



Volume 4 Issue 9, July 11, 2007

Fair Share Farm CSA Newsletter

IN THE SHARE week 10

Full:

Green beans
Potatoes (x 2)
Tomatoes
Garlic
Beets or cabbage
Summer squash
Basil, parsley or dried herbs
Extra: a cherry tomato snack

Partial:

Green beans
Potatoes
Tomatoes
Cucumbers or green peppers
Garlic
Basil, parsley or dried herbs
Extra: a cherry tomato snack

Next week: More tomatoes, squash, basil & green beans. Carrots and onions return.

—critter update—

The raccoons continue to have their late night meals in our fields. We have succeeded in keeping them out of the packing room, but the tomato patch is another story. We definitely feel the difference in the amount of tomatoes in our harvesting crates. There remain many green tomatoes on the vine and we're hoping that our catch-and-release strategy will eventually make a difference. And alas the sweet corn appears to be a complete bust. The plants grew well and from a distance were quite promising, but our traps and electric fencing were inadequate to prevent the masked marauders from eating every ear of their favorite crop. Similar reports of increased raccoon damage from area farmers make us

wonder. At this point we've begun to think through possible strategies, but are putting off any big decisions until the end of the season.

—snackin' cherries—

With all the above in mind, we do not have enough cherry tomatoes at the moment to make a share item. Instead we are sending in to distribution every cherry tomato we have. Several pints worth will be available to the membership at each distribution point this week. So take a handful to snack on your way home.

—let there be water—

Irrigation was begun in earnest this week. Water is pumped from our irrigation pond to drip tape that runs

along each row of crop. After the usual drama associated with laying out the irrigation system (pump failure, hardware store runs and lots of tape reeling), the crops are getting a nice drink. We laid the lines first on our tender late summer plantings of cucumbers, squashes and melons. We



also irrigated the fall broccoli bed and planted the plants into the wet spots every two feet along the line. While a little messy, we think its worth it to give the plants an easier transition to their new home as the heat and dry weather builds. More lines and more fall planting will soon follow.

—in the news—

A new local magazine, Greenability, hit store shelves recently. Focusing on living green in Kansas City, the first issue focused on food. Fellow FSF CSA member and Certified Dietician, Lisa Markley wrote a fabulous article on her experiences as a local eater along with Farmer Tom's photographs. Also, take the quiz to find out your ecological footprint.

CSA Harvesting—week 10:

If you are coming out to harvest this week, here's what's waiting for you...

Harvesting: basil, parsley, green beans, potatoes, cherry tomatoes.

Other chores: clean garlic, harvest the last of the garlic

CALENDAR

July 25: Wednesday pick-up

farm workers: Jeff & Daniel Minton, Jen Iverson, Mark Sebesta, Michael & Patty Reynolds

K.C. distribution team: Jen Iverson, Ansil Chapin

July 28: Saturday pick-up

farm workers: .(LIB) Cindy Trimble (2), Barbara Loveless, Keith Loveless, Jeri Wood, Linda Medoff

Recipes

Garlicky Tomato and Bread Gratin

Last winter I went through the cooking magazines that have accumulated to search for recipes that mainly contained things that can be in a share. This one is adapted from the January 2004 *Food & Wine*, and was created by Jacques Pepin. His recipe calls for cherry tomatoes, but cutting large tomatoes works fine too, especially if they are different colors.

The local bread only enhances the flavors. Goat, or other local cheese is great to use this way when you have it.

Ingredients:

- ◇ 5 oz one day old bread, cut into 1 inch cubes (I used 4 slices from the heel of a loaf of Bread of Life bread)
- ◇ 2 medium tomatoes, cut into cherry tomato size pieces
- ◇ 1/3 cup extra virgin olive oil
- ◇ 3 cloves of garlic, chopped or thinly sliced
- ◇ 1/2 cup chopped parsley
- ◇ 2/3 cup grated Parmesan or other cheese
- ◇ 1/2 tsp salt
- ◇ 1/4 tsp ground pepper

Method:

- ◇ Preheat oven to 375°. Lightly oil a large casserole type dish. In the dish, toss the bread crumbs with the tomatoes, olive oil, garlic, parsley, Parmesan and salt and pepper.
- ◇ Scrape the mixture into the baking dish and bake in the center of the oven for 30 to 35 minutes, or until the bread cubes are browned and crisp and the tomatoes are very tender.
- ◇ Serve warm or at room temperature.

Green Bean, Potato and Onion Hash

This time of year you can quite literally chop up what's in your share, toss it all together in a pan, and have a great tasting dish. Case in point is the hash below.

Ingredients:

- ◇ 1 lb beans, snapped or cut into 2 inch or smaller pieces
- ◇ 1 ob potatoes, cut into dice
- ◇ 1 medium onion, diced
- ◇ 2 tbsp olive oil
- ◇ 3/4 teaspoon salt
- ◇ 1/4 teaspoon black pepper
- ◇ Parsley for garnish

Method:

- ◇ Sauté the onions in a large skillet over medium high heat until translucent, 1 to 2 minutes
- ◇ Add to beans, potatoes, salt, pepper, and water. Stir and cover. Cook for 15 minutes, or until potatoes are tender. Stir once.
- ◇ Uncover. Stir well, mashing the potatoes some as you do. Lower heat to medium and cook for another 5 to 10 minutes, letting the bottom brown.
- ◇ Top with parsley and or your favorite hot sauce.



Your Share Items

Tomatoes

As the number of tomatoes coming out of the fields slowly increases, so do the uses for these summer favorites. The farm is producing an array of sizes and colors.

The most prominent varieties that you have to choose from include:

Golden Girl—a yellow, sweet tasting hybrid. This is a determinate (bush) variety that we can grow in a cage.

Cherokee Purple—a purple, meaty and flavorful tomato, it can look like a piece of steak when cut in slices from top to bottom. It is an indeterminate type, which means we have to trellis it up as it grows all summer.

Early Girl, Goliath and Celebrity—red hybrids, these are both determinate and indeterminate varieties. They are producing a lot of fruit this year luckily, and we are hoping that their productivity continues to be able to satisfy the CSA's and the raccoons' appetites.

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