

**April 13, 2005**

**The Produce Has Arrived!!!**

Please remember to pickup your share in Urbana at 714 W Iowa and in Champaign at 701 W Washington between 4 and 7 pm today. Your share will be in the garage, access through the smaller service doors. Please check the box by your name when you pick up your share. If you cannot pick up your share, you are welcome to designate someone else to do so. Remember eggs are not part of the regular share, if you need to order eggs, please call 815.432.6238. If you need past copies of the newsletter, they are online at <http://www.prairielandcsa.org/newsletters.html> Additional produce recipes are at <http://www.prairienet.org/pcsa/recipes.htm>

**From the Farm**

Jim reports that the field crops are up and looking excellent. This week, there will be 14 swarms of bees arriving to help with pollination and future honey production.

“Things will be buzzing around here, ha, ha,” Jim says. For her part, Diann is steering clear of Jim’s puns and the hives as she is allergic to bee stings. Earlier this week, the Moores planted 1,500 asparagus crowns for the 2007 season. It takes two years for the plants to establish themselves prior to cutting. In the greenhouse, Diann transplanted herbs from seed trays to pots. Jim seeded more lettuce. The Moores also transplanted tomatoes and peppers from their starter cells into pots where they can mature a bit more before being transplanted in the field. “ This is their “toddler” stage,” says Diann, “they don’t have the root systems they need to survive outdoors just yet.” Two of three hoop houses are now full to capacity with plants, including the lettuce and spring green mixes that are in our shares this week. (See Recipes and Storage Suggestions for important storage information.) If the soil is dry enough, the Moores will begin planting the 2,700 pounds of potatoes you saw in the pictures at pickup last week. Prior to planting, each potato is cut into pieces. Each potato “eye” can produce a plant. There will be well over 10,000 potato plants by the time planting is finished. Wes and Aaron are curbing their enthusiasm for this task. Speaking of Wes, I incorrectly reported that he was 6’5” last week. Having been measured for a suit for his induction into National Honor Society over the weekend (Congratulations Wes!), he is actually 6’7”. And in case you are wondering how hard the Moore’s sons work on the farm, consider that Wes’ right arm is a full inch longer than his left from carrying feed buckets.

**Wanted: Homes for 6 More Totebags**

We still need takers for 6 more totebags to make the minimum order with Weiskamp at the \$13.50 price. (Weiskamp already reduced the quantity we needed to order from 50 to 40.) If you want a PCSA totebag, and have not yet emailed, called, or verbally reserved one at pickup, email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call (217) 355-6279. I will post the list of those who ordered in the newsletter prior to the order so that everyone can confirm their quantities. I’ll send payment details by email when the order is placed.

**Cookbooks Still Expected Mid-Month**

Those of you who are new members and who will receive cookbooks as part of your share, and those of you who are returning members who ordered the cookbook, should receive them soon. Pages for All Ages confirmed that they are still slated to arrive mid-month. When they arrive, they will be waiting for you at your pickup. If you are not receiving a cookbook as part of your new share or didn’t request one as a returning

shareholder, and want to order a cookbook, please email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call (217) 355-6279 ASAP so that you can receive a discounted book. Pages is giving us a discount from the cover price.

### **Recipe and Storage Suggestions**

While your lettuce and spring greens were grown in the greenhouse and are quite clean, they need to be rinsed/washed to prolong their storage life. Rinse your greens under cold water and spin out in a salad spinner. If you do not have one, place the rinsed lettuce in the middle of a flour sack towel. Gather the corners together. Take outside and spin your arm in a windmill/backstroke fashion to remove the excess water. Return your greens to their bags and store in your refrigerator.

Early spring greens and salad mix work well in simple preparations where the greens can shine through, e.g. with only a vinaigrette or other dressing. If you want to add something to your salad, peeled, segmented end of winter citrus or toasted nuts are great foils for these greens.

#### **Reduced Fat "Buttermilk" Herb Dressing**

2/3 c low-fat mayonaise  
1 1/3 c nonfat yogurt  
skim milk to thin (3T - 1/4 cup)  
salt and pepper to taste  
2 T total dried or fresh herbs of your choice: basil, dill weed, thyme, tarragon, chive, and/or finely minced green onion

Stir together mayonnaise and yogurt in a bowl. Add skim milk to thin to desired consistency. Add salt and pepper, and herbs. Chill. Drizzle over fresh greens.

#### **Sushi House Dressing**

3 - 3" pieces of ginger, peeled, grated, pulp only, no threads (use less if using pieces larger than the diameter of a quarter)  
3 cloves garlic, finely minced  
3 T tahini  
1 T plus 1 t white miso  
2/3 c rice vinegar, or more to taste  
2 T sugar or to taste  
2 T shoyu or to taste  
water to thin as necessary

Wisk everything together in a small bowl. Or, combine ginger pulp with rest of ingredients and blend with a hand blender. Though taste will vary depending upon brands used, the age of the ginger, etc.; the result should be a tahini-colored sweet-sour dressing with sesame, ginger, and garlic accents. Nutrition information: approx. 17 calories per T, 1.1 g fat.