

June 1, 2005

Planning Ahead

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). Please remember, eggs are not part of produce shares and must be prepaid. Please take only the quantity of eggs you have reserved so that no one gets shorted. You can verify your quantity on the egg checkoff list. To order eggs, please call the Moores at 815.432.6238.

From the Farm

Jim has cultivated the hail damaged crops and side dressed them with fertilizer (placed fertilizer in close proximity to the roots as opposed to field-wide broadcasting) to give them the best possible advantage. Thanks to this and some careful trimming on Diann's part, we have baby bok choy in our shares this week.

The Moores wanted me to pass along their thanks for your kind words of following the hail. If you want to pass along any words of encouragement to the Moores, you can write them at 2013 N. 1950 East Road, Watseka, IL 60970 or call them at 815.432.6238.

Thanks also to Moore farm fan and WILL meteorologist, Ed Keiser, who gave the Moores a heads up at the farmers market on Saturday. According to Ed, though it is not yet getting widely reported, conditions are not favorable for adequate moisture for the next three months. With this knowledge, the Moores are re-evaluating their plans and plantings to conserve irrigation water and maximize its use. The bulk of the irrigation water will be reserved for high value crops. These crops will be planted in close proximity to one another. To minimize evaporation losses, the Moores will be installing drip hoses on the ground instead of using their overhead equipment.

On another front, after getting nowhere with representatives from a local chemical dealer who were parked on the edge of a neighbor's field preparing to spray pesticides during last weekend's high winds, Jim was able to negotiate with the neighbor directly to delay the crop spraying until the winds subsided. As the neighbor tends to spray multiple times, the Moores are delaying tomato transplanting until the last of the spraying is done to ensure that the plants aren't damaged by pesticide drift. FYI, even without high winds many common herbicides can drift for up to five miles. Some insecticides can travel hundreds of miles. Breakdown particles from DDT, banned for decades in the U.S., are showing up in forests in the northeastern US, where they are carried by winds from Mexico. What's more, if produce crops are damaged by pesticides, area judges have not historically sided with produce farmers. Even if the judgement were to go to the produce farmer as one Champaign County case initially did before a judge overturned it, the produce farmer likely would only be able to collect on the value of seed planted. According to the judge in the case, the farmer's produce crops were of a highly variable nature and an accurate potential crop value could not be established. This, in a case where the farmer had over a decade of farmer's market receipts!!!???

In Your Share

Look for green onions, Asian greens, head lettuce, beet green salad mix, and baby bok choy.

T-Shirt Orders Due

The Moores are wanting to place a T-shirt order for themselves and any PCSA members or farmers market customers who want to join in. Ed Weiskamp is letting us order 25 shirts for \$14.80 each, which means that he is offering 6-color screen printing for only slightly more than he would charge for a transfer. This is an incredible great deal. Design is the same as the totebag only smaller to fit on shirts. Sizes are XS – 3XL in white 50/50 cotton/poly. If you are

interested, email info@prairielandcsa.org or call 355-6279. I will send payment details closer to the time of the order.

Storage and Recipe Suggestions

Need a recipe from a past newsletter? See <http://www.prairielandcsa.org/newsletters.html>
Additional recipes are on the PCSA website at <http://www.prairienet.org/pcsa/recipes.htm>

Baby Bok Choy – Okay, I am biased. This and pak choy are two of my all time favorite vegetables. The contrast of the tender crisp stems and vitamin-rich greens just can't be beat in my book. Simple preparations are best with these. Stirfry. Or, cut into two-inch sections and steam until tender crisp to preserve vitamins, or blanch for 2 minutes using the directions on page 12 of *Recipes from America's Small Farms*. Try to add the stems a minute ahead of the greens so that they both cook for the optimum time. Dress with sea salt and a few drops of sesame oil. If you want virtually effortless cooking, place them in a rice cooker with a steamer rack. Inexpensive models with easy to clean nonstick bowls and tempered glass lids to keep an eye on your veggies are available at many local Asian groceries like AmKo and Green Onion. These cookers are great for rice, as well as steaming vegetables, dim sum dumplings. You'll find tons of uses for it. My friend swears by hers, using it in place of her stove, oven, and microwave when her kitchen was being remodeled. Here is a classic Hong Kong-style preparation:

Mushrooms with Baby Bok Choy

baby bok choy
1 oz dried black mushrooms or 3 oz fresh
1 t cornstarch
4 t shoyu, tamari, or 3 t soy sauce
1 1/2 t sugar
1 c stock
pinch of pepper
dash of sesame oil

If using dry mushrooms, soak in water until tender. Trim stems from mushrooms. Place bok choy and mushrooms in a heat proof, nonreactive bowl (pyrex) in a steamer. Steam with bok choy for 5 - 10 minutes or until greens are tender crisp. Drain juices into a separate bowl or measuring cup. Stir in starch and seasonings. Pour into small sauce pan. Heat, stirring until thick. Arrange greens, mushrooms on a platter. Pour sauce over. Serve.

Asian greens – Add a handful of these to your head lettuce and baby beet green mix to spice up your salad and add some texture from the frilly edges of these greens. Combine Asian greens with your green onions to make a pilaf or risotto. Use the recipe from the PCSA site: <http://www.prairienet.org/pcsa/recipes/greens.htm> or page 35 of *Recipes from America's Small Farms*. Or, see Green Onions below for serving suggestions.

Head Lettuce, Baby Beet Green Salad Mix – Leave the leaves on your lettuce head to extend its storage life. Wrap in a damp, not wet paper towel in the bag and place in your refrigerator crisper bin. Wash baby greens and dry thoroughly to keep them in better shape for extended storage. If you are going to eat them within a few days, leave as is, but seal bag before putting in your fridge. Use any of the dressing recipes on pages 54 – 55 of *Recipes from America's Small Farms*. Or, see Green Onions below.

Green Onions – Brush lightly or mist with olive oil, sprinkle with Kosher or sea salt and grill/broil, or heat a tablespoon of olive oil and saute, adding a sprinkle of Kosher or sea salt. Add as a topping to spring green salads. If you have them, grill/saute some asparagus and/or mushrooms, as well. Top with balsamic vinegar and olive oil mixed to your taste. Serving suggestion: <http://www.prairielandcsa.org/asiangreens.html>

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