



## PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

### **WEEK 15 - FROST ON THE WAY!!!**

Frost is in the forecast for later this week. This could spell the end for some sensitive crops like peppers and beans. If frost is imminent, the Moores will harvest these crops early for our shares. Be prepared for baby beans if the thermometer drops.

### **Sign Up For 2004 Shares Starts Today!**

Though signup for 2004 shares officially starts October 1, current PCSA members are being given an opportunity to sign up starting today. We know that several of you who have been sharing shares want to have your own next year. Since 2004 shares will be capped at 80 (only 2 more than this year), we want to ensure that PCSA members get theirs first before we begin promotions.

To reserve your share, go to [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa) and click the contracts link. There you will be able to sign up online. (If you don't have web access call 239-3686 for a printed contract.) You'll also be able to pay with your credit card via Paypal if you desire. Remember all that is needed to reserve your share at this time is a \$25 deposit and your completed online (or paper) contract.

### **On the Farm:**

Fall crops are coming along, though some like kohlrabi are still several weeks off. Cool season greens like Chinese cabbage and bok choy are becoming more prominent in the shares as summer crops like tomatoes dwindle.

Extremely wet weather during the growing season has created storage problems for the onions. This week marks the last of the onions in our shares.

Slicing beets also are in the shares this week. Don't confuse these with the beets you've previously received, they are a different type of beet perfect for salads.

Dry bean harvest has begun. If you are interested in buying in lima beans to dry down for winter, see below.

Meanwhile, the Moores are keeping an eye on the thermometer as they prepare for possible frost.

### **Want Extra Lima Beans?**

If you want to try your hand at drying some lima beans for winter soups. Let the Moores know before 9

pm Monday. Call (815) 432-6238. The lima beans are \$5 for 2.5 pounds. Each additional pound is \$2. Your beans will be delivered 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.

### **In Your Share Today**

Your share contains lima beans, cucumbers, tomatoes, bok choy, Chinese cabbage, basil, snow peas, daikon, sweet onions, slicing beets, and an assortment of egg plant, including Asian bicolored, kermit (small green), and large green Italian-style eggplant.

### **Recipes**

If you have recipes you'd like to share, please email [PCSA@annabarnesmedia.com](mailto:PCSA@annabarnesmedia.com) Additional recipes and storage information are at ([www.prairienet.org/pcsa](http://www.prairienet.org/pcsa)) as are past copies of the newsletter.

### **Mushrooms with Bok Choy and Tofu**

1 bunch bok choy  
10 oz tofu, drained and pressed for 30 min+  
1 oz dried black mushrooms  
1 t cornstarch  
4 t shoyu  
1 1/2 t sugar  
1 c stock  
pinch of pepper  
dash of sesame oil

Soak mushrooms in water until tender. Meanwhile, slice tofu into 1/4" pieces. Fry in hot oil until they begin to color. Turn, fry other side. Drain on toweling and set in oven to keep warm. Trim stems from mushrooms. Place in bowl with bok choy. Steam with bok choy for 15 - 30 minutes. Drain juices into small bowl. Stir in starch and seasonings. Pour into small sauce pan. Heat, stirring until thick. Arrange greens, mushrooms, and tofu on platter. Pour sauce over. Serve.

### **Warm Beet Salad with Orange Dressing**

Boil beets until tender (25 - 30 min. for a 1 1/2" beet). When cool enough to handle, peel. Slice 1/8" thick. Place beets on a platter. Whisk together 6 T fresh or reconstituted orange juice, 1 T olive oil, 1 T mild vinegar, and 1/4 t salt. Pour over beets and serve.

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### **Sauteed Cucumber**

If cooler weather has you down on cucumbers, try this dish from Marion Morash formerly of *The Victory Garden*...Cut 1 large cucumber into quarters. Using a spoon, remove seeds. Slice quarters into long thin ribbons with a knife or a mandoline. Heat 1 T butter in a heavy skillet until brown. Add cucumbers. Stir and saute until cucumbers soften. Add salt and pepper to taste. Add to egg noodles for a main dish or use as a side. These are a great accompaniment to mustardy pork dishes.

### **East-West Cabbage Saute**

If you are wanting an alternative to cold cabbage salads, you can try a similar technique with your napa. Boil sliced napa (1" ribbons) in stock until just tender. Drain. Heat 3 T butter in a heavy saute pan until brown, being careful not to burn the butter. Add cabbage. Add 1/4 t. caraway seeds. Stir until cabbage is coated. Remove from heat. Serve as is or toss with noodles and/or cooked bratwurst slices.

### **Lima Beans with Garlic**

Shell beans. Boil in salted water 4 to 8 minutes until just tender. Meanwhile, chop 1 clove garlic. Heat 1 - 2 T olive oil in a small heavy saute pan. Add garlic. Add drained beans. When garlic turns golden, remove from heat and serve. Good with rice or as a side with pork or chicken dishes.

### **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, Slicing** - Like their bulbous cousins, you can roast, boil, or bake these. For extended storage, place in a paper bag in your refrigerator crisper drawer.

**Bok Choy** - Store this in your refrigerator produce bin. Slice and add to stir-fries or steam and eat like European greens. Good with ginger dressings.

**Chinese Cabbage (Napa)** - Store this cabbage in your refrigerator bin to keep it from drying out. Add to stir-fries or steam.

**Cucumber** - Store these in your refrigerator produce away from any plastic. Slice and eat as is. Or, quarter and slice, add chopped onion, salt, pepper, chopped dill or basil, and a couple of tablespoons of yogurt for a simple salad.

**Eggplant** - Store these in the vegetable crisper of

your refrigerator. For additional recipes, see newsletters from weeks 12 and 13 at [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa)

**Lima Beans** - Shell and cook for 4 to 8 minutes covered in salted boiling water. If you want extra, see "Want Extra Lima Beans?"

**Onions, Sweet** - Store these in your fridge's vegetable bin not your pantry to avoid spoilage. Slice for sandwiches or salads, add chopped to salsas.

**Radishes, Daikon** - This root will become rubbery and dry like an old carrot if you attempt to store it too long or store it outside of your produce drawer. Improper storage also can turn its fresh taste earthy. Daikon is a versatile root that is great fresh in slaws and salads, or cooked in stir-fries. It also can be added to long-cooking stews in place of potatoes or turnips. Slice and add to a mixed greens salad, or see [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa) for the slaw recipe from the week 7 newsletter.

**Snow Peas** - String and use in stir fries. Or, steam and add to vegetable trays and salads. For a main dish salad, combine steamed snowpeas with grilled U.S. non-farmed shrimp, or troll or pole-caught tuna; and steamed bok choy over steamed rice or Asian noodles. Dress with a vinaigrette dressing featuring lime, wasabi, and/or sesame, e.g. 1 t wasabi paste, 1 T rice vinegar, 1 T lime juice, 1 T soy sauce, 2 T virgin olive oil, 1/2 T sesame oil. Serves 2.

**Tomatoes** - For best flavor, tomatoes should never see the inside of your refrigerator. Leave them stem side down on your counter or in shallow layer in a large collander for air circulation.