



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 23 - GIVING THANKS...

On behalf of the Moores, Tamra Stallings, and myself (Anna Barnes), thanks for a great year!

We hope to see you back next year, some of you as early as December! If you haven't sent in your share reservation, please do so ASAP. All it takes to reserve your share is a \$25 deposit and a completed contract, online at www.prairienet.org/pcsa You can pay the remainder next year in installments if necessary.

On the Farm:

Unusually warm temperatures are making chores like washing potatoes and digging turnips infinitely more pleasant.

The hens are now in the poly barn as the Moores wait for the rest of the nesting boxes to arrive.

Meanwhile, planning continues for next year. The Moores hope to be adding black turtle beans, purple kohlrabi, poblano peppers, cauliflower, mache, and rainbow chard, fingerling potatoes, and more to next year's plantings. Of course weather will determine ultimately, what we get. Me, I am keeping my fingers crossed for okra, garlic, shallots, and yellow doll watermelons.

In Your Share Today

Your share contains basil, spinach, mellow green kale, spaghetti squash, mixed baby salad greens, sweet potatoes (your choice of fingerlings or larger bakers), turnip roots, potatoes, orange carrots, and horticultural beans.

As with last week's crowder peas, Diann advises freezing the beans for a few days before using or storing them.

Also, remember that washing your sweet potatoes with water will shorten their storage life. But, if you are using them for Thanksgiving, go ahead and rinse them.

Recipes Needed for 2004!

If you found any recipes for PCSA produce that you'd like to share with other shareholders for next year, please email PCSA@annabarnesmedia.com Your recipes will be added to the website this winter. Several recipes and storage tips already are on the site, which is at www.prairienet.org/pcsa There, you'll also find past copies of the newsletter.

Acorn Squash Stuffed with Blueberries

from The Berry Book

2 acorn squash, about 20 oz each

salt and pepper to taste

cinnamon to taste

1 small apple, peeled, cored, and chopped into medium fine pieces

8 t brown sugar

4 t butter

1 1/2 c fresh or frozen unsweetened blueberries

Preheat oven to 375 degrees F/ Cut squash in half lengthwise. Scoop out and discard the seeds and strings. Cut a little slice from the bottom of each so its sits level. Sprinkle cut sides with salt, pepper, and cinnamon.

Divide chopped apple evenly among the squash halves. Sprinkle each with 2 t. brown sugar and a light shake of cinnamon. Dot each with 1 t butter. Place in a shallow ovenproof dish and pour 1/2-inch of water in dish around them. Cover dish with foil. Bake for 40 to 45 minutes or until squash is tender when pierced with a fork. Remove foil

Put an equal portion of berries in each squash half. Return to oven and bake uncovered for 10 more minutes. Serves 4.

Pumpkin (Squash) Cranberry Cake

adapted by Debbie Downes from "A Passion for Desserts" by Emily Luchetti. Debbie, who was the former owner of Sweet Indulgence, says this is simply the best fall cake ever!

6 oz butter melted

1 c brown sugar

2 c fresh cranberries

1 c chopped pecans

2 eggs

6 T oil

1 c pumpkin or squash puree

1 1/2 c flour

1 c sugar

1 1/2 t baking powder

1 t cinnamon

1/4 t salt.

Combine butter and sugar and spread in the bottom of a lined 9" or 10" cake pan, springform is ideal. On top of this, sprinkle fresh cranberries and chopped pecans. Set aside. In a bowl, mix together eggs, oil, and

more

pumpkin puree. In another bowl, using a fork, mix flour, sugar, baking powder, cinnamon, and salt. Fold dry ingredients into pumpkin mixture, making a smooth paste. Spread batter on top of cranberries. Bake at 350 degrees F for 50 minutes. Let cake cool for 5 to 10 minutes. Turn pan upside down onto serving platter to remove cake.

“Red 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, and liquid smoke, if desired. Cook for 30 minutes or more until tender. Alternatively add up to 3/4 c. cubed ham, a few ounces of bacon, or other smoked/cured meats during cooking.

After beans are cooked, make a roux by heating 1 T oil and 1 T flour. Cook until browned. Add 1/2 c tomato sauce. Add to beans. Simmer for 15 minutes. Serve over white rice with greens.

Spaghetti Squash 101

Baked - Prick squash with a fork so the skin won't burst while cooking. Bake in a preheated 350 oven for 40 minutes or until flesh is tender. When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands.

Boiled - Heat a pan of water large enough to hold the squash. Note: fill the pan with the squash in to prevent boil over. When the water boils, drop the squash in and cook for 20-30 minutes until a fork can easily be inserted into its flesh. When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands.

Microwaved - Cut squash in half and seed. Place 1/2 cut side down in a microwave-safe dish. Add 2 T water. Cover and microwave 10 - 14 minutes or until tender. When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands.

Top squash with butter or olive oil and grated cheese, or use tomato-based pasta sauces. White clam sauce also can work well. Spaghetti squash also can be baked with sauce and cheese like a traditional pasta casserole or gratin.

Produce Storage and Preparation Tips:

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.

Basil - If stems are long enough, cut and place in water like a flower if not using immediately. Alternatively, add a damp paper towel to plastic bag and store in fridge. Add to egg dishes, and steamed or baked potatoes and squash.

Beans, Horticultural - Shell and freeze for at least two days prior to storing. Use as a main dish or as a side.

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

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 crowder peas, sweet potatoes, and cornbread for a traditional Southern meal.

Potatoes, New Orleans 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.

Spaghetti Squash - Oven bake, boil, or microwave this easy to cook vegetable. See preparation instructions at right for recipe ideas.

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.

Sweet Potatoes - Store in a cool dry place. Washing with water will shorten storage life. Bake as you would potatoes. See week 20 newsletter for recipe for preparing fingerling sweet potatoes. Find it online at www.prairienet.org/pcsa/.

Turnips - For turnip roots, thinly slice and add to salads if small. Or, roast as you would potatoes. Mash with olive oil and roasted garlic for an alternative to mashed potatoes. Or add mixture to mashed potatoes for a lighter dish. Great for Thanksgiving!