2 drops worcestershire sauce

teaspoon basil

teaspoon rosemary

(can tomato paste)

it up a bit more.

teaspoon thyme



BY LAURIE SCHWARM

This fantastic Kansas spring is nearly over and soon we'll be living through those hot, muggy, summer days. When the weather is hot and you are working in

your garden, what is it that you are picking? That's right -TOMATOES! Everyone seems to grow tomatoes and everybody soon has. too many of the rascals around.

A few years ago when I got tired of sliced tomatoes, stuffed tomatoes, and gazpacho and there were two dozen tomatoes staring me in the face I found the perfect solution to the problem (without having to can). I made Italian tomato sauce and froze it in quart jars. It freezes wonderfully and it is a real pleasure to have homemade sauce for spaghetti, lasagna, omelets, or whatever throughout the year.

ITALIAN TOMATO SAUCE

4 tablespoons olive oil 2 medium onions chopped

2 large cloves garlic minced 12 tomatoes peeled and chopped 2 teaspoons salt

13 teaspoons sugar l teaspoon oregano

Saute the onions and garlic in the olive oil in a large pot until tender. Dip the tomatoes in boiling water and then peel and chop them. Add them and the rest of the ingredients (being careful to crush the herbs) to the pot and simmer for two hours. I add a half a small can of tomato paste at the end just to thicken

Zucchini, cooked until barely tender, and diced is delicious added to this sauce right before serving.

A LOOK AT FANSHEN A passer-by might be hard pressed

Located just off Leavenworth County Road 5, its spring-green 80 acres accommodate a white shingle farmhouse, an old barn, a few outbuildings, a couple of vegetable gardens, some fruit trees, two ponds, and a barnyard population suitably made up of a dog, a horse, two rabbits, three pigs, a few cats, several chickens, and 12 cows. Its blend of 35 acres of cultivated land and 30 acres of timber would satisfy anyone in search of good hard work

to distinguish Fanshen Farm from its

rural neighbors.

But for Co-op members and customers alike, Fanshen Farm holds a deeper meaning. It is the main source of some of our basic necessities -wheat, field corn, and field and vegetable soybeans. These foods are all the more valuable to us because they are grown without chemical fertilizers, pesticides, or herbicides.

and rustic beauty and serenity.

Duane and Betsy Evans and John Stitz bought the farm in 1974. They were able to put in their first crop of soybeans that year, and every year since has provided them with added experience to make this year feel "really organized," claims Betsy. Duane and Betsy have three children - Josh, Rafe, and Jadee.

Like most farmers, John, Duane, and Betsy have needed outside jobs to supplement their income. Fortunately these jobs have been satisfying ones. Duane is a counselor at Bert Nash Mental Health Center in Lawrence. Betsy calls herself a "floater" at St. Mary's College in Leavenworth, where she is involved in projects from catalogs to computers. John is a counselor at St. Mary's and is also working towards a doctorate in Land Reform - a degree he's almost created by himself.

beans were the field variety small and hard with a black dot. This year, upon the Co-op's request, they will be planting 10 acres of prize vegetable soybeans. These beans - larger and minus the "dot" - are higher quality but are also harder to grow. Close to har-pre-order list will be drawn up

vest. they tend to pop open and

FANSHEN FAMILY: Jadee, Rafe, Duane, Betsy, Jonathan (their dog), and Josh Evans. Co-owner John Stitz is not pictured.

During the fall, wheat is planted. Six to seven acres yielded 250-300 bushels last year filling the Co-op's annual need for wheat and whole wheat flour. It is harvested in mid-June and if they get it out soon enough, they will be able to plant field soybeans in its place.

Soyneans are planted in early June. Last year 15 acres produced 200 bushels for the Co-op. Most of the pollinated corn. This variety is John, Duane, and Betsy spent almost well as a greeting - Fanshen!

fall on the ground. Harvest time for soybeans comes after the first fall freeze.

Field corn, planted in the spring, is harvested in early fall. The Co-op purchased 50-60 bushels of corn last year - most in the form of corn meal ground by Fanshen's mill. This year, also upon our request, they will be planting open

harder to grow since it is not as drought-resistant; but it is a higher quality corn with larger kernels.

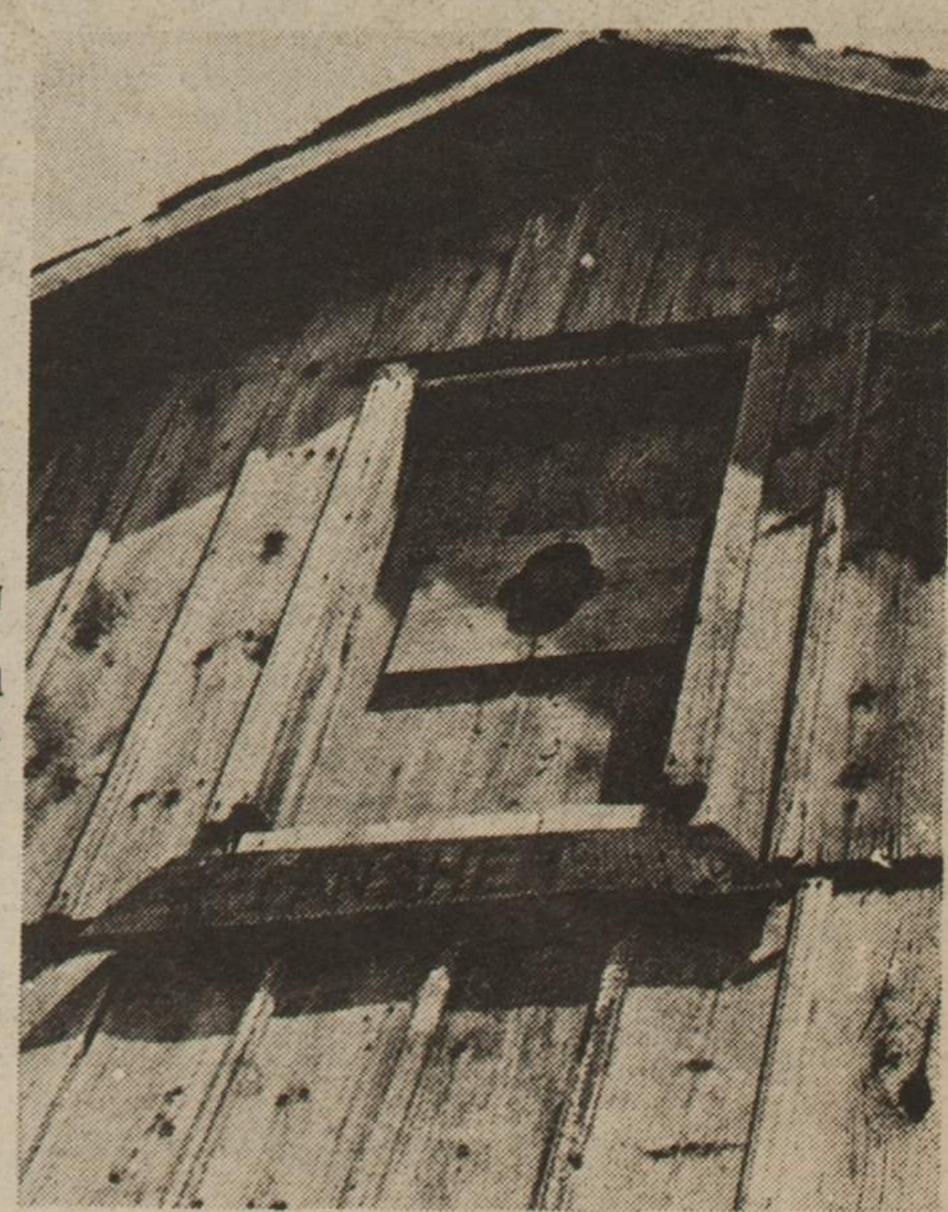
Betsy, Duane, and John also produce sweet corn which will be ready around the end of July. A at the Co-op so that we can take full advantage of this tasty summer treat. Sweet corn is as easy to freeze as it is to e.t.

They are experimenting with popcorn and pinto beans this year, and Duane and Betsy's son, Rafe, is trying his hand at sunflower seeds which he hopes to sell to us.

All too often, "organic" tends to mean what foods are grown without (chemical fertilizers, pesticides, and herbicides), rather than what they are grown with. Organic farming requires greater cultivation of the soil. For example, double cropping (planting soybeans in the same place after the wheat is harvested) helps to keep down the weeds. Crop rotation (planting different crops each season) prevents deterioration of the soil and replaces precious nutrients. Green manure (the practice of plowing under a planted crop while it is green) adds organic matter and nitrogen to the soil.

Last year John, Betsy, and Duane added a few drops of mineral oil to each ear of corn to prevent earworm. They also found that when they planted 60-day corn around their 90-day corn, earworms tended to opt for the 60-day variety. This year they released a special variety of wasps to eliminate the corn borer pest, as well as 1,000 aphid-eating ladybugs.

a month in the People's Republic of China in January, 1975. John made a return trip in 1976. They shared some of their experiences with us through a slide show presentation at the Co-op's Tofu Chili Supper earlier this year. But, according to Betsy, the slides can't get across "the warmth of the people." They took the name of their farm from a Chinese word meaning "roots up," an agricultural term for the practice of turning over the roots in the soil to dry in the sun and to kill the weeds.



Their respect for the Chinese people and the agricultural goals they share with them are signified by a small red star high on the barn wall. Carved in the wood ' below the star - an invitation as