



May 25, 2005

Volume 2, Issue 3w

# Fair Share Farm CSA Newsletter

## This Week's Share:

### Full Share:

Lettuce  
Tatsoi or Cabbage  
Broccoli  
Sugarsnap peas  
Green onions, Radishes, or Kohlrabi  
Hakurei turnips  
Cilantro or Dill  
Garlic scapes

### Partial Share:

Lettuce  
Tatsoi  
Broccoli or Sugarsnap peas  
Green onions, Radishes, or Kohlrabi  
Hakurei turnips  
Garlic scapes

**Share box:** Dried red peppers, Lettuce, Garlic greens, Arugula & Cilantro.

**Next week:** lettuce, sugar snap peas, radishes, green onions.

## Calendar

June 1st — Distribution, Wednesdays

June 4th/5th — Distribution, Weekend

The pace of activity at Fair Share Farm has picked up in the last week. Summer is almost upon us with many projects to complete before the really hot weather sets in. The assistance from our new intern, Amy, is making a big difference. To learn more about her check out her note to you below.

We're nearing the end of planting the summer crops. The greenhouse is almost completely empty and the fields are filling up. Now comes the gap in the schedule after summer crops are all planted and before the fall crops need to be

started. A long list of other projects fills in the gap with tomato trellising, hoeing those weeds, mulching, and of course that deer fence. Last weekend Tom, along with Rebecca's father, split another 70 fence posts making the total around 120 or so—close enough to start setting posts.

The fields are filling up with all the summer favorites: tomatoes, basil, peppers, eggplant. The sweet corn is up, as are the okra and the beans. Green tomatoes hang on the hybrid plants. Tiny yellow fruits have started forming on the summer squash plants.

But not so fast! Summer is not here yet and we have just begun to pick the jewels of the Spring garden: broccoli, cabbage, asian greens, peas, radishes, kohlrabi. And new this year: spring turnips—so tender and tasty! While tomatoes, beans, and corn are most folks faves, being a CSA member means that you have the unique opportunity to really delve into the tastes of Spring. Tonight we sampled the recipes on the back of the newsletter and darn it if they're not as good as any summer fare. So, enjoy the Spring—the cool breezes and all the greenery. Summer will be here soon enough!

Hello C.S.A.'s! My name is Amy Bousman and I am honored to introduce myself as Fair Share Farm's first intern. I met Tom and Rebecca last summer when I was working for Local Harvest in Kansas City. Previous to that I went to the Sinte Gleska University on the Rosebud Reservation in South Dakota. I graduated last year with a Bachelor of Art with emphasis' in sculpture, psychology, and American Indian Studies.

My interests in organic goodness began when I discovered the bad health issues that were linked to government issued food commodities on the reservation. When I moved back home to Kansas City last year, I began to realize the importance of the overall health of family and community. I strongly believe that organic living improves and sustains good health.

My main reason for wanting to work on an organic farm is to help provide good health (in body, mind, and spirit) for that of my family, community, and self. Near the end of August I will be going to the Herb Pharm in Oregon for a nine week Herbaculture work-study program where I will continue my natural living education.

This past week has been quite intense. I've quickly gained a newfound and firsthand respect for the love, time, and hard work that goes into organic farming. Many thanks to Tom and Rebecca for their kindness for expanding my mind and muscles; and many thanks to you all for being a part of Fair Share Farm!

## Recipes

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### Correction

We have been getting a lot of feedback from all of you and appreciate the interest. One consistent comment was that the leek and pasta recipe was delicious, but should call for only 8 oz of pasta (I agree). As the recipe was an extrapolation, my calculation was in err (and me a former engineer.)

### Kohlrabi Saute with Garlic and Lemon Juice (adapted from [www.seabreezed.com](http://www.seabreezed.com))

2 medium kohlrabies, well peeled and coarsely grated  
 1 clove garlic or 3 garlic scapes, chopped  
 1 tbsp butter  
 1 tbsp olive oil  
 1 medium onion or leek  
 1 bunch Hakurei turnips, diced (optional)  
 1 tbsp lemon juice  
 2 tbsp parsley (or dill) chopped

### The Recipe Page

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Emily Atkins wins the prize (an extra couple pounds of tomatoes, or vege of her choice) for being the first member to use the website's "submit a recipe" link. As this is a brand new feature, I didn't even know for sure how well it would work, but it's great! We tried the Kohlrabi Sauté and thought it was excellent. We tried it too with some of this week's share's ingredients and it

2 tbsp sour cream  
 Salt & pepper to taste  
 In a skillet, heat butter and olive oil. Add garlic and onion, sauté for 3 to 4 minutes. Add kohlrabi (and turnips) and sauté for 5 more minutes, until kohlrabi is tender and crisp. Stir in lemon juice and parsley (or dill), then season with salt and pepper to taste. Stir in sour cream and serve hot.

### Garlic Scape Pesto

This is a little garlicky, but milder than bulb garlic would be.  
 10 to 12 garlic scapes (about 1 cup)  
 1/2 cup pine nuts  
 1/2 cup olive oil  
 1/2 cup Parmesan cheese, grated  
 Salt & pepper to taste  
 Add the scapes and pine nuts to a blender/food processor. Chop coarsely and then add half the olive oil and blend. Add the remaining olive oil and blend into a coarse puree. Stir in the cheese, salt and pepper. Serve over pasta.

was equally good (see above.)

If you have a recipe to submit just click on the link and follow the instructions. It then gets emailed to us. We will keep it on file for now, and over time, compile them onto the website for everyone's use. We also appreciate the opportunity to use them in the newsletter.

## Your Share Items

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### Hakurei Turnips

This is the first year we have (successfully) grown this vegetable. Like every other vegetable, we have had to figure it out for our farm. Last year they did not produce at all due presumably to wetness, and the fact that they weren't covered (this year they are.) If you have a turnip phobia, try to lose it, for these have their own unique texture and flavor. Like kohlrabi, their crunchiness makes them ideal for salads, crudités or slaw. The tops are also good cooked as greens.

### Peas

While this year's peas have gotten off to a slow start, and have taken a beating from the voles, we are hoping for a nice harvest over the next several weeks. We grow several type of peas, each with their own growing habits, flavors, and cooking styles.

Last week the full shares received **Sugar Snap Peas**. These small, plump peas have edible pods (though a quick stringing helps). They are sweet and juicy and are perhaps best eaten fresh with a creamy dip (see Week 1 from last year for *Creamy Lemon Herb Dressing*.)

Possibly next week we will have an edible pod **Snow Pea** called Mammoth Melting. They are large, sweet, and juicy when mature and are good both fresh and cooked.

The third type pea we are growing are **Shelling Peas**. They are starting to plump up and should also be ready soon. While shelling them is tedious, you will find they are worth it.

### Garlic Scapes

Garlic (and its flavor) comes in many shapes and forms. This year you will get it in four different forms; from garlic greens to garlic scapes to garlic chives to garlic heads.

The garlic scapes are the immature flower heads of the hardneck variety of garlic. We cut them from the plant this time of year to promote growth of the bulbs. They are completely edible and are delicious. Enjoy this seasonal delicacy chopped fresh as you would any other herb, sautéed like bulb garlic, or as a pesto (see this week's Recipe.)

### Storage

All of this vegetables noted above keep well in the crisper of your fridge, especially if you use the ventilated bags we provide.

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