



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WINTER SHARES - See You in the Spring

On behalf of the Moores, Tamra Stallings, and myself (Anna Barnes), thanks for being in the PCSA winter share program. You have helped make PCSA the only CSA in Illinois to offer winter produce!

Unfortunately, as you read in Tamra Stallings' email today, the weather has simply been uncooperative for winter shares for this year. It was simply too cold too soon. Combined with poor growing conditions during the main season which cut yields for potatoes, sweet potatoes, onions, and other storable crops, this has made for slim pickings for January winter shares. Resultingly, this will be the last winter delivery.

That said, the carrots and green onions still look good for early spring pre-season shares. And while the spinach is now going dormant, it will likely find its way into pre-season shares when it breaks dormancy in a few months.

Though produce will be on hiatus until early spring, meat and egg deliveries will continue throughout the winter. Additional eggs will be available after the first of the year. Both eggs and meat are separate from PCSA and must be ordered directly through the Moores. Payment also goes directly to the Moores. Call them at (815) 432-6238 for details.

On the Farm:

If only all the crops could be like the greenhouse lettuce...unfortunately, the lettuce in the hoopouses has endured too many freezes and while it looks gorgeous, it is bitter, very bitter, "so bitter, I've rinsed my mouth with mouthwash twice just to get rid of the taste," says Diann.

This week's delivery will clean out everything from the Moore's current winter storage. With better growing weather next year and the construction of additional winter storage, winter shares should be able to continue in abundance past December next year.

Spinach was originally going to be in our shares this week but was scratched. Believing she could still cut individual leaves in the snow, Diann crawled on her knees and brushed away the snow with her gloved hands. But after twenty minutes, she only had enough for two shares. "I said, 'Enough!' and went to the house. My hands were still numb after several minutes indoors," she explains.

To keep from having to go through this torture next year, the Moores will be planting spinach and kale *inside* the hoopouses instead of the winter lettuce. This should provide ample greens for late winter.

Says Diann, "This has been a real learning experience for us, and we are thankful to everyone for allowing us to experiment on them. We hope that [you] are willing to take a chance on winter shares next year as this is something we want to pursue."

In Your Share Today

Today, your share contains Asian greens/salad mix, beets, brussel sprouts, Chinese cabbage (napa), dill, parsley, kale, potatoes, radish, and winter squash.

Recipes Needed

If you have recipes for PCSA produce that you'd like to share with other shareholders next year, please send them to Anna Barnes at PCSA@annabarnesmedia.com

Several recipes and storage tips already are on the PCSA, which is at www.prairienet.org/pcsa There, you'll also find past issues of the PCSA newsletter.

Recipes

Beets in Orange Sauce

1 c cooked grated beets (shred in food processor or grate by hand before or after cooking)

1 T cornstarch

1 t butter

1/2 c orange juice

Combine all and boil 1 minute and serve.

Sauteed Brussel Sprouts with Garlic and Pine Nuts *adapted from Phyllis M. Carey, Cook's Illustrated, November 1995*

1T olive oil

2 T pine nuts

1 large garlic clove, minced

1/2 pound blanched brussel sprouts (see Produce Storage and Preparation Tips)

Salt and ground black pepper

Heat oil in large skillet over medium heat. Add nuts; cook, stirring frequently, until nuts begin to brown, about 2 minutes. Add garlic; cook until softened, about 1 minute. Stir in sprouts and cook, stirring

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constantly, until heated through, 2 to 3 minutes.
Season to taste with salt and pepper and serve.
Serves 4.

Produce Storage and Preparation Tips:

Baby Asian Greens/Salad Mix - If you aren't eating these right away, soak for 10 min. in cold water. Drain. Remove excess water with salad spinner or a thin towel. Store in a plastic bag with room for the greens to move around.

Beets - For extended storage, trim off leaves and place roots in a paper bag in your refrigerator crisper drawer.

Brussel Sprouts - Store on stalk. Do not overcook to preserve sweet taste. Small sprouts will steam in 6 to 8 minutes, medium in 8 to 10, and large in 10 to 12. For blanching in salted water, small sprouts will be cooked through in 4 to 5 minutes, medium in 5 to 8 minutes, and large in 8 to 12 minutes. Note: cut an 'x' in the base of larger sprouts or cut in half to ensure that they cook through. Add tender-crisp sprouts to crudite platters. Sauteed with butter or bacon, they make excellent sides to roasted poultry, and are excellent in combination with toasted almonds or braised chestnuts. Add quartered brussel sprouts and grated cheese to a baked potato for a vitamin-packed lunch.

Dill - Add a damp paper towel to plastic bag and store in fridge. Add to egg dishes, and steamed or baked potatoes or brussel sprouts.

Chinese Cabbage (Napa) - Store this cabbage in your refrigerator bin to keep it from drying out. Slice horizontally into ribbons and add to stir-fries or steam. Nice mild cabbage for quick soups.

Kale - Green kale needs a couple of frosts to mellow its flavor. Now is the time to enjoy these greens at their peak. Blanch and serve with beans and rice for a hearty winter meal.

Parsley - Cut stems and place in glass of water as you would flowers, or add a damp paper towel to plastic bag and store in fridge. Add to chopped egg dishes, and steamed or baked potatoes or squash.

Potatoes, Red - These potatoes have been in cold storage. You'll need to continue to keep them cool to reduce sprouting. Use boiled, baked, mashed, grilled, or roasted.

Radish - Peel, slice, and add uncooked to salads. Also great with homemade dips and dressings or commercial dressings like Drew's Smokey Tomato Salad Dressing. Or, steam and use as a side dish for mild tofu, fish, poultry, or pork dishes. Steaming will concentrate sweetness.

Winter Squash - Cook now or use as seasonal decorations until you are ready to eat them. Looks great with pine branches and apples. Stores well at room temperature for over a month, or at 50-55°F for most of the winter. Bake. For additional recipes and ideas, see week 17, 21, and 23 newsletters online at www.prairienet.org/pcsa. Also, see winter squash in the website recipe section at www.prairienet.org/pcsa/recipes/winter_squash.htm to learn how to make Squash Cookies with Orange or Vanilla Glaze for a seasonal holiday treat.