

PCSA for November 3, 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.

PCSA Promotion Help

As several of you read earlier this week, we will not be getting any pr help from the News-Gazette. "We wrote about PCSA last year," came the response followed by the editor's request for me to help get local organic produce snacks into her child's day care program at U of I. (Apparently in the NG editor's world there are C3 transport planes on standby waiting to airlift the huge surplus of organic produce from our community to where it is in short supply, and endless lines of local farmers who can't wait to begin the back breaking job of growing it. Champaign shareholders please do not be alarmed by the dents in the walls of my garage at pickup, it was just me beating my head against them. I did, however, refrain from telling the editor to go pick up some Mexican organic carrots at one of the hypermarts and send them with her child, since she wasn't going to do anything that would actually affect the amount of pesticide-free produce grown locally. Though I must concede that the words "moot point" were part of my reply.)

Seriously, the timing of this decision could not be worse given that we don't have many options on the alternative newspaper front; most of the remaining ones tend to focus on entertainment. As of this morning we still have 30 shares to go to stay on track to keep Wes on the farm in 2006.

In order to get the word out I have sent email/newsletter items to the local Sierra Club and Grand Prairie Friends, as well as called in a favor with the head of the local Audubon Society. Yesterday I sent a press release to WEFT's Work in Progress show. I called in another favor with the Center for Sustainable Community and pitched a joint show proposal to WILL AM. Meanwhile, Champaign shareholder Pius Weibel sent a message through the Southside school parents list and Monticello shareholder Tina Wismer is seeking permission to put brochures at the library there. For the last three weeks, the Moores have been distributing flyers at the farmers market though attendance has been low, which has made for few responses. However, as of yesterday, Thad Morrow gave us permission to distribute flyers at both Persimmon and bacaro. If you know of other promotional venues, please pass them along.

People typically need to hear about PCSA at least three times before they sign up. Please pass the word along to your friends and co-workers. If you have the means to send messages to lists that you belong to, please do so. If you have a place to hang a flyer, please let me know and I will send you one electronically or by mail. Finally, since the News Gazette will not let us in the front door, we should definitely make use of the back door with letters to the editor as shareholder Cynthia Hoyle suggested. I am willing to help anyone who wants to write a letter.

Vacation for the Moores

On a brighter note, scratch that, a stellar note, YOU PEOPLE ROCK! Not only have we collected enough to give Jim and Diann a night in a jacuzzi suite and bribe Wes and Aaron with plenty of pizza to watch the farm, we also will be able to send Jim and Diann to bacaro! Though they have been supplying eggs and produce (they are the preferred turnip vendor) for most of the last year to bacaro and Persimmon, they have never had the opportunity to taste what Thad Morrow and the bacaro chefs do with their food. Thad, who not surprisingly is a big fan of the Moores, was blown away by your generosity and will be pulling out all the stops for them. Thank you!

Those of you participating in the gift, please mail your contributions to me, Anna Barnes, c/o 701 W Washington St. in Champaign, IL 61820. Please make checks out to me, not PCSA as I will be putting this on my credit card (PCSA doesn't have one) Also, please DO NOT leave money at pickup as these locations are less secure now that it is dark earlier.

On the Farm:

Sunday found the Moores in the fields from sunrise until dark planting garlic for next season and digging potatoes for the current one--all in an attempt to beat the rain. Diann's parents drove up from Sadorus to lend a hand. Diann's dad (age 63) was on his hands and knees helping daughter and family plant and harvest, while mom tackled some house cleaning that had been put off as of late by fall harvesting. At the end of the day, 11,000 cloves of garlic were planted and 2,000 pounds of potatoes were harvested; and all the dishes were washed and the floors scrubbed and swept, and a harvest dinner on the table.

In Your Share Today:

Time to get your vitamins! In your share today, you'll find green cabbage, broccoli, kohlrabi, carrots, radishes, hearts of gold winter squash, collards, and kale.

If you still want to order produce for stocking up (perhaps a few potatoes?), call the Moores directly at (815) 432-6238 to make arrangements. Your produce can be delivered in conjunction with your regular PCSA share for the next two weeks. See the October 20 newsletter for directions at <http://www.prairienet.org/pcsa/pdf/newsletters/2004/Oct20.pdf>

Recipe and Produce Storage Suggestions:

Hearts of Gold Winter Squash

Just like acorn, cut in half. Scoop out seeds with a spoon. Place cut side down on a cookie sheet. Bake at 350 degrees F for 1 hour. Puree with hand blender, blender, or food processor, or take out some frustrations with a fork. Add some butter or olive oil if you like. You also can add pepper and/or rosemary, or cinnamon and/or nutmeg. If you haven't been doing anything with your squash, bake off several at once to save time. You also can freeze the puree in freezer bags. Then thaw it, add a little soymilk or half and half and a few of the seasonings above and you have a quick squash soup for the holidays or whenever you want something bright and chock full of vitamins to eat.

Store squash at room temperature for up to a month, longer at 55 degrees F.

French Breakfast Radishes

These are sweet, not hot at all! Slice, sprinkle with sea salt. Eat.

Or make radish soup. Saute bottoms and tops with 1/4 c chopped onion. Puree. Make a roux with 1 1/2 t butter and 1 1/2 t flour. Add 1 2 cups of milk and the radish puree. Cook until thickened, adding salt and pepper as desired.

Store radishes in your refrigerator crisper.

Broccoli, Carrots

Briefly steam or blanch broccoli and carrots. Note: steaming retains more vitamins. Use as part of a vegetable/dip platter. Not only does this pair look prettier when slightly cooked, but steaming carrots makes them more useable nutritionally for your body.

Alternatively, steam carrots for a longer period of time until softened. Combine with baked squash and puree. Add a 1/4 t of orange zest and a tablespoon of orange juice, for a vitamin packed side.

Store broccoli and carrots in your refrigerator crisper drawer.

Cabbage

If you were too busy on Halloween to enjoy a warm bowl of Colcannon, try it this week with cabbage and some bright green kale.

Colcannon

1 pint potatoes

3 T. butter (to taste)

1/2 t. salt (to taste)

1/ 8 t. black pepper (to taste)
1/ 4 c. milk
2 T. sour cream or substitute yogurt
8 oz. kale/cabbage
1 T. grated onion

Peel and boil potatoes. Mash with butter, salt, pepper, sour cream, and half of milk until fluffy. Boil kale/cabbage until just tender in salted water and drain. Rinse with cool water to refresh. Squeeze out excess water. If using cabbage, chop it coarsely. If using kale, put it through a food processor/blender with remaining milk for a serious green color. Mix greens, potatoes and onion; reheat mixture in a casserole in the oven at 350 degrees F until piping hot. Serves 4.

Easy Cabbage "Gratin"

People who don't normally like cabbage like this. We rarely have leftovers when we serve it for a dinner party or at the holidays.

Core cabbage. Slice in half and then into 1-inch strips. Simmer in 1 qt of broth until tender crisp. Drain, reserving 2-3 T broth. Place in a buttered shallow dish like a quiche pan. Fill pan with about a 1" layer of cabbage strips. Sprinkle with salt and pepper and a pinch or two of crumbled dried rosemary. Spread seasoned cabbage with about 1/ 4 cup of low-fat mayonnaise. Drizzle with a little broth. Top with bread crumbs and/or grated cheese. Mist crumbs with olive oil. Bake for 30 minutes at 350 degrees F or until crumbs brown.

Store cabbage in your refrigerator crisper drawer.

Collards, Kale

Braising is THE way to serve these. De-rib and tear greens. Saute a clove of sliced garlic in 1 T of olive oil. Add greens. Reduce heat to medium. Keep an eye on the greens and keep them from burning by adding small amounts of broth 1/ 4 c at a time, until they soften and are done to your liking. For extra richness, drizzle with a bit more olive oil before serving. Serve braised greens on top of polenta for a main dish, or on polenta toasts for an appetizer. Store these in your refrigerator crisper drawer.

Kohlrabi

Peel, boil until fork tender. Mash by itself or with potatoes, turnips, and/or Swedes Alternatively, peel kohlrabi, cube, boil in salted water. Place cubes in a buttered casserole dish. Top with bread crumbs and/or grated cheese. Drizzle with melted butter or mist with olive oil. Bake in a 350 degree oven until crumbs brown, about 20-30 minutes. Store kohlrabi in your refrigerator crisper drawer.