

PCSA for August 4, 2004

Pickup is today between 4 and 7 pm. If you are picking up in Urbana, go to 714 W Iowa; in Champaign go to 701 W Washington St. Produce is in the garages of both locations. Please use the smaller service doors to access the garages.

On the Farm:

In between the rains, the Moores have been attempting to construct the framing for the new large greenhouse. The greenhouse is one of several major projects that Jim and Diann want to get underway before Wes and Aaron head back to school in a few weeks.

In the fields, the melons still look beautiful and the vines are going great. "They are the prettiest we've ever had," says Diann. The late fall crops are now being seeded.

Jim had his fifteen seconds of fame Sunday on the Channel 3 News. However, since the Moores go to bed before 10 pm in order to be up early to care for the animals, none of the family saw it.

In Your Share Today:

Potatoes, blueberries, onions, small garlic, green beans, zucchini, carrots, and swiss chard

Recipe Suggestions:

Blueberries

If you can get these home use these to top ice cream, sorbet, yogurt, pudding, or shortcake. Or, use as part of salads with walnuts, peaches, and a berry vinaigrette. You also can use them as part of an easy, French country breakfast/dessert dish, clafoutis (cla-foo-tea), which is reminiscent of a custardy puff pancake. Clafoutis is typically made with cherries or apricots, but can also be made with wine-soaked dried fruits like figs, along with a dash of cinnamon and nutmeg.

Basic Fruit Clafoutis

10-12 oz blueberries or other fruit
1 c minus 2 T sifted, unbleached flour
heaping 1 / 4 t of sea salt
2 c milk
3 large eggs
1 / 3 c vanilla sugar (can use regular sugar)
1 / 2 t vanilla extract
1 T unsalted butter, cut into 6 pieces
dash of cinnamon or nutmeg if using figs or other dried fruit
(use 2-3 T of sherry/brandy to reconstitute 10 oz of figs)

Preheat oven to 450 degrees F. Butter and lightly flour a 9 1 / 2 inch or 10 inch round non-reactive tart dish or baking pan. Place fruit in bottom of pan cut side down. Stir together flour and salt in a large bowl. Whisk in 1 cup of milk until batter is smooth. Add eggs one at a time, stirring thoroughly after each addition. Stir in sugar, remaining 1 cup of milk, and the vanilla extract. Pour batter over fruit. Dot top of batter with butter. Place dish in center of oven and bake until golden and puffed, about 25 to 30 minutes. Serve warm or thoroughly cooled. Serve plain or sprinkled with powdered sugar and a drizzle of honey.

Carrots

Try a bite of these raw first and you'll know what you've been missing with grocery store carrots. Less is more with these. Steam lightly. If you must dress them, drizzle with a minimum of olive oil, white wine vinegar, and fresh or dried chopped tarragon or parsley.

Garlic

If you haven't made your way through your garlic yet, roast the cloves according to directions on page 97 of Recipes from America's Small Farms. Use roasted garlic to top toasted slices of bread for an easy

appetizer or accompaniment to soups. Or, add to sauteed vegetables or other dishes in place of fresh garlic for richer flavor.

Green Beans

Steam whole until tender crisp and dress with a drizzling of olive oil and white wine vinegar, grated lemon peel, and a sprinkling of chopped pecans or walnuts for a pretty vegetable dish.

Potatoes

See Swiss Chard

Swiss Chard

Combine with potatoes for a frittata or gratin using the recipes on pages 24 and 25 of Recipes from America's Small Farms, or in the Green Soup recipe on page 49, which is just as good with no dried sausage. Or use your chard solo in the bruschetta recipe on page 44.

Zucchini and other Squash

Stuff using recipes on page 164 of Recipes from America's Small Farms. Or create your own mixture, using leftover rice, grains, chopped vegetables, and meat and/or cheese if desired. Place in a lightly oiled baking dish, cover with foil and bake 20 to 30 minutes at 350 degrees F.

Steam smaller zucchini about nine minutes until fork tender. When cool enough to handle, split in half lengthwise. Dress with a drizzle of olive oil and a sprinkling of salt and pepper. Top with 1 small clove minced garlic and 2 – 4 T chopped fresh parsley.