



# PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

## WINTER SHARES - DELIVERY 1

On behalf of the Moores, Tamra Stallings, and myself (Anna Barnes), thanks welcome to PCSA's Winter Season. You have helped make PCSA the only CSA in Illinois to offer winter produce!

If you are new to the program, please remember to bring your bag(s) with you to pickup and pickup only the amount specified on the signs at your location. If you do not want or cannot use something, please place it in the Extras box so that others can use it. Feel free to adopt from the Extras box as well. Any produce unclaimed after 6 pm will be donated to charity. Remember, you don't have to personally pickup your produce, you can send a friend or neighbor if you will be unavailable during pickup times. Future pickup dates are Dec. 17, Jan 7, and Jan 21. At this point, February is questionable. Money for January shares (\$26/share) should be mailed to PCSA treasurer/co-coordinator Tamra Stallings at 403 W Vermont in Urbana, zip code 61801.

If you want meat or eggs, these 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:

November freezes were hard on some of the onion family crops for the February shares. However, so far so good for the December lettuces and items for the January shares.

### In Your Share Today

Your share contains Asian greens, dill, spinach, mellow green kale, potatoes, Chinese cabbage (napa), orange carrots, brussel sprouts, and black turtle beans.

Diann Moore advises freezing the beans for a few days before attempting to store them.

### Recipes Needed

If you have recipes for PCSA produce that you'd like to share with other shareholders, please send them to Anna Barnes at [PCSA@annabarnesmedia.com](mailto:PCSA@annabarnesmedia.com)

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

Thanks to PCSA's Tamra Stallings for finding this week's brussel sprout recipe...

## Brussels Sprouts in Mustard Sauce

Combine:

- 1/2 cup plain yogurt
- 2 teaspoons dijon mustard
- 2 teaspoons maple syrup or honey
- 1 teaspoon fresh dill
- salt & pepper to taste

Pour over cooked brussel sprouts.

## Black Beans and Rice

Shell and rinse beans. Soak in cold water overnight. Or, boil for 2 minutes. Remove from heat. Let cool completely. Bring back to a boil and combine with 1 clove minced garlic, 1/2 c chopped onion, 1/4 t cumin, and liquid smoke if desired. Cook for 30 minutes or more until tender. Alternatively add up to 3/4 c. cubed ham, or other smoked/cured meats during cooking. Serve over white rice with cooked kale or spinach on the side.

## Caldo Verde

*adapted from Twelve Months of Monastery Soups*

- 1/4 c olive oil
- 3 onions
- 6 potatoes, peeled and cubed
- 1 napa cabbage
- 8 c chicken or vegetable stock or water
- 1 c white wine (or additional stock)
- salt and peper to taste

Heat a large stock pot. Add oil and saute onions for about 5 minutes, stirring often. Add potatoes, stock, wine, and seasonings. Bring to a boil, then lower heat, cover, and simmer for 30 minutes. After 30 minutes, add napa. Simmer 30 minutes more. Turn off heat, let rest 10 minutes before serving. Serves 6.

## Produce Storage and Preparation Tips:

**Asian Greens** - 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.

**Beans, Black Turtle** - Shell and freeze for at least two days prior to storing. Use as a main dish with rice, tortillas, or cornbread and greens, or as a side to barbecued meats, poultry, or tofu. Excellent in soups.

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**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, 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. Sautéed with butter or bacon, they make excellent sides to roasted poultry, and are excellent in combination with toasted almonds or braised chestnuts.

**Carrots, Orange** - Store in your refrigerator produce drawer with their tops on and sans plastic bag to preserve freshness.

**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.

**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.

**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. Properly stored, you'll be able to use them in stews later through winter.

**Spinach** - As those of you who've been to the farm know, the Moores raise our crops on very sandy soil. Rinse well and enjoy fresh in salads, or cooked via steaming or blanching.