



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 4 - FRUIT ARRIVES!

The blueberries are here! Extreme heat has brought a number of crops on faster than usual and has taken its toll on others. This week marks the end of the peas and favas. **If you aren't using your favas immediately, shell them so the surrounding pods don't cause them to spoil.** As always, please mark yourself off the checklist. This week also marks the first round of canning shares, see "New: Canning Shares" for details. Corn sign-up is continuing. And, if you would like to get eggs, call 239-3686.

In Your Share Today:

This week's share includes blueberries, arrowhead cabbage, New Orleans red potatoes, English shelling peas, zucchini, summer squash, favas, mesclun salad mix, Asian greens, and green beans. Because blueberries are a high-value crop, they limit the amount of other crops in the share somewhat.

On the Farm:

The Moores have endured a seeming monsoon as of late, with multiple substantial rains almost every day. This has made harvesting "interesting to say the least," says Diann who waded mud to pick the blueberries and the last of the English peas. Excessive heat has pushed the sugar snaps and snowpeas past prime, so we'll say goodbye to them for now. The heat was so powerful, that blueberries were ripening by the hour, says Diann. "Jim picked ripe berries off the bushes I had picked only hours earlier."

Rain and resulting mud also posed problems for getting the greenbean harvester into the field. This machine is the only fully mechanized picker that the Moores own. Though crops like potatoes can be dug via tractor, they must all be picked up by hand. Not surprisingly, our beans came from the higher part of the field this week. The heat also has put salad mix and Asian greens on hiatus for next week, though they may return the following week. Near-100 degree temperatures proved too much for the germinating lettuce seedlings. Early-stage salad mix is now relegated to the cooler.

And though their outdoor cousins have been pelted with rain as of late, the green house tomatoes "are looking good," says Diann. These tomatoes, which grow directly in the soil of the greenhouse, should be

coming shortly. Speaking of soil, if you are in the mood to get your hands dirty, the Moores can always use your help. Call (815) 432-6238 to arrange a time and get directions. A CSA work day to harvest onions is scheduled for later this summer, call 239-3686 for details. Carpools are forming now. This is a great way to get to know the PCSA farmers and the farm.

New: Canning Shares

Throughout the season, the Moores are making extra amounts produce available to PCSA members for canning, freezing, or to use fresh for parties/events. We will email you with the current week's offerings on Saturday. (If you don't have email, call 239-3686.) You will have until 10 pm Monday to reserve your produce. It will then be delivered on Wednesday with your 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)

Cabbage with Buttered Bread Crumbs

from Nancy Hoetker

Core and slice or shred cabbage. Boil until tender crisp in salted water or stock. Drain. Top with buttered bread crumbs.

Fava and Potato Market Salad

1/4 c cider vinegar

1 clove garlic, finely minced

1 t curry powder

1/4 - 1/3 t salt

1 1/2 T dairy or nondairy yogurt

1/2 c olive oil, extra virgin if available

1 bunch fresh fava beans, shelled

2, 2"-diam new potatoes, or 4 smaller potatoes

2 handfuls mixed salad greens

Wisk first six ingredients together, adding oil slowly to maintain emulsion. Set aside. Boil 1 1/2 quarts of salted water in a small pan. Add potatoes whole and

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unpeeled. Cook 15 minutes or until fork tender. Remove from water and set aside. When cool enough to handle, slice into 1/4" slices. Using still boiling water, cook favas using directions in "Produce Storage..." and reserve. Arrange greens on two serving plates. Top with potato slices. Sprinkle on favas. Drizzle with dressing as desired. Serves 2.

Not the most authentic version, but a great way to enjoy the bounty of the season here in the Midwest...

Salad Nicoise

adapted from The Victory Garden Cookbook

1/4 lb green beans
1/2 pt new potatoes
3 T chopped green onion
1 t chopped fresh parsley
fresh ground pepper and salt
2 hard boiled eggs
1 bag salad mix
6 oz olive oil packed tuna, drained
1/8 c Nicoise olives (available at ArtMart & World Harvest)
1/2 T capers (optional)

Bring 2 qts salted water to boil. Add green beans. When tender crisp, remove from water. Place in ice water to cool. To boiling water, add potatoes to boiling water. Cook 15 minutes or until tender. When just cool enough to handle, slice into wedges into a bowl. Toss with onion, parsley, pepper and salt. Set aside. Place eggs in a pan and cover with cold water. Bring to a boil. Remove from heat, cover pan and let stand 15 minutes. Drain; cool immediately under cold running water. Peel, cut into wedges. On a platter, arrange greens. Top with green beans. Place tuna in the middle. Encircle with eggs and potatoes. Scatter on olives and capers if using. Drizzle with a mustardy vinaigrette as desired: Mash 1 clove garlic with 1/4 t salt. Add 2 T wine vinegar and 1/4 t Dijon mustard. Whisk in 9 T olive oil, 1 T at a time. Add freshly ground pepper to taste. Makes 2/3 cup. Serves 2

Sauteed Squash and Pasta

1/2 lb zucchini and/or summer squash
2 T chopped onion
1 T chopped basil
fresh ground pepper and salt
1 T olive oil
1/2 lb pasta

Cook 1/2 lb pasta. Meanwhile, coarsely shred or julienne squash with a large hand grater or food

processor. Squeeze out water. Heat oil in a frying pan. Saute squash, onion, basil. Sprinkle with salt and pepper. Cook 2-3 minutes until tender. Toss with drained pasta. Adjust seasonings, add additional olive oil and/or sprinkle with grated Parmesan if desired.

Produce Storage and Preparation Tips:

Asian Greens, Mesclun Salad Mix, - If you aren't eating these 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.

Blueberries - As if we need to tell you what to do with these! If you don't eat all of your berries directly from the basket, sprinkle a few on top of a baby greens salad, with chopped nuts and a berry-flavored vinaigrette.

Cabbage, Arrowhead - More common to the East Coast, slice or shred this pointy headed cabbage for summer slaws and salads.

Fava Beans - Plunge shelled favas into rapidly boiling salted water for 1-2 minutes, up to 2 1/2 minutes for more larger, more mature beans (<1"). Remove the beans from the water and immediately immerse in ice water. This stops the cooking, preserving their color and texture. When cool, pinch off the loosened outer skins.

Green Beans - Remove tips. Snap into pieces if desired. Steam, or blanch (boiling water followed by ice water). Steamed or blanched beans are good not only as side dishes, but as part of market salads, like the classic Nicoise, and as part of veggie trays. They go well with a variety of dips and dressings.

Peas, English shelling - Shell. Blanch-drop in boiling salted water 2-4 minutes. Then, plunge into ice water. Add to salads or pasta dishes. Try with chopped fresh mint (1t. to 1 c peas).

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.