**November 9, 2005**

**Cold Weather Reprieve Continues**
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.

**Eggs Year-Round**
Don't forget that eggs are delivered weekly year-round. In Urbana pickup will shorten by one hour, 4 to 6 pm after PCSA ends. Champaign will remain the same. Please mark your calendars.

**From the Farm**
With the abnormally warm weather, look for eggplants to make yet another appearance this week, along with baby Asian greens. Now that the big turkey rush over, things are quieting down on the farm.

**2006 Shares at Record Pace**
With only one week left in the 2005 season, 2006 shares are moving at a record pace. if you haven't reserved yours and are continuing for next year, please see www.prairienet.org/pcsa/contracts.html ASAP.

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**
haWe are still hoping to do a fundraising dinner at a local restaurant and/or dj show to meet the 3,000 bale goal. 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

**UPDATE: Organic Orchard-Direct Fruit for Winter**
No news yet. I am hoping that we receive shipping info in time for winter citrus.
For more info on FruitShare see http://www.fruitshare.com/products.htm
If you, your co-workers, neighbors, friends, family, etc. are interested, please let me know if you haven't already done so at info@prairielandcsa.org or at 355-6279.

**Organic Standards: What to Do**
Stay informed. As you read last week, organic milk and other products are now suspect under the new organic standards. The best course of action is to consume as little processed "organic" food as possible as this is where most of the non-organic and non-reviewed ingredients can be added. Buying locally from producers, businesses, and cooperatives whose production practices are open and transparent is your best bet for getting products that meet the guidelines of the original standards. You should be able to make appointments to visit the farms where your food is raised. If this is not possible, then you may need to buy from another producer who is more open about his/her practices.

**In Your Share Today**
Broccoli, red potatoes, sweet potatoes, eggplant, green curly leaf kale, baby Asian greens, northern lights colored swiss chard aka rainbow chard.

**Storage and Recipe Suggestions**
Curly Leaf Kale and Rainbow Chard

Both of these fall greens are mild and chock full of vitamins. Use them in place of spinach in your favorite recipes or in Tuscan White Bean and Kale Soup from The Golden Earthworm Organic Farm on Long Island in New York.

2 (15 oz) cans Cannellini beans
2 T olive oil
1 bay leaf
1 onion, diced
4 cloves garlic, minced
2 carrots, diced
8 c vegetable or chicken stock
1 bunch kale, de-ribbed and cut into 1 inch ribbons
1 (28 oz) can diced tomatoes, drained
salt and pepper
Parmesan (optional)

Heat olive oil in a large, heavy pot and add onion, garlic, carrots and bay leaf. Reduce heat to medium, cook until onions are translucent. Add stock. Bring stock to boil, reduce heat to simmer and beans, kale, and tomatoes. Simmer 20 minutes. Add salt and pepper and Parmesan, if desired.

Broccoli
It really doesn't get any better than this. Cut into florets, peel and slice the stem. Steam. Sprinkle with salt and/or a little lemon juice.

Baby Asian Greens
These are very fragile. Enjoy them right away.

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.

Eggplant
For a speedier and low fat eggplant spread, peel eggplant and slice into 1 /4 inch thick lengthwise slices. Salt for 10 minutes. Rinse. Place in a glass baking dish. Microwave covered on high for 2 minutes or until softened. Mash with balsamic vinegar and a dash of sesame oil. Add a dash of cayenne sauce if desired. Makes a great appetizer or sandwich spread.

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.

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