

**November 2, 2005**

**Cold Weather Reprieve**

Attention Urbana Shareholders! Please do not pull into the driveway at 714 W Iowa. RE: A) there is not enough room to turn around, B) because of A, someone accidentally dented the garage door, C) since said person has not acknowledged B, we risk losing our host.

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**

Just rows of cole crops and tubers are left amidst the rye grass mulch/pasture in the fields now. Diann says the Brussel sprouts that are in this week's share are some of the sweetest ever and that we are in good company as they are also being served at bacaro. This week marks the first of the greenhouse lettuces. And, we are literally getting salad mix, as the bag contains mesclun, baby beet greens, and cherry tomatoes. Because these crops grow in the ground in the greenhouses, be sure to give them a rinse to remove any residual sand.

**2006 Shares Set to Move**

The 2005 season ends November 16. If you have not reserved your share for next season, I cannot urge you strongly enough to do so. With the drought relief project, neither our treasurer, Mary McKillip, nor myself have had a break from PCSA work in over a year. So, I will be moving heaven and earth to get shares sold as quickly as possible to get her (and myself some time off). As you know, we cannot hold shares without at least 25% down. (the remainder is due by 1/31/06) So, if you haven't done so, see [www.prairienet.org/pcsa/contracts.html](http://www.prairienet.org/pcsa/contracts.html)

If you know that you will not be returning, please let us know this, as well, so we know how many shares we need to market in the next few weeks.

**Hay Fund**

We have less than \$2,000 to go to meet our goal for hayfund. We are still hoping to do a fundraising dinner at a local restaurant and/or dj show. If you would like to assist with the planning, coordination or marketing of these events or have ideas for other fundraisers, please call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

**UPDATE: Organic Orchard-Direct Fruit for Winter**

I still have not heard back on shipping yet for the Fruit Shares no doubt due to radically fluctuating fuel prices. At the moment we also do not have enough demand for the fruit shares. I will let everyone who has emailed with interest know any info as soon as I receive it. BTW, participating isn't limited to just PCSA members, if your neighbors, co-workers, and friends are interested, they are welcome to participate, as well.

Ideally we need 100 people to make this work.

Schedule and offerings are as follows:

Early November: Pear (Mixed Varieties)

Late November: Apple (Mixed Varieties)

Early December: Clementine/Mandarin

Late December: Navel Orange

Early January: Grapefruit

Late January: Specialty Citrus

Early February: Tangerine

Late February: Minneola/Blood Orange

FruitShare has worked with other IL CSAs and delivers excellent quality produce. Smaller fruits are in 10 pound boxes, larger like grapefruit are in 20 pound. Cost is \$200 for the season plus shipping. Again, we are still waiting on firm shipping numbers. Let me know if you are interested at 355-6279 or by email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

Alternatively, we can order citrus samplers to be shipped in December and January for \$100 plus shipping. For more info on FruitShare see <http://www.fruitshare.com/products.htm>

### **Backroom Deal Weakens Organic Standards**

Despite emails, letters, and calls from you and consumers nationwide, language was slipped into the FY06 agriculture funding bill that weakens the organic label by allowing chemically derived ingredients, some without careful, independent review, to be used in organic products.

Changes allowed include:

- \* Numerous synthetic food additives and processing aids, including over 500 food contact substances, can now be used in organic foods without public review.

- \* Young dairy cows can now continue to be treated with antibiotics and fed genetically engineered feed prior to being converted to organic production.

- \* Loopholes under which non-organic ingredients could be substituted for organic ingredients can now occur without any public notification based on emergency decrees.

### **In Your Share Today**

Salad mix (mesclun, baby beet greens, cherry tomatoes), broccoli, Italian kale, Brussel sprouts, baby purple top turnips, potatoes, and sweet potatoes.

### **Storage and Recipe Suggestions**

Italian kale

Really, do not leave this behind or you will be missing out. This is the most vitamin-packed of greens you will receive this year and it is one of the best tasting. Lacinato or Italian kale also happens to be one of the trendiest vegetables going these days. See page 42 of Recipes from America's Small Farms for braising directions. Serve braised kale on top of pasta or creamy polenta. Alternatively, rinse kale and remove any large ribs. Do not worry about drying leaves, leave as much moisture on them as possible. Stack and slice into 1 inch wide ribbons. Then, slice a clove of garlic thinly. Heat 1 to 2 T of olive oil in a dutch oven or large heavy lidded pan. Toss in garlic, stirring to get it coated and then toss in wet leaves of kale. Pop on the lid and let steam for a couple of minutes until softened. Open the lid, sprinkle with salt and fresh ground pepper. Stir and serve. Alternatively, combine with turnips and potatoes in a gratin (see Baby Purple Top Turnips).

Broccoli

Peel and slice the stem for stir fry or use as a vegetable dipper. If you haven't done so yet, try Fresh Broccoli Soup on page 71 of Recipes from America's Small Farms.

Salad Mix

Because these greens were grown in the sandy soil of the greenhouses, not in trays of soil mix, be sure to give them a rinse to remove any residual sand.

Potatoes

You don't need to remove the skins of new potatoes. They are thin and because they were produced organically, there are no metallic tasting anti-sprouting chemical residues to deal with. Cut them into halves or desired size for stews and fall soups. Or brush with oil and salt and

pepper and roast whole in a hot oven (400 – 425) in a heavy pan (cast iron skillets work nicely) until fork tender.

#### Baby Purple Top Turnips

Baby turnips are mild and sweet. Like carrots, when turnips are just picked, they contain higher levels of sugars that dissipate with storage and shipping. So, simply scrub them and slice on a salad. Or, cube and add to soups and stews like potatoes. Or, combine with your new potatoes and kale for a gratin using the recipe on page 25 of Recipes from America's Small Farms.

#### Sweet Potatoes

Peel and cube. Roast as with potatoes above. A combination of roasted potatoes and sweet potatoes is really hard to beat. For a quick preparation. Prick with a fork. Microwave until tender, 3 to 4 minutes. Allow to steam in microwave for a few more minutes. Remove from microwave, slice in half. Scoop out flesh. Mash with 2 T of butter/margarine and a couple T of milk or soy milk. Add a dash of salt. Sprinkle with brown sugar for a traditional preparation. Or, take a tip from this month's Gourmet and add a dash of cayenne and a dash of smoked paprika.

#### Brussel Sprouts

The key to sweet, tasty Brussel sprouts is properly cooking them. Fortunately, this is easy. Leave small sprouts whole. Cut large ones in half so that you have equally sized pieces. Then, sprinkle with salt and steam them until just tender crisp. As with most cole crops, long cooking brings out their worst making them strong and very sulfur-y. Less really is more. To dress up Brussel sprouts, saute steamed sprouts in a little butter or olive oil with some crumbled bacon or fakin' bacon. Or, sprinkle with slivered almonds. If you have a bit more time, see page 78 of Recipes from America's Small Farms for a tasty Brussel sprout gratin recipe.

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