



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 5 - WATER, WATER EVERYWHERE!

Since the 4th of July, the Moore farm has had **14 inches of rain!** See photos at pickup. Japanese beetles also have made their presence known at the farm. But, there is a bright spot, see “On the Farm” for details.

On the Farm:

With the farm being bordered on one side by the Iroquois River, 14 inches of rain has made for wet conditions to say the least. That, and 5:30 am harvesting to beat the rains. The flooding has been so severe, that the Moore’s road was opened for the first time in a week today. Earlier in the week, a local entrepreneur was offering airboat rides across the flooded fields east of the Moore’s farm. Thankfully, all the animals had grazed to higher ground in recent weeks so they were out of the flooding. However, the hens have made it clear from their egg numbers that they do not appreciate thunderstorms.

Unfortunately, some crops didn’t fare as well as the animals. The salad turnips presently are rotting in the water logged soil. Many blueberries also were pelted off the bushes. Japanese beetles also were after the blueberries, but that’s another story. Between the rain, heat, and beetles, next week will be the end of the blueberries. So far, the potatoes, carrots, and other root crops are holding their own. However, only time will tell the fate of the recently planted crowder peas and heirloom beans. These may have washed to one end of the field, or they may have been pelted deeper in place. While the greenhouse tomatoes should be coming next week, their outdoor cousins are coming more slowly as they are literally being beaten by rain. The wet soil also is holding up planting in the fields. To compensate, Jim and Wes have been planting as many crops as possible in the greenhouses.

Weeding also is getting behind as it has been too wet to cultivate. If you can spare a few hours to help weed, the Moores can sure use your help. Call (815) 432-6238 to arrange a time and get directions.

The one bright spot this week was that the Moores were able to **pay off their operating loan a full two months early** thanks to PCSA. “We have never been able to do this before,” explains Diann. This takes a big stress off us during what has turned into a stressful time with all the rain. We are very thankful to all the PCSA members and egg shareholders for their

support, and all of their positive comments at pickup and market.”

In Your Share Today:

This week’s share includes blueberries, New Orleans red potatoes, green beans, beets, carrots, zucchini/summer squash, basil, parsley, onions, and kohlrabi.

The onions haven’t been dried, so you should refrigerate them and plan on using them in the next couple of weeks.

Salad mix and Asian greens should be back in your share in a couple of weeks.

Canning Shares:

We email the current week’s offerings on Sunday. (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 on Wednesday 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.

Recipes:

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 Additional recipes and storage information are at (www.prairienet.org/pcsa)

Green bean - New Potato Salad

adapted from Farm Fresh Recipes

1 lb new potatoes
1/2 lb+ green beans
1/4 c bottled vinaigrette dressing
ground black pepper to taste

Wash potatoes and trim beans. Add potatoes to a pot of boiling water; boil 10 minutes. Add beans. Boil 5 minutes more. Take care not to over cook. Drain.

Place in a salad bowl. Add dressing. Toss gently. Serve hot, warm, or cold.

Beet Burgers

from Farm Fresh Recipes

4 fresh beets
2 sprigs fresh basil, chopped

continued

1/2 medium onion, chopped
2 eggs beaten
salt and ground black pepper to taste
1/4 to 2/3 cup of flour
olive oil
mozzarella slices
burger buns

Trim beet tops and roots. Save leaves for greens. Grate beets or shred in a food processor. Transfer to a mixing bowl. Add basil, onion, egg, salt, and pepper, and mix. Mix in just enough flour to make the mixture stick together. Form into patties 1/2 inch thick. (Do not make too thick or burgers will not cook through.) Heat 1/4 inch of oil in a skillet. Fry the patties 2-3 minutes on one side until crispy. Turn. Place cheese on top. Fry bottom side about 2-3 minutes more. Remove from skillet. Serves 4 to 8.

Braised Parslied Carrots

from Farm Fresh Recipes

1 c beef or vegetable stock
1 lb baby carrots, or mature carrots cut into 2" pieces
1 t honey
1 T butter or margarine
2 T minced fresh parsley

In a sauce pan, bring broth to a boil. Add carrots, honey, butter and parsley. Cover and simmer 4 to 5 minutes. Remove carrots to a warm serving platter. Continue to simmer broth 15 to 20 minutes, until volume of liquid is reduced to just 2 T. Return carrots to pan, toss in sauce. Return to platter. Serve at once.

Kohlrabi Slaw

from Farm Fresh Recipes

1 1/2 lbs kohlrabi, stems and leaves removed
2 medium carrots
2 T minced onion
1/3 c reduced fat sour cream
1/3 c reduced fat mayonaise
1 T dijon mustard
2 T lemon juice
2 T chopped fresh dill
2 T chopped fresh parsley
black pepper to taste

Using a paring knife, peel away outer green layer of kohlrabi. Peel and shred carrots. Combine remaining ingredients in a bowl. Mix. Stir in kohlrabi and carrots, coating evenly with dressing. Serves 6.

Produce Storage and Preparation Tips:

Basil - Cut stems and place in water like a flower if not using immediately. Thinly sliced basil leaves are good with steamed potatoes and green beans. Or, add them fresh to salads, or grilled squash.

Beets - You can eat both the greens and the roots. Steam or blanch greens. To blanch, plunge the leaves in boiling water for 2+ minutes until they start to soften, remove, plunge into ice water. For extended storage, trim off leaves and place in a paper bag in your refrigerator crisper drawer.

Blueberries - If you don't eat them all from the container, top blueberries with a dollop of yogurt, a tablespoon of honey, and sprinkle with granola.

Carrots - Store these in your refrigerator produce drawer with their tops on and sans plastic bag to preserve freshness. New organic carrots don't necessarily have to be peeled, simply wash and scrub them with a vegetable brush.

Green Beans - Remove tips. Snap into pieces if desired. Steam, or blanch (boiling water followed by ice water). Steamed or blanched beans can be part of main dish salads. They also go well with a variety of dips and dressings.

Kohlrabi - Store kohlrabies with the leaves on if possible. You can eat the leaves like Asian cabbages. Chop and add them to stir fries or cook them as a side dish. Large kohlrabies are good peeled and shredded into slaws. Smaller kohlrabies are good in gratins, or slice and eat them as part of a vegetable platter.

Onions - These have not been dried for long-term storage so you'll want to store them in your refrigerator vegetable bin sans plastic bag.

Parsley - Cut stems and place in water like a flower if you aren't using it immediately. Chopped parsley is good with steamed potatoes and carrots. It also is a good addition to mixed green salads.

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

Summer Squash, Zucchini - Add to salads fresh or grilled. To grill, split in half, brush or mist with oil, season with salt and pepper, and cook over direct heat until fork-tender. For a simple salad, drizzle squash with balsamic or other mild vinegar and sprinkle with grated Parmesan cheese.