



Volume 4 Issue 7, June 27, 2007

Fair Share Farm CSA Newsletter

IN THE SHARE week 7

Full:

Lettuce
Carrots
Walla Walla onions
Summer squash
Kohlrabi or beets
Cucumbers
Kale, komatsuna or chard
Basil, parsley or oregano

Partial:

Carrots
Walla Walla onions
Summer squash & cucumbers
Kale, komatsuna or chard
Basil or Parsley

Next week: More lettuce, summer squash, cucumbers, carrots & beets. Fresh garlic. Green beans should begin in small quantities.

— farm report —

This week we continue work on several familiar fronts. Another succession planting of summer squash, cucumbers and melons went in. The never-ending work of weeding and tomato-trellising continues. As does the harvest. The summer squash is producing well. The second planting is now producing as some of the first are lost to the various bugs & illnesses that befall its kind. A dozen or so ripening tomatoes will hopefully be joined soon by many others. With spring behind us, the irrigation system is ready to be laid later this week.

— masked bandits —

The raccoons have been especially disruptive lately — digging holes to access some old plumbing lines, ransacking the barn, getting into the

corn patch and eating green tomatoes off the vine. My theory of a rabid one has yet to pan out. Today Tom bought a second *Havahart* trap. One trap will stay in the corn patch while the other is in the barn. Wish our captives good luck in their new homes on the far side of the farm.

— Tote bags —

Our CSA tote bag project has been a huge success with only a few bags remaining. For those who have paid for a bag but not yet picked one up, don't miss your chance. Contact the farm to have one sent to your distribution point.

— Garlic harvest —

Tomorrow's farm workers will help us begin the harvest of the stinking rose. Each of the 3,000 bulbs will be pulled

by hand over the next few weeks as each variety reaches maturity. The garlic plants are sorted by size, bunched and hung in the upper part of our old tobacco-drying barn. After a month the heads will have cured and will be ready for cleaning. Next week you will get some fresh in your share to hold you over until the curing process is complete. We love garlic and so does the membership, so we plant a lot. We save the best heads for next season's seed, with each clove making a head. Our goal is to have garlic in the shares every other week for the rest of the season plus some extra for the bulk list and braiding.

— Thank you —

Tom and I wish to thank you all for the many kind thoughts and prayers with the passing of Tom's mom. We are very grateful that it was possible for both of us to attend the services during a busy time at the farm. Thanks to the many who helped out on the farm and at distribution.

CALENDAR

July 4: Wednesday distribution

K.C. distribution: Robert & Teresa Baumli
farm workers: April Cochran, Cheryl Ritter-Matye, Joe Matye, Amy Christensen & Chris Packham

July 7: Saturday distribution

farm workers: Melinda Freeling, Aaron Matthews, Kathi Whitman, Maneesh Jhunjunwala, Klamm (3)



Recipes

Zucchini and Summer Squash Casserole

Member Max Hetherington has made it a nice habit of cooking a lunch for sharing on her CSA farm days. Saturday she brought this casserole with turkey sausage. I've made it vegetarian, but used sausage herbs to try to match the savory flavor.

Ingredients:

- ◇ 2 cups cooked rice
- ◇ 2 cups zucchini/summer squash, coarsely grated
- ◇ 3 tbsp minced parsley
- ◇ 3 tbsp minced fresh oregano, or 1-1/2 tbsp dried
- ◇ 1 cup freshly grated Parmesan cheese
- ◇ 1 large garlic clove, minced
- ◇ 2 Tbsp olive oil (optional)
- ◇ 2 large eggs, slightly beaten

Topping

- ◇ 1 cup fresh bread crumbs
- ◇ 2 Tbsp freshly grated Parmesan cheese
- ◇ 1 Tablespoon olive oil

Method:

- ◇ Preheat oven to 350° F
- ◇ Thoroughly stir together the rice, zucchini, parsley, oregano, cheese, garlic, oil, and eggs.
- ◇ Turn into a large shallow baking dish or pie pan.
- ◇ Sprinkle with topping
- ◇ Bake in a 350° F oven until browned, about 40 minutes. Serve hot.



Your Share Items

Zucchini and Summer Squashes

While we might be overwhelming you with squash right now, we hope you realize your squash options. We grow 4 varieties of zucchini and 4 of summer squash. We pick them every Tuesday and Friday, harvesting from "baby" size to as big as they are.

They are colored all shades of green and yellow and each have their own unique shape. The main size we put in your share are medium. We also send in some bags of "baby" in the Swap Box, and large ones are "Take What You Want" at the end of the line. We hope that having some variety and choice helps keep you from getting "squashed out" too soon.

Walla Walla Onions

The onions are in their final growth stage of bulbing out, before dying and drying back. You will be getting mainly sweet onions over the next several weeks, as they mature earliest and don't keep as well as others. These Walla Walla's are particularly sweet and excellent fresh in all kinds of salads.

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THE BULK LIST

We hope you all are familiar with the Bulk List. Posted at each distribution's sign-in table, it is a list of surplus produce for sale. You can order bulk items by either:

- a) writing your order on the bulk list (it will be forwarded to us at the farm); or,
- b) emailing it to us; or,
- c) calling us.

The Bulk List is also posted on our website. Just go to <http://www.fairsharefarm.com/info/shareholders.html>, to find the week's list.

PICKLING CUCUMBERS

For those of you who make pickles, the pickling cucumbers are starting to accumulate. We have gotten a couple of harvests off the plants and are hoping for a few more before they die back. We also have a supply of dill flowers, if you plan on making dill pickles or dilly beans.

We pick the cucumbers and grade them into 3 sizes, cornichon (pinky size and smaller), jar size (good for packing into large mouth jars, and large (for cutting into chunks or spears). We then sell them in 4 quart pack that includes some garlic, hot peppers, onion, and your choice of herb (ie, dill flowers).