

PCSA for July 28, 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:

Jim was in class this week, attending a sustainable agriculture workshop taught by Joel Salatin on Tuesday. Look for the turkeys to play a greater role in weeding and for the Moore's cattle herd to include a few Jersey calves in the near future. Meanwhile, Diann harvested our shares and Aaron raked the hay that was rained on Monday. Wes is spending the week in Florida at a youth convention, which may be the last week he gets off for several years.

The cool weather has kept the blueberry bushes full, meaning that they will make it into the shares again next week. This is the longest blueberry season on record for the Moore Farm.

For those of you who expressed an interest in eggs, call Diann directly to order at (815) 432-6238.

In Your Share Today:

Red potatoes, Yukon gold or white potatoes, green beans, red cabbage, blueberries, zucchini or summer squash for stuffing, onions, and garlic

Produce Exchange:

Several of you are now using the exchange box. If someone else has placed something in the exchange box that you want instead of an item in your share, please feel free to exchange the item in your share for an item in the box. Note: you can only exchange produce from your share for items in the exchange box, not for produce in the regular crates lest someone get shorted.

Recipe Suggestions:

Blueberries

If you can get these home—I have seen some half empty pints leaving the garage—use these to top ice cream, sorbet, yogurt, pudding, or shortcake. Or, use as part of salads with walnuts, peaches, and a berry vinaigrette. Note: Peaches are available at the Urbana Farmers Market and locally from Wolfe Orchard near Monticello. To get to the farm from West Champaign, take I-74 to I-57 south. Take the Monticello Road exit and turn right. At County Road 1125E turn right and follow the signs to the orchard. Alternatively, take Route 45 south of Champaign to the Monticello Road. Turn right and follow the signs as you travel toward Monticello. From Urbana or East Champaign, take Route 45 south to the Monticello Road. Look for the signs 4 miles east of Monticello. Follow the signs to the orchard.

Green Beans

Diann says to try the German-style Green Bean Salad in the current issue of *A Taste of Home Garden Fresh Recipes* magazine. You also can try the green bean, potato and sausage dish on page 127 of *Recipes for America's Small Farms*.

Shareholder Hilary Valentine recommends using this Greek-style green bean recipe from last year over bulgur or rice and topped with crumbled feta for an easy dinner.

Parthenon Green Beans

3 / 4 to 1 pound green beans, trimmed

2 T olive oil

1 clove garlic, minced

1/2 c minced sweet onion

3 T canned tomatoes, tomato sauce or 1 large tomato finely chopped

1/2 c water

2 T chopped fresh basil or 2 t dried

1 1/2 -2 t dried oregano

1 T chopped fresh mint or 1 t dried (optional)

salt and pepper

1, 12" x 12" sheet of parchment paper, moistened and crumbled, may also be able to substitute a dry flour-sack towel if cooking with a non-electric oven.

Heat oven to 300° F. Place all ingredients in a heavy saucepan or Dutch oven with a tight-fitting lid. Bring to a boil uncovered on stovetop. Boil 1 minute. Cover pan with parchment paper or towel and place on lid. (Fold corners over top of lid if using towel.) Place in oven. Bake 1 to 1 1/2 hours. Serve hot or at room temperature.

Potatoes

Diann suggests the green bean, potato and smoked sausage dish on page 127 of Recipes from America's Small Farms, or the Potato Lasagna Recipe which also uses green beans on page 192.

Because the second round of cookbooks hasn't arrived yet, I am including the lasagna instructions: Halve and boil 1 pint of potatoes until almost tender, about 10 minutes. Steam or blanch one half pound of green beans (half your share amount) until crisp tender. . Reserve 1 c of veggie cooking liquid from potatoes and/or beans. While veggies cool, make a white sauce using 3 cups of milk or soymilk, 6 T flour, and 6 T butter (margarine for vegan version). Stir in 1 cup of homemade or purchased pesto, 1/4 cup of grated Padano cheese (substitute Parmesan or use thicker white sauce for vegan version), and 1/8 t of grated nutmeg. When vegetables cool, cut into 3/8" pieces. Preheat oven to 350 degrees F. Butter or oil a 13 x 9 baking dish. Cover bottom of dish with no-cook lasagna noodles. (Note: don't have to have entirely cover the pan). Drizzle w/ 1/3 of the veggie liquid. Fold half of white sauce into veggies. Add half of veggie-sauce mixture. Top with a layer of noodles and remaining veggie-sauce mixture. Drizzle remaining veggie liquid. Spread on remaining white sauce. Top with up to 3 / 4 c of additional grated cheese. Cover tightly with foil. Bake 35 minutes. Uncover and bake 20 minutes more. Serves 6.

Red Cabbage

Try the recipe for Sweet and Sour Red Cabbage on page 81 of Recipes from America's Small Farms or this one from last year:

Ginger-Red Cabbage Slaw

--No cooking, and it goes with smoked meats and tofu, and along side potato salad...

1 head red cabbage

1 jar pickled ginger

2 T plus

1 t sugar

1/4 t kosher or sea salt

toasted black sesame seeds and/or green onion slices for garnish

Cut cabbage in half. Remove core. Cut each half in half again. Slice as thinly as possible into shreds. Mince 1 T pickled ginger. Pour out ginger juice and reserve. Combine cabbage, ginger, ginger juice, sugar, salt in a non-aluminum bowl. Set aside for 10 to 20 minutes. Toss again. Transfer to a glass baking dish. Press cabbage into marinade. Cover and refrigerate overnight or for up to two days before using, tossing occasionally.

Zucchini and other Squash

See the stuffing recipes on page 164 of Recipes from America's Small Farms. Basically, any mixture of rice or other grains; chopped vegetables, meat, and/or cheese will do. Place in a baking dish, cover with foil and bake 20 to 30 minutes.