

Aug 10, 2005

A Few Repeats

Please pickup and checkoff your share at 714 W Iowa in Urbana or 701 W Washington in Champaign between 4 and 7 pm today (use the garage service doors). Remember, eggs must be pre-ordered and paid. To order, call 815.432.6238.

From the Farm

We are continuing to see some familiar crops in the shares as the fall crops were delayed by drought. Personally, I don't mind seeing summer crops continue as it helps me forget that August is almost half over and with it the bulk of summer. Unfortunately, this means the CSA season is more than halfway over, as well. We are now in week 19 of the 33-week season. And, having heard reports from other CSAs in Indiana and other areas hit by the drought, I am glad that we are getting vegetables at all. Some Illinois and Indiana CSAs have had to curtail deliveries some weeks this season due to the drought.

On the pasture front, the Moores are hoping for some more rain this week as the pasture is looking quite dry. Thanks to your help, we have now reached enough people to purchase over 1200 bales of hay. Plus, the Moores now have a line on some cheaper good quality hay, as well which will make the money we collect go further.

The ad for the August 29 bacaro wine tasting fundraiser appears this week. This will be a tasting of rare barolos from chef/owner Thad Morrow's private collection. Space is limited to 12 people and tickets are \$100 each. If you know of folks who may be interested, give them a heads up as ads will run starting Thursday. However, they can purchase tickets online already at www.prairielandcsa.org

On the hog roast front, our intended bbq master is quite ill and will be unable to handle the task of roasting the hog, so we are looking for recommendations for a replacement bbq master. If you have any leads on local bbq experts, please email info@prairielandcsa.org or call 355-6279.

In Your Share Today

Today you'll find carrots, cabbage, basil, eggplant, onions, potatoes, yellow squash, and zucchini, and sweet peppers at pickup.

T-Shirt Order Go

Look for T-shirts at pickup on the 24th.

Storage and Recipe Suggestions

Storage Tips

Do not store squash in plastic or it will spot and mold.

Unwashed potatoes store longer than washed ones.

Treat your basil like a flower. Rinse the entire plant in cold water to remove any sand. Cut the stems and place it in water. Recut stems and change water periodically to make it last longer.

Eggplant, Onion, Squash

Try the "Easy Pasta Fresca" recipe on page 171 of Recipes from America's Small Farms, taking the contributing farmer's recommendation to add squash. If you do not have fresh tomatoes, be sure to use a good variety of canned like Muir Glenn organic regular or fire roasted tomatoes.

Basil, Squash, Onion

Take a cue from Thad Morrow at bacaro and use your squash to make risotto.

Squash Risotto w/ Pesto

3 T olive oil
1/2 c chopped onions
1 1/2 c Arborio or other short grain rice
1/2 t salt
6 c chicken or vegetable broth
3-4 c small diced zucchini or yellow squash
1/2 c grated Parmesan cheese
optional butter, cream
pesto for garnish

Heat broth in a heavy saucepan until simmering. In a separate heavy large nonreactive skillet or dutch oven, heat oil over medium-high heat. Add onions; cook 3 minutes. Add rice and salt. Cook and stir until rice begins to color. Add 1/2 c broth to rice; stirring until most of broth is absorbed. Keep adding broth in increments and stirring, until rice becomes creamy. About 15 minutes in, add squash. Keep adding broth until rice becomes al dente and squash is cooked through. Stir in cheese, add 1-2 T butter and a splash of cream for extra richness if desired. Drizzle with pesto.

Cabbage, Carrots, Potato, Onion

This African vegetable dish is one of the best when the weather gets hot. Unlike many, this one is flavorful without being firey. Best of all, it is flexible if you have more or less of an ingredient.

Atakilt Alichu Wat

1- 3 onions
4 large carrots
3 potatoes
1 small cabbage
1/4 c canola or other light oil
1 head garlic
1/2 t ground ginger
1/2 t turmeric
1/4 to 1/2 t black pepper
1 t salt
4 c water

Peel all vegetables, cut into small cubes. Peel and crush the garlic. Heat oil in a large pan and add vegetables. Cover and saute 2-3 minutes. Add the ginger, turmeric, pepper and salt, and mix well. Add the water, stir and cook over very low flame for 30-40 minutes. Check water level after 20 minutes. Serve hot with rice.

If you have recipe suggestions, call 355-6279 or email info@prairielandcsa.org