coconut milk or water when reheating.

Clean out the Fridge Curry Soup

You can add a mix of just about any vegetable you have on hand.

Ingredients:

- ◇ 2 kohlrabi
- ◇ 2 beets with tops
- ◇ 1-1/2 cups carrots
- ◇ 2 cups of lentils (or 1 cup lentils & 1 cup millet)
- ◇ 2 tbsp each crushed cumin, crushed coriander, tumeric, curry powder and fresh ginger
- ◇ 2 quarts water
- ◇ 2 onions
- ◇ 4 garlic scapes or 2 cloves of garlic
- ◇ 2 tbsp ghee or olive oil
- ◇ 1 cup coconut milk
- ◇ Thai basil for garnish

Method:

- ◇ Peel the kohlrabi and beets
- ◇ Chop the kohlrabi, beets and carrots and add them to a large soup pan with half the spices and enough water to cover.
- ◇ Bring to a boil for 5 minutes, then lower heat and cook for 20 minutes or until the lentils are soft.
- ◇ While soup is cooking, sauté the onions in a skillet

- with the garlic scapes and the remaining spices
- ◇ Chop up the beet greens and add them with the onions to the soup.
- ◇ Cook 10 minutes more. Add coconut milk, top with chopped thai basil and serve.

Potato and Kohlrabi with Pesto

Yet another way to use kohlrabi. You can make this dish with all potatoes, all kohlrabi, or the mix in the recipe. We had ours with a garlic scape pesto.

Ingredients:

- ◇ 1 quart new potatoes, chopped
- ◇ 1 to 2 kohlrabi, peeled and chopped
- ◇ 3 spring onions, chopped into thin slices
- ◇ 1 tbsp butter
- ◇ 2 tbsp olive oil
- ◇ 1 tsp salt
- ◇ 1/2 cup water
- ◇ 1 cup pesto (see below)

To make the pesto, in a food processor chop together 2 cups garlic scapes or basil, 1 cup nuts or seeds (pine nuts, walnuts, pumpkin seeds, etc.), 1/2 tsp salt. Slowly add 1/2 cup of extra virgin olive oil. Mix in 1 cup grated Italian cheese.

Method:

- ◇ Heat the olive oil and butter in a soup pan
- ◇ Add the onions and cook 2 minutes over medium high heat
- ◇ Add the kohlrabi and salt and cook 1 minute
- ◇ Add the potatoes, stir and cook for 1 minute
- ◇ Add the water, reduce heat to medium low, cover and cook for 7 to 10 minutes, or until potatoes are tender
- ◇ Toss with the pesto and serve hot or cold

Your Share Items

Carrots

Carrot season has finally begun. These "Mokum" carrots are a survivor of the big freeze. Our new tractor also helped keep the weeds down. These first ones are especially good raw, though they also cook up well.

New Potatoes

Like scallions, green garlic or baby beets, new potatoes are vegetables harvested before the plant is fully mature. We plant lots of potatoes so that we can get some to you before July.

Don't peel the skin of these spuds, as it is tender. Because of this, these potatoes should be refrigerated. The variety this week is "Carola".

Thai and Italian Basil

If you're not acquainted with Thai basil, the recipe to the left is a good way to try it out. It is good with curried and Asian dishes. The Italian or Genovese basil is great in pesto, and as a final touch on a summer squash dish, or in salads.

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