

May 4, 2005

Eat Your Greens

Please pickup your share from Urbana at 714 W Iowa or 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

Cold weather is slowing down the field crops. The green onions will be delayed at least another week. With cold weather allegedly ending this week, the Moores planted the 2,700 pounds of potatoes on Monday. The onions that the Moores started from seed also are in the ground, all 20,000 of them. The one bright spot, literally has been the sunshine accompanying the cold weather, which is putting the greenhouse crops back on track. You'll see lettuce, spinach, baby beet greens, and Asian greens in your share today, as well as radishes. The radishes, which came from the field, are showing their displeasure at the cold weather. Do not be alarmed by any brown tips on their leaves, which have had to endure frost and a low of 27 degrees Fahrenheit

On Tuesday Diann spoke to the members of the Hoopeston Rotary, who are interested in making their town a drop point for the 2006 season. If your organization or church group is interested in hearing about PCSA and the Moore Farm, let Diann know at 815.432.6238.

In Your Share

Look for lettuce, spinach, baby beet green mix, and Asian greens, as well as more French breakfast radishes.

GCAP Date Correction, Location Addition

I incorrectly wrote 9/11 as one of the GCAP dates last week, it should be 9/14. So, if you are a shareholder in EITHER Champaign or Urbana and will be gone 5/11, 5/25, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24, 9/14, 9/28, 10/12, 10/26, or 11/9 and would like to donate your share to GCAP, please email info@prairielandcsa.org or call 355-6279. Thanks.

Totebag Payments Due

We can place the totebag order as soon as all payments are in. We have received payments from Barnes, Birkett, Carlisle, DeMarco, Dice, Farrell, Farrar-White, Heggemeier, Herman, Jannusch, Means, Moore, Morgan, Newmark, Silvis, and Taylor. If your name is not on this list, please mail a check for \$13.50 per bag to Anna Barnes, 701 W Washington St.; Champaign, IL 61820. Champaign shareholders can drop off checks at pickup. If you have any questions, please call 355-6279 or email info@prairielandcsa.org

Cookbook Solution

Some of you picked up cookbooks with other shareholders names on them by mistake. Do not worry. However, do make sure that your name is checked off on the list, whether you picked up your book last week or are picking it up this week. As long as everyone who ordered a book receives one, we are good. If you believe your book is missing, email info@prairielandcsa.org or call 355-6279.

Recipes and Storage Suggestions

Greens

To extend the storage life of your greens, rinse them 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. Place your greens in their bag(s) and store in your refrigerator. Remember, do not store wet greens in plastic or they will turn to nasty, green ooze.

Tip: Use your washing machine as a salad spinner

Place your greens in a clean pillowcase. Tie a string around the end of the pillowcase to close it. Place the pillowcase in your empty, clean washing machine and hit spin for a few minutes. Remove greens from case and serve. This works well for large amounts of greens for a party or when you don't want to take the time to wash each type of green separately.

Beet Green Mix

Try the Orange Ginger dressing recipe on page 55 of *Recipes from America's Small Farms* on your beet greens. Not a ginger fan? Try this mild orange vinaigrette:

Combine 6 T orange juice (fresh is best, but frozen will work) with 1 T mild olive oil, 1 T mild vinegar (white wine or rice wine is good) and 1/4 t salt.

Spinach

Asian Style Saute

1 T sesame oil

1-2 cloves garlic, thinly sliced

1/4 pound spinach

1 1/2 t vinegar

1 T tamari

freshly ground black pepper

1/4 to 1/2 t white sesame seeds for garnish (optional)

Heat wok or large, heavy skillet over moderate heat. Add oil, heat through. Add garlic and saute 2 minutes. Remove garlic and set aside. Saute the greens until just wilted. Remove from heat, and stir in vinegar, tamari, pepper, and garlic. Sprinkle with sesame seeds. Serve immediately. Great as a side dish for grilled salmon or with rice. Makes 1-2 servings.

Radishes

Save your radish greens. Wash them thoroughly to remove any trapped sand. Steam or briefly saute them for a side dish or chop them and add to scrambled eggs. They also are good added to stirfry. Combine them with spinach for a peppery twist in the Asian saute above.

Radish sandwiches are a great springtime treat. Remove the crust from slices of white bread. Slice into quarters or use a cookie/biscuit cutter to slice into circles or other decorative shapes. Butter bread lightly on one side. Slice radishes thinly and place between two slices of bread.