

### **PCSA for October 27, 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.

### **Vacation for the Moores**

From the initial emails, I've received, we are well on our way to giving the Moores a day away from the farm. As you may have read last week, several shareholders expressed interest in sending the Moores on a mini vacation like last year when we gave them a night in a jacuzzi suite at the Holiday Inn in Urbana. If you would like to contribute funds toward this gift for the Moores, please email me at [anna@annabarnesmedia](mailto:anna@annabarnesmedia) with the amount you'd like to contribute. (Any amount is fine) At the end of the season, I will send everyone who emailed specifics for payment and drop off/mailling funds.

### **Moores at Springer Cultural Center**

Actually, the Moores aren't at the center, but their portraits are. They are part of an art exhibit that is opening today and running through November 21. Though some of you have already seen the exhibit prior to its official opening, for those that haven't the opening reception is this Friday from 6 pm to 8 pm. Refreshments are being provided along with wine from Alto Pass vineyards and music from Lanterna.

### **On the Farm:**

The Moores enjoyed their brief break from the cold and are now bracing for rain and overcast conditions through Saturday. Of course, the napa in our shares is loving this weather, however, some of the laying hens are going on strike. The second greenhouse has been delivered as has the metal storage/shipping container that will be the new home for the mill the Moores purchased from Danny Kaufmann. Of course the greenhouse still has to be finished and the power source reconfigured on the mill, but these are having to wait until hundreds of garlic cloves are planted for next season.

### **In Your Share Today:**

This is what seasonal eating is all about and with the damp dreary weather, there's nothing better to chase it away than some comforting root crops and squash. Before you decide that you are going to leave any of your produce behind, please be sure to check the recipe section for some new and easy twists on preparing them. And, if you can't get to your squash right away, use them as decorations until you can. Today you'll receive butternut and acorn squash, desiree and German butterball potatoes, napa cabbage, beets, French Breakfast radishes, broccoli, and Swedes--a new crop for PCSA.

Note: The potatoes were not washed for those of you who expressed an interest in storing them over winter. Whether you decide to wash them and use them right away or attempt to store them for several weeks, remove the bag tonight.

If you still want to order produce for stocking up, call the Moores directly at (815) 432-6238 to make arrangements.

### **Recipe and Produce Storage Suggestions:**

#### **Acorn Squash**

Preparation doesn't get much simpler than this. 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. For a savory dish, sprinkle with salt and pepper and add a pinch of ground rosemary and/or garlic powder and 1 T olive oil. For a sweeter dish, add a dash of cinnamon or nutmeg and a pat of butter or 1-2 T of cream.

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

#### **Butternut Squash**

I hated this growing up, but fell in love with it after I had it in a vegetable soup with pesto from Jacques Pepin's book *Everyday Cooking with Jacques Pepin*. You can make a similar soup/stew using vegetables from this week's share, as well as any from past weeks that you might have left over:

Fry 2 ounces of chopped bacon or heat 2 1/2 T of vegetable oil in a large soup pot. Add 3/4 c diced onion and 3/4 c chopped celery, saute for 5 min. or until soft. Add 1/2 cup chopped carrots, 2 c peeled diced butternut squash, 1/2 c peeled cubed kohlrabi, 2 c diced potatoes, and 1 peeled cubed Swede. You also can throw in any peeled eggplant, a cup of diced daikon, or any green beans hiding out in your crisper, as well as a cup or more of chopped spinach or blanched kale, but add the greens during the last 15 minutes of cooking. Add 4-5 cups of water. Bring to a boil. Reduce heat and simmer for 45 min. Stir in 1/4 c pesto. Add greens if using. Cook 15 min. more. Serve with cornbread toasts, corn bread, or with dumplings or over cooked pasta. Though not very seasonal, Jacques also added sliced zucchini, and I've also enjoyed it with red gypsy peppers and frozen corn.

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

### **Beets**

If you hated beets as a kid, please, please give them another try. The smell of the vinegar from pickled beets in my mother's kitchen in July could knock you flat. However, rubbed with a little olive oil and roasted in a 400 degree F oven for 40 minutes or until fork tender, they are now one of my favorite vegetables. Roasting concentrates the sweet, slightly earthy flavor of beets. Once roasted, simply peel and slice for a simple vegetable side that you can drizzle with olive oil and sprinkle with salt, pepper, and a bit of rosemary. Or, dice roasted beets and saute with olive oil, rosemary, salt, pepper, steamed beet leaves, and cooked pasta. Add a side of squash puree, or add more milk/soymilk to your puree and have a first course of squash soup for a truly seasonal dinner.

Store beets with leaves on for up to a week in your refrigerator crisper. If you can't use them in a week, remove leaves and place beets in a paper bag in the crisper drawer and they will keep for several weeks more.

### **French Breakfast Radishes**

Cut radishes in half. Sprinkle with sea salt. Eat. Alternatively, top with a little butter for a classic English dish. These are great this time of year.

Store in your refrigerator crisper.

### **Broccoli**

Steam or blanch florets. Note: steaming retains more vitamins.

Store in your refrigerator crisper drawer.

### **Potatoes, Swedes**

larger, and sweeter than their turnip cousins, Swedes are excellent with potatoes whether boiled and mashed or roasted:

#### **Roasted Potatoes and Swedes**

1 Swede, peeled  
1 pt potatoes, no need to peel  
2 T olive oil  
1/2 t salt  
fresh ground black pepper

Heat oven to 450 degrees F. Slice Swede into 1/2-inch wedges. Cut potatoes into 1/2-inch wedges. Place prepared vegetables in baking dish large enough to hold in single layer. Toss with oil, salt and pepper. Roast until tender and browned, 50 to 60 minutes.

#### **Mashed Potatoes and Swedes**

Peel 2 parts Swedes to 1 part potatoes. Boil until fork tender. Remove from water. Mash like you would potatoes, adding butter or olive oil, salt, and pepper.

Store Swedes in your refrigerator crisper drawer.  
Store potatoes away from light in a cool place out of plastic bag.

### **Napa**

This is already trimmed and ready to go, no outer leaves, just the mild almost creamy ribs and greens. Sure napa is the basis of kimchee and other fabulous Asian dishes, but if you are looking for something a little more Western and comforting, try Colcannon, which is the quintessential Irish Halloween dish.

### **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.

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