



## PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

### WEEK 11 - BEAN FEST!

The heirloom and other beans Jim planted back in July thrived and are in ample supply this week while beets and cabbage take a hiatus.

If you are interested in buying a share of produce for winter see the sign up sheets at pickup or call Jim and Diann at (815) 432-6238 as they need to be buying seeds now. Prospective winter plantings will include several varieties of greens and salad greens, as well as baby beets, turnips, and carrots. Early spring potatoes also are a possibility.

### On the Farm:

Rain is still eluding the Moore farm where Jim is now irrigating on a daily basis. The recent heat has slowed the development of some crops both in and outside the greenhouses as the plants use their resources to simply survive. However, rain is expected later this week and weekend, which should provide some much needed relief from heat and drought conditions. Keep your fingers crossed.

Meanwhile, the Moores are investigating a soil pH/micronutrient problem that is indicated by the presence of some types of weeds in their fields. Certain weeds often indicate the presence of soil nutrient problems. For example, the presence of thistles typically indicates a nitrogen deficiency. The Moores corroborate such indicators with soil chemistry tests.

If you want to see the now famous Moore farm (which made the cover of last week's *Buzz*) up close and personal, reserve a spot at the Moore's annual farm tour and dinner on the pasture on Sunday, October 5. If you are interested in attending the dinner call (815) 432-6238 to make reservations. Cost is \$10 per person over 6 years old. Less than 20 spots are left. Both vegetarian and nonvegetarian entrees will be provided.

### Deadline for Half-Season Shares Sept. 3

If you have friends who are interested in getting a PCSA half-season share, have them call 239-3686 or 328-0650, or fill out a contract from the website at [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa). Half-season shares start September 3 and end November 19.

### Canning Shares

Next week's offerings are emailed each week. If you don't have email, call 239-3686 for the list. To reserve

canning share produce, call the Moores directly at (815) 432-6238 before 9 pm Monday. Your produce will be delivered with your PCSA share. Since this is outside of your regular share, you'll need to pay the Moores directly. Make checks payable to "Moore Produce and More" and leave them in the "Canning Share" envelope at pickup.

### In Your Share Today

This week's share includes Asian greens, salad mix, dill, traditional green/snap beans, French filet green beans, purple beans, roma beans, sweet onions, and tomatoes.

### Recipes

Thanks to PCSA shareholder Dede Brown for last week's potato salad recipe. If you have recipes you'd like to share, please bring them to pickup; mail them to PCSA, 701 W Washington St., Champaign, IL 61820; or email them to [PCSA@annabarnesmedia.com](mailto:PCSA@annabarnesmedia.com). Additional recipes and storage information are at ([www.prairienet.org/pcsa](http://www.prairienet.org/pcsa)) as are past copies of the newsletter.

### Creamy Horseradish Veggie Dip/Dressing

*Great with French filet green beans...*

2 T mayonnaise, light is fine, can substitute tofu mayonnaise, as well

2 1/2 T dairy or nondairy yogurt

1 T fresh horseradish (more if you want a spicier dip)

Mix together ingredients in a small bowl. Use as a dip for blanched beans. To blanch beans. Plunge into boiling water for 2 minutes or until tender crisp. Drain. Place beans in ice water to cool. Remove. Pat dry with towel. Alternatively, thin dip with milk, plain soymilk, or veggie broth to salad dressing consistency. Use to top a salad of blanched beans on top of baby greens.

### No-Cook Purple Bean Salad

*Heat cooking will turn your purple beans dark green. If you want to preserve as much of their color as possible, try this recipe...*

1/4 c minced sweet onion

2 T olive oil or other salad oil

1 T vinegar (white is fine)

1-2 T chopped dill

1/4 t salt

continued

2 cloves garlic, minced  
pepper to taste  
1 pound purple beans trimmed

Mix all ingredients except beans in a small bowl or large measuring cup. Place beans in a large flat glass baking dish. Pour marinade over beans. Allow to marinate 24 hours in refrigerator. Toss occasionally during marinating time.

### **Penne and Roma Bean Salad**

6 ounces penne pasta  
1/2 pound fresh Roma beans, trimmed and cut diagonally into 1-inch pieces  
1/3 cup Italian salad dressing, or herbed vinaigrette  
1/2 t dried tarragon, crushed  
1/2 t fresh ground black pepper  
1 c finely shredded red cabbage  
4 c mixed baby salad or Asian greens  
2 oz Gorgonzola or other blue cheese (optional)

Cook pasta, adding beans during last 5 minutes of cooking. Drain. Rinse with cool water. Whisk together dressing, tarragon, and pepper. Toss dressing with pasta, beans, and cabbage. For each serving, place a mound of pasta mixture on top of greens. Sprinkle with crumbled cheese if using. Serves 3.

### **Japanese Stewed Potatoes**

Peel 1 pint new potatoes. Cube. Place in small heavy sauce pan. Add water until it just covers potatoes. Bring to boil, skimming foam. After 7 minutes of boiling, add 1 onion, sliced into rings. Cook for five minutes more. Add 3-4 T shoyu and 3 t sugar. Simmer 10 minutes more until potatoes are tender. Adjust shoyu and sugar as necessary. Potatoes should be adequately salted with slight hint of sweetness.

### **Salad Nicoise Dressing**

*from Gourmet, July 2003*

1/4 c red wine vinegar  
2 1/2 T minced shallot  
2 t Dijon mustard  
1 large garlic clove, minced, and mashed to a paste with 1/2 t salt, and optional rounded 1/2 t anchovy paste  
1 c extra virgin olive oil  
1 1/2 t fresh thyme, minced, or 1/2 t dried  
1 1/2 t finely chopped fresh basil

Whisk together ingredients through oil. Add oil in a slow stream to maintain emulsion. Add spices and herbs.

Use half of dressing to drizzle over a composed salad

of 1/2 lb French filet green beans (blanched), 1 lb new potatoes (boiled for 20 minutes, halved, dressed w/ 2 T of dressing prior to salad assembly), 1 lb grilled tuna steaks sliced, 1 oz capers, 2 tomatoes (sliced into wedges), 10 oz Nicoise olives, 3 hard-cooked eggs (cut into wedges), 2 T chopped basil, on top of 1/2 pound mixed greens. Serves 3.

### **Produce Storage and Preparation Tips:**

**Asian Greens, Salad Mix,** - If you aren't eating your greens right away, before storing, soak for 10 minutes in cold water. Drain. Spin out any remaining water in a salad spinner. Or, put them in a thin towel (e.g. flour-sack towel). Gather the ends of the towel together, step outside, and spin your arm like you are doing the backstroke until no more water drains out. Store in a plastic bag (grocery store or zipper closure) with plenty of room for the greens to move around.

**Dill** - Store in plastic bag. Add chopped fresh dill to dips, deviled eggs, potato salad, and baked potatoes. Steam with green beans and potatoes; grill with fish.

**Green beans, Purple beans, French filet green beans (a.k.a. haricot verts)** - Remove tips. Snap into pieces if desired. French filet beans are typically cooked whole. Steam, or blanch beans (boiling water followed by ice water). Steamed or blanched beans are excellent for salads or accompaniments to dips. You also can use a longer cooking method such as the Parthenon Green bean recipe in Week 7's newsletter at [www.prairienet.org/pca](http://www.prairienet.org/pca)

**Onions, Sweet** - Store these in your fridge's vegetable bin not your pantry to avoid spoilage. Slice for sandwiches or salads. Or make a chutney-like onion marmalade. Bring 1 c thinly sliced onions, 1 1/2 T brown sugar, and 6 oz balsamic vinegar to a boil in a heavy sauce pan. Turn to low. Simmer, stirring occasionally for 1 hour until thickened.

**Potatoes, New Orleans Red** - Cook new potatoes in boiling water until fork-tender, about 15 minutes. To grill new potatoes, split in half, brush or mist with oil, season with salt and pepper, grill over direct heat until fork-tender.

**Romabeans** - Remove tips. Slice these Italian-style green beans on the diagonal into 1-2" pieces. Steam, or blanch (boiling water followed by ice water) as you would traditional green beans until tender crisp.

**Tomatoes** - For best flavor, tomatoes should never see the inside of your refrigerator. Leave them stem side down on your counter or in shallow layer in a large collander.