

PCSA for October 6, 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:

Thanks to a special tip from Ed Keiser at the Farmers Market, the Moores were able to harvest one last round of eggplants, hot peppers, and green beans for us before the frost. However, this did make for a 21-hour day on Saturday.

Jim and Wes have been going full throttle harvesting and stowing produce in the barns. Between them they picked 5 wagons full of squash and pumpkins for the CSA and the Farmers Market. Jim was then able to pick all the watermelons Monday before Tuesday morning's freeze. With Jim and Wes harvesting, Aaron picked up the slack on the livestock chores this last week. Diann has been deluged with bookkeeping chores.

The colder season crops: spinach, cabbage, broccoli, kale, and mustard are holding their own in this weather and should be rounding out our shares for the coming weeks.

The Moores will be finishing the 2 newest greenhouses this fall. These steel-framed structures need to be covered with plastic. This last step takes several people and the exact timing depends upon wind conditions. If you want to be on a stand-by list to help put the plastic on the greenhouses, give the Moores a call at (815) 432-6238.

If you still need to reserve your share for next year, see www.prairienet.org/pcsa/contracts.html

In Your Share Today:

Watermelon, broccoli, napa cabbage, spaghetti squash, eggplants, hot peppers, and green beans. This is it for eggplant, hot peppers and green beans. Be sure to check out the recipe for roasted green by shareholder Andrea Rundell.

Recipe and Produce Suggestions:

Watermelon

Slice and eat. Store in the fridge.

Broccoli

Why you would want to do anything more than steam these fabulous tasting specimens, I cannot imagine. Store in your refrigerator crisper drawer.

Hot Peppers

Don't wait for this weekend's chili fest. Make your own! If you aren't going to get to your hot peppers right away, shareholder Jason Lindsey suggests freezing them for later use. Just thaw, chop and add to your soup or other dish.

Green Beans

Shareholder Andrea Rundell sent this recipe for Roasted Green Bean (and purple and yellow if they are hiding in your refrigerator) Salad (from "The New Vegetarian Epicure," by Anna Thomas)

Says Andrea, "This is great if you feel like you have a *lot* of beans in your share—roasting them reduces their volume while making them taste sweeter. The kind of bean is not important so much as the beans being of comparable size so that they roast similarly—break them up to be about the same length. This also is good for using up your tomatoes."

2 pounds tender green, purple or yellow beans

1 head of garlic
3-5 Tbs good olive oil
salt and pepper to taste
2 large ripe red tomatoes, use good quality canned if you don't have fresh
a little balsamic or red wine vinegar
2 Tbs chopped fresh basil leaves

1. Wash and trim the beans, and separate and peel the cloves of garlic. Reserve one clove of garlic. Toss the remaining garlic and beans in a bowl with 2 Tbs of the olive oil, salt and pepper. Spread evenly over two baking sheets and roast them at 400 degrees for about 40 minutes. Stir and turn them at least once. Roasting time will vary with bean size—they are done when they are slightly blistered and wrinkled, with light-brown spots.

2. While the beans are roasting, chop the tomatoes into a small bowl with their juice. Mix in the remaining garlic clove (pressed or minced), olive oil, vinegar, salt and pepper and basil.

3. When the beans are ready, put them in a big shallow dish, and pour the tomato dressing over them. Serve warm or at room temperature.

Napa

Cabbage is rich in Vitamin C (an antioxidant), contains fiber, and is part of the cruciferous vegetable family, which is linked to reducing the risk of colon and rectal cancer. Cabbage stores easily for several weeks. Plus, cabbage lends itself to many dishes, including soups like Caldo Verde on page 49 of *Recipes from America's Small Farms*

Ahi Tuna with Napa Cabbage Salad

http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_23197,00.html

Melissa's Asian Slaw

http://www.melissas.com/recipes/index.cfm?Cat_ID=41&Sub_Cat_ID=24&Cat_Name=<!%20--%2003%20-->Salads&Sub_Cat_Name=General&Recipe_ID=791

Store this cabbage in your refrigerator bin to keep it from drying out. Slice horizontally into ribbons and add to stir-fries or steam. Nice mild cabbage for quick soups.

Spaghetti Squash

Top cooked spaghetti squash with butter or olive oil and grated cheese, or use tomato-based pasta sauces. White clam sauce also can work well. Spaghetti squash also can be baked with sauce and cheese like a traditional pasta casserole or gratin. Makes an excellent side for lamb and spicy pork dishes.

Bake - Prick squash with a fork so the skin won't burst while cooking. Bake in a preheated 350 oven for 40 minutes or until flesh is tender. (Less time for small squashes). When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands. Alternatively, split small to medium squash in half. Place cut side up and cover loosely with foil. Bake in a 350 degree F oven for 20 to 30 minutes.

Boil - Heat a pan of water large enough to hold the squash. Note: fill the pan with the squash in to prevent boil over. When the water boils, drop the squash in and cook for 20-30 minutes until a fork can easily be inserted into its flesh. (Less time for small squashes) When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands.

Microwave - Cut squash in half and seed. Place 1/2 cut side down in a microwave-safe dish. Add 2 T water. Cover and microwave 10 - 14 minutes or until tender. When cool enough to handle, split lengthwise, remove seeds. Use fork to comb out strands. For small squash, cut in half and start checking for doneness at 6 to 8 minutes

Spaghetti squash will store like other winter squash, at room temperature for up to a month, longer at 55 degrees. However, preparations for these squash are different because of their threaded flesh.

Eggplants

This is a great recipe for using up a lot of eggplant. This freezes well, so you can have it for the holidays. Your friends and family will thank you!

Caponata

1-lb eggplants
olive oil
1 c chopped onions
1/2 c chopped celery
1/2 c peeled, seeded, and chopped tomatoes
1/2 t dried rosemary
1/4 c pitted, halved green olives
1/8 c rinsed and drained capers
3 T red wine vinegar
2 t sugar
Freshly ground pepper

Peel and cube eggplant into 3/4-inch pieces. Salt and let drain for 30 minutes; pat dry. Pour a thin layer of oil into a large frying pan. Sauté half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, sauté the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), sauté onions and celery until just tender, then add the tomatoes, and rosemary. Cover pan and cook for 4-5 min., uncover, and cook 5 min.. Add the eggplant, olives, and capers. Heat the vinegar and sugar until the sugar dissolves, and pour over the mixture. Simmer, covered, for 5-10 min. Season to taste and cool. Makes 3-4 c.

Store eggplants in your refrigerator crisper drawer.