



Fair Share Farm CSA Newsletter

IN THE SHARE week 22

Full:

Early Jersey Wakefield Cabbage

Broccoli or Cauliflower

Potatoes

Garlic

Rutabagas

Radishes or Turnips

Green Tomatoes & Green Peppers

Choice of an assortment of greens

Arugula, chives, or marjoram

Partial:

Early Jersey Wakefield Cabbage

Broccoli or Cauliflower

Potatoes

Rutabagas, radishes or turnips

Green Tomatoes & Green Peppers

Arugula, chives, marjoram or garlic

EXTRA:

Carrot seconds or sack of tomatoes

Next week: More cauliflower, cabbage, greens, sweet potatoes, turnips & green peppers. Some broccoli. Leeks return.

—laying the farm to rest—

While the fall crops still take some tending, we've shifted much of our focus to tucking away the farm for the season. The miles of irrigation tape, headers and hoses that keep our crops green all summer must be reeled in. Bean fences, tomato trellising and cages wait to be collected. Anything staying in the field over the winter—the orchard, herb garden, perennial flowers, asparagus and strawberries—require a thick layer of mulch.

Right now we are working on the asparagus. The grasses had been making serious inroads before we descended on the patch weeding out the grass roots and tilling the edges of the beds. So far we have completed one 200 foot bed with several more to go. Once weeded, each plant got a

shovel full of horse manure from our neighbor's horses. Crystal Leaman and Joseph Thomas feed their horses FSF carrot seconds and Chinese herbs producing some of the nicest manure I have ever seen . . . or smelled (think grass with a splash of soil). To top it all off, the CSA crew covered the bed with lots of straw mulch last Saturday.

Fall is a good time to spread manure. The Nat'l Organic Program requires that farmers add manure to their fields no less than 120 days before harvest. Fall fertilizing keeps you well outside of that restriction and gives the plants an extra boost in preparation for our often erratic winters.

—fall back—

These last few weeks of the season are a bit tricky. The shorter days of fall slow

plant growth adding weeks to the 'days to maturity'. To be a good fall farmer you must adjust your planting schedule accordingly. *Will the cauliflower come on before the season is over? When is that darn lettuce going to size up? How many more weeks do the Brussel sprouts need?* With our frost dates fast approaching (average light frost 10/15, average killing frost 10/31), we want the crops to hurry up and get on with it. With that said, we've had many years when the killing frost didn't come until Thanksgiving. It appears the cauliflower has started producing, the lettuce should be back next week and the Brussel sprouts may end up in some extra *Thanksgiving shares* (something we've done in the past when the crops keep coming into November).

Member Farm Shifts

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

For the shares: arugula, lettuce, greens, cabbage, rutabagas, radishes, turnips, leeks, cherry tomatoes, wash potatoes, clean garlic

Other chores: mulch asparagus, dismantle pole bean fencing

CALENDAR

October 17: Wednesday pick-up

farm workers: Jen Iverson, Clif Gillespie

K.C. distribution team: Jessica Bero & Celestine Muhammad

October 20: Saturday pick-up

farm workers: Amy Silvers (Liberty delivery), Ann & Bob Kennedy, Harry Mallin & Lisa Key, Celestine Muhammad

CSA Harvesting Help

With all of the greens to pick and roots to wash, the harvest crews have been very busy. While we had extra time to mulch the asparagus on Saturday, a couple of Weds. went into overtime. Next Wednesday (10/17) we expect to be a bit short on help. If anyone still needs to fulfill their work shifts, now is your chance. Its pretty nice weather and the crops are abundant and muddy! Send us a line or just come on out.

Your Share Items

Green Peppers and Tomatoes

We try to have as little go to waste on the farm as we can. As the sun heads south, and the summer plants no longer have time to ripen, we do our best to save as many green fruits as possible. This includes the more edible ones of tomatoes and peppers.

The tomatoes generally need to be cooked, and can be turned into salsas, relishes and of course, fried green tomatoes. The September 21, 2005 newsletter has a few recipes worth trying. We also recommend this week's recipe of green tomato relish—just the thing to keep in the fridge for all of your fall and winter burgers, brauts and dogs.

The green peppers are not all green, but for the most part they are all in their green stage. The Islander peppers are purple, the Blushing Beauties yellow/white, and most others are simply green. They can be eaten raw or cooked. The October 5, 2005 newsletter has 4 nice variations of Peppers and Onions.

Rutabaga

We suspect that if rutabagas had ears they would be hearing a lot of "what is this?" and "what do I do with this?" this week. To answer those questions, a rutabaga is a cabbage/turnip cross. They are similar to turnips, but with a more creamy color and a bit sweeter taste. Good roasted, fried or mashed, they are best when cooked along with other roots such as potatoes, carrots or garlic.

Early Jersey Wakefield Cabbage

This Spring we were disappointed in our cabbage crop. The Easter freeze and weird weather yielded few cabbages from the 800+ plants we put out. But it is Fall now, and the cabbage crop looks great...so expect cabbage several times over these last weeks.

The variety in this week's share is call Early Jersey Wakefield. We grow them because of their excellent flavor, color and texture; their cool pointy shape; and because we can plant them closer together than other varieties, yielding more in less bed space. Cabbages will keep well for a month or two if stored in a vented bag in your refrigerator crisper drawer.

Marjoram

One thing you notice right away with marjoram is its wonderful aroma. It has a freshness and perfuminess that is unlike most other herbs. Related to oregano (oregano is wild marjoram), it is used in dishes where you want a savory flavor. We add it to tomato sauces, pizza sauces, stews, egg-plant dishes, meats and chicken. If you don't use it right away, it is especially good dried.

Recipes

Green Tomato and Pepper Relish (*adaped from southernfood.about.com*)

When I found this recipe and saw it had 4 items in the share, I figured it must be tried. Put this in a couple jars in the fridge and enjoy it for months to come.

Ingredients

- ◇ 1 medium onion or 1 large leek
- ◇ 1/4 large cabbage
- ◇ 3 small green tomatoes
- ◇ 2 green peppers
- ◇ 2 tbsp salt
- ◇ 1 cup sugar
- ◇ 1 cup vinegar
- ◇ 1/2 cup water
- ◇ 2 tsp celery seed
- ◇ 1/2 tsp turmeric

Method:

- ◇ Clean vegetables and cut into large chunks. In a food processor chop them using a pulsing action.
- ◇ Combine onions, cabbage, green tomatoes, peppers and salt; cover and let stand overnight. In the morning drain well.
- ◇ Put vegetables in a large kettle; add sugar, vinegar, water, celery seed and turmeric. Simmer for 20 minutes, stirring frequently.
- ◇ Pack into hot sterilized jars. Let cool and store in the fridge for up to 6 months