

**May 25, 2005**

**Hail Hits Moore Farm**

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). For eggs, please call the Moores at 815.432.6238.

**From the Farm**

As most of you know by now, pea size and larger hail fell last Thursday shredding the leaves of many plants, bushes, and trees at the Moore farm. As Diann said, "In 10 minutes we lost almost four months of work in many cases." While the family and animals weathered the storm, several crops were not as lucky. See photos here:

<http://www.prairienet.org/pcsa/farmtour/2005hail.html>

Two plantings of field spinach and a planting of bok choy are gone. The peas that would have been in this week's share are gone and later plantings are questionable. Some plantings of radishes were riddled on both leaf and root portions. The kale and mustard leaves were damaged but with trimming, may be able to come back from their crowns. Onion tops were shredded, however, the lower portions may be salvageable. Several broccoli and cabbage plants were bent some broken. However, many are now straightening themselves. Additionally, some of the early leaves of the emerging potato, cucumber, greenbean, yellow beet, and zucchini plantings also were affected. The Moores are working with their organic fertilizer agronomist to develop a plan to jump start the plant's recovery. The cooler than average temperatures forecasted for the coming weeks also should help the plants to rejuvenate. Since an inch of rain also fell within 20 minutes, the Moores are hoping that the newly planted winter squash and dry bean seeds didn't get pounded deeper into the ground or washed to one end of the field. To aerate the seedbed and break up any soil crust for these crops, Jim rotary hoed the plantings earlier this week. (reference photo here:

<http://www.ent.iastate.edu/imagegal/misc/rotaryhoe.html>)

As those of you who have literally weathered floods in past years with the Moores know, our shares will not go empty and being part of a CSA means sharing in the risk of production as well as the rewards. You also know that no one works harder than the Moores and that it won't be long before our shares are as full as ever. However, until the field crops recover, look for greenhouse crops to comprise the majority of your shares for the next few weeks. In the meantime, 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.

**In Your Share**

Look for head lettuce, mixed baby greens, beet greens, spinach, and Asian greens in your share.

**Totebags**

Thanks to Bob at Weiskamp for doing a great job, once again, on our totebags. Six color printing isn't that common, nor is someone who can make six colors look like even more. In lieu of a checksheet, totebags have names attached to the handles (in alphabetical order). Please take the bag with your name on it.

**Ts, Too!**

Since 6-color print jobs really do look great, Ed Weiskamp has been wanting for us to do a t-shirt for over a year—so much so, that he threw one in for free for the Moores with the totebags. Several of you who saw this shirt at the Champaign pickup site and at the Moores' farmers' market booth on Saturday said that you are interested in getting one. They are \$14.80 including tax. 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 in at T, email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279. I will send payment details closer to the time of the order.

### **Organically Raised Crops Pack More Nutrients**

If you happened to be listening to Focus 580 at 11:00 am yesterday, you heard former Organic Trade Association president Bill Wolf, of Wolf & Associates, Inc., New Castle VA state that some studies are now showing that organic foods have more of some nutrients than their conventional counterparts. This is especially true with phyto-nutrients like cancer-fighting lycopene, which was found to be three times higher in organic ketchup than non-organic ketchup according to a study by USDA researchers published in *New Scientist* in January 2005. This finding is not surprising, given farmers who use organic methods tend to better manage their soils. Of course, if you were listening to the show, you also heard the show's other guest, a University of Illinois Department of Agricultural and Consumer Economics assistant professor and frequent biotech advocate, embarrass himself by referencing misinformation perpetuated by chemical industry pr guru Dennis Avery. Specifically, the U of I guest stated that organically produced crops have higher bacterial loads than non-organic crops. This is simply ludicrous. Organic farmers who use manure, use composted manure. Fertilizing with raw manure would kill their crops. Moreover, the high temperatures created by composting manure not only kill bacteria, but viruses, fungi, and protozoans.

### **On the Lighter Side**

Several of you forwarded the link for the Organic Trade Associations' Store Wars video clip, which stars Cuke Skywalker, Ham Solo, Princess Lettuce, Chewbroccoli, C3 Peanuts, Tofu D2, Obi Wan Cannoli, and Lord Tader. If you have not yet seen Store Wars, go to <http://www.storewars.org/flash/index.html>

### **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>

**Asian greens** – These are a little larger this week, so treat them as you would young mild mustard or other flavorful greens. Steam or blanch them and serve with the same dressings you use for their baby versions. Hot Peanut dressing on page 55 of *Recipes from America's Small Farms* and the Sushi House dressing (<http://www.prairienet.org/pcsa/recipes/lettuce.htm>) are especially good. Or, chop and add to scrambled eggs or tofu for a colorful, vitamin-packed brunch dish. These greens also are good in the fish packet recipe from the May 11 newsletter (<http://www.prairielandcsa.org/pdf/newsletters/2005/may11.pdf>).

**Head Lettuce, Mixed Baby Greens** – 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*. Don't forget to add radish if you have them hanging around in your produce drawer. Thanks to the hail, they are now a precious commodity.

**Spinach** – Raised in the green house, this spinach has some slightly longer stems. Trim them off if you are using the leaves for salads or steamed greens, but don't throw them out. Chop them and add them as a flavorful addition to stir-fry. Often overlooked in Western cooking, stems are integral parts of several Eastern dishes. In fact, broccoli stems are prized over the heads in Asia. Recognizing this, *Recipes from America's Small Farms* has an entire recipe dedicated to Swiss chard stems, Swiss Chard Gratin on page 56.

**Beet Greens** – About those phyto-nutrients...The more colorful, your food, the higher the level of cancer-fighting phyto-nutrients. Treat beet greens as you would spinach – use fresh as part of salads, or steam. Berry or citrus vinaigrettes are excellent accompaniments. Alternatively, steam and dress with only a pinch of sea or Kosher salt.

**Green Onions** – Though these aren't in the shares this week, if you still have some in your fridge, use them in place of white onions for soups, casseroles, and other dishes. Brushed lightly or misted with olive oil and grilled/broiled, you cannot ask for a better side dish, or topping for bruschetta. If you still have a few radish greens, too, try this soup recipe to use up both (<http://www.cooking.com/recipes/static/recipe3597.htm>) Need to use up a bunch, literally? Try :

**Not Leek Soup**

Slice 1/2 to 1 bunch of green onions thinly. Saute for one to two minutes with 1 T butter or olive oil. Add 2-3 quarts stock. Add salt and pepper to taste. Simmer 5 – 10 minutes. Serve warm or chilled with a dollop of yogurt and fresh chopped dill. Add cubed boiled potatoes prior to simmering for vichyssoise variation.

If you have recipe suggestions, call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)