



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 20 - COUNTING DOWN...

Only three more pickups are left for the 2003 season. Somehow it doesn't seem like five months have passed, but they have. Thanks to storeable crops like squash and dried beans, we will all have food from the Moores through the winter.

If you find yourself pining for tomatoes and haricot verts, take action. Reserve your share for next year with completed contract (at www.prairienet.org/pcsa) and only a \$25 deposit. You can pay the remainder next year in installments if need be.

On a personal note, I just returned from a trip to two of California's major growing valleys. Despite visiting several small local markets and locally run restaurants, I was amazed at how little local produce they stocked and served. In the heart of what I thought was the produce capital of the US, I found myself longing for my CSA share back in the Midwest. We are truly lucky to have growers like the Moores and a CSA to bring us this produce each week.

Good Reads

If you want to learn more about CSA and CSAs in other parts of the country two good articles are in this month's Mother Earth News and Monday's New York Times (online at <http://nytimes.com/2003/10/27/nyregion/27FARM.html>), respectively.

From the NY Times:

..."We've been sold a bill of goods about convenience in American life," said Alice Julier, a sociologist at Smith College and the president of the Association for the Study of Food and Human Society. "Convenience marketing has shifted people's tastes so that eating fresh from the farm is almost something that people need to be re-educated about—what vegetables are and what different apples taste like."

On the Farm:

Timely rains and some unseasonably warm weather continue to help make up for earlier poor weather. Some of the sweet potatoes in the shares today are indeed full size, others are fingerlings. The Moores are leaving it up to you as to which ones end up in your individual share.

Beans and peppers are drying as the transition begins from fall to winter.

The Moores already are planning for next year CSA shares. If there are crops you'd like to see added to the share, leave them a note at pickup. That said, they still have some surprises left for the current season. Among them, the leeks and misato radishes in this week's share.

In Your Share Today

Your share contains salad mix, basil, acorn squash, butternut squash, hearts of gold squash, Asian greens, misato radishes, beets, leeks, sweet potatoes, and eggplant.

Recipes

If you have recipes you'd like to share, please email PCSA@annabarnesmedia.com Additional recipes and storage information are at (www.prairienet.org/pcsa) as are past copies of the newsletter. Thanks to PCSA shareholder Dorie Walker for her soup recipe...

Fall Veggie Soup

from Dorie Walker

Saute 2 large onions in a little oil with
2 large cloves crushed garlic.

To this add:

2 cans fire roasted tomatoes

1 can red beans (or 1/2 cup raw)

1 can of corn

4 large carrots, sliced

2 stalks celery, sliced

1/2 squash, raw, peeled and cubed

3/4-1 cup raw brown rice

1/2 cup raw black beans (canned is okay)

1/2 cup raw white beans (canned is okay)

1 cup chopped kale

a generous handful each of fresh parsley, basil and

oregano, chopped (use 1/3 of this amount if using

dried). Note: Save some of the fresh herbs to add to

the soup right before serving so that the bright green

color shows.

Add water to cover it all, salt, pepper to taste, and a little sugar if you like. Let it simmer for several hours—longer if using dried beans, shorter if using canned. You can cook up some nice noodles in a separate pot and add to the bowls before serving. (If you add them to the big pot of soup they'll be pretty mushy when you have this the next day.)

continued

You can really add any veggies that you think would taste good in this. The key to a great soup is a variety of colors. That's why I love to use a few different kinds of beans. I love the contrast of the black beans and the bright carrots, corn, etc. Fresh tomatoes would be great too. You can throw in a handful of lentils or split peas if you like those. My mother adds a handful of oats to her soups to thicken them, although this soup is pretty thick already.

We had ours with fresh bread. Can you smell it?

Fingering Sweet Potatoes

Peel fingerling sweet potatoes like carrots, mist with olive oil, bake in a 350°F to 400°F oven until crisp on outside and soft on inside.

Beet Roesti

adapted from *How To Cook Everything*

1 - 1 1/2 pounds of beets, shredded
salt and pepper
1/2 t dried rosemary
1/4 c flour
2 T butter in a skillet

Trim the beets and peel them as you would potatoes; grate them in a food processor or by hand. Begin preheating a medium to large non-stick skillet over medium heat.

Toss the grated beets in a bowl with the rosemary and salt, then add about half the flour; toss well, add the rest of the flour, then toss again.

Place the butter in the skillet and heat until it begins to turn nut-brown. Scrape the beet mixture into the skillet, shape it into a nice circle, and press it down with a spatula. Turn the heat to medium-high and cook, shaking the pan occasionally, until the bottom of the beet cake is nicely crisp, 6 to 8 minutes.

Slide the cake out onto a plate, top with another plate, invert the two plates, and slide the cake back into the pan. Continue to cook, adjusting the heat if necessary, until the second side is browned. Cut into wedges and serve immediately. Serve with a dollop of sour cream and chopped dill. Serves 4.

Produce Storage and Preparation Tips:

Acorn, Butternut Squash, Hearts of Gold Squash - Cook now or use as seasonal decorations until you are ready to eat them. These varieties will store well at room temperature for over a month, or at 50-55°F for most of the winter. Use these for stews and soups like this week's fall veggie soup. Top a squash and vegetable

stew with pesto-topped toasts for a rustic meal. See week 17 newsletter for more recipes and ideas at www.prairienet.org/pcsa

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 - Cut stems and place in water like a flower if not using immediately. Thinly sliced basil leaves are good with roasted squash. See week 18 newsletter for pesto recipe at www.prairienet.org/pcsa.

Beets - Eat both the greens and the roots. Steam or blanch the greens and dress with a berry vinaigrette. To blanch, plunge the leaves in boiling water for 1-2 minutes until they start to soften, remove, and plunge into ice water. For extended storage, trim off leaves and place roots in a paper bag in your refrigerator crisper drawer. The roots are good raw grated and tossed with a vinaigrette.

Eggplant - Store in the vegetable crisper of your refrigerator. For more recipes, see newsletters from weeks 12, 13, 16, and especially week 19 online at www.prairienet.org/pcsa

Leeks - Store in the vegetable crisper of your refrigerator. Wash these thoroughly to remove sand. Cut into rings, saute, and add to soups. Or, cut in half length-wise and steam. Top with tomato sauce seasoned with basil and garlic.

Misato Radish - Also known as Watermelon Radish. Peel, slice, and add uncooked to salads, especially Asian Greens. Also great with dips like Drew's Smokey Tomato Salad Dressing. Or, steam and use as a day-glo filling for sushi.

Sweet Potatoes - Store in a cool dry place. Bake as you would potatoes. See "Recipes" for fingerling sweet potato preparation.