

July 27, 2005

Timely Rains

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

As of 7 pm last night the Moores had received at least another half inch of rain. Just as importantly temperatures had dropped by 20 degrees. With the temperatures so high, Wes had to spend most of his time watering and checking on animals this week, though he did get some of the initial dirt work done for the newest greenhouse. Harvesting fell to Jim, Diann, and Aaron who were alternately having to check the watering hose that had to be placed on the coils of the walkin cooler to keep it from overheating. However, the boys did take some evenings off to see the tractor pulls at the Iroquois County Fair. If you have never seen a tractor pull, see <http://www.lib.niu.edu/ipo/ic020410.html> for an explanation of this acutely rural phenomena. With the cooler temperatures this week, Jim will be reseeding many of the fall crops whose seedlings were damaged by the heat in the last few weeks. Between the birds and the heat there weren't enough berries for everyone's share this week, so the dregs of them will be going to the farmer's market on Saturday. Go early if you want more for freezing.

On the pasture front, the rains are continuing to help. The wide fences are keeping the animals from grazing the grass too low. Pending timely rains, the Moores may only have to purchase winter hay (approx. 2,800 bales). Thanks to your help, we are nearly half way there at 1,146 bales. The date for the bacaro wine tasting fundraiser has been set for August 29. This will be a tasting of rare barolos from chef/owner Thad Morrow's private collection. Space is limited to 12 people and tickets will be \$100 each. If you know of folks who may be interested, give them a heads up as ads will be running in The Hub shortly. Again, if you want to assist with the planning of any of the upcoming fundraising events, please email info@prairielandcsa.org or call 355-6279.

In Your Share Today

Today you'll find yellow squash, zucchini, eggplant, green beans, red potatoes, carrots, basil, and sweet peppers at pickup. Use your squash, eggplant, and peppers to make ratatouille to top pasta or eat with crusty bread. You can throw your green beans in it, too, if you want, or try roasting them for a wonderful summer snack served alone or as a topping for bruschetta or pasta.

T-Shirt Order Held Up

If you have not already sent or dropped off your t-shirt payment, please do so as soon as possible as the order cannot be placed until all payments are received. Please note that Ts are in unisex sizes. You can check your T size in person at Weiskamp, which is located at 312 S. Neil, just north of Springfield Ave. on the east side Neil street. Park in the lot in back of the building. Please send checks made out to PCSA to me at 701 W Washington St. in Champaign, IL 61820. Please memo them T-shirt. Each shirt is \$14.80.

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.
Carrots keep longer with the tops on.

Roasted Greenbeans

1 pounds tender green, purple or yellow beans
1 /2 head of garlic
1 - 2 Tbs good olive oil
salt and pepper to taste
balsamic vinegar for drizzling

Wash and trim the beans, and separate and peel the cloves of garlic. Toss the remaining garlic and beans in a bowl with the olive oil, salt and pepper. Spread evenly over a baking sheet and roast beans at 400 degrees for about 40 minutes. Stir and turn them at least once half way through, drizzling with balsamic vinegar. Roasting time will vary with bean size—they are done when they are slightly blistered and wrinkled, with light-brown spots.

Serve as a room temperature appetizer alone, or on top of crusty bread plain or with goat cheese. They also are good cut into 1 1/2 –inch pieces and tossed with cooked pasta, chopped basil, and your favorite cheese. Alternatively, dress them with a chopped tomato, 1 clove garlic, 1 Tbs. of chopped fresh basil, and 1 Tbs each of olive oil and balsamic vinegar, or to taste, as shareholder Andrea Rundell suggests.

Rataouille – This is a great way to use up basil, eggplant, sweet pepper, yellow and zucchini squash all at once. Half the ratatouille recipe on page 174 of Recipes from America's Small Farms. If you have oregano and parsley, great, if not, it will still taste good. Use a good brand of canned tomatoes if you do not have fresh, adding them half way through the cooking time. Muir Glenn organic is a very flavorful brand. You can add a handful of chopped green beans to this, celery also adds an interesting flavor. Experiment and have fun with this dish. Serve over pasta, or by itself with crusty bread and a salad. This makes an excellent side for grilled meats or chicken.

Basil Pesto – You can make pesto with basil and/or with other herbs and greens such as cilantro, spinach, or Swiss chard. Half the recipe on page 212 of Recipes for America's Small Farms, substituting basil for arugula and omitting Swiss chard. Use 1 clove of garlic or more for a bigger garlic flavor. Use walnuts as suggested or pine nuts if you have them. Thin the resulting sauce with a little water from cooked pasta and toss with pasta.

Marinated Carrots

Steam or blanch carrot sticks or peeled whole baby carrots until just tender crisp. While still warm, sprinkle with salt and pepper and 1 /4 t dried tarragon or parsley per 10 carrots or sticks. Drizzle with olive oil and white wine vinegar. Let stand for 15 minutes or more at room temperature. Serve or refrigerate and allow to marinate overnight. Great with sandwiches or with grilled vegetable salads.

Roasted Vegetables

If the heat kept you from trying Georgia Morgan's suggestion, do try it this week. Quarter or cube beets (if you didn't use them last week), potatoes, yellow squash, eggplant, and zucchini (carrots, too) into bite size pieces approximately 1 inch in size. Don't bother to peel. Toss with olive oil and chopped fresh herbs of your choice and salt and pepper. Bake in a shallow pan, heavy oven proof skillet, or on heavy baking sheet for 35 minutes at 425 degrees F.

Quick Minestrone

1 medium onion, peeled and chopped
2 cloves garlic, minced
4 potatoes, peeled and cubed
2 –3 carrots, peeled and cubed

olive oil

3 14-ounce cans beef or vegetable broth

1 14-1/2-ounce can tomatoes (Muir Glenn is good)

1 11-1/2-ounce can vegetable juice

6-ounces tomato paste

1 T chopped fresh basil

1/4 t oregano or to taste

1 15-ounce can white kidney or cannellini beans, rinsed and drained

2 small squash, quartered and sliced thin

2 cups cooked pasta (1 cup uncooked), such as small shells or ditalini

Finely shredded Parmesan cheese for garnish (optional)

Saute onion, garlic, potatoes, and carrot in olive oil. When onion begins to turn golden, add broth, tomatoes, juice, paste, and herbs. When potatoes are fork tender, add beans, squash and pasta and cook for 15 minutes more. Adjust salt and pepper if necessary. Serve immediately or refrigerate and serve the next day for best flavor.

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