

October 12, 2005

Broccoli Returns!!!

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

Things are winding down as we head toward the end of the season. The Moore's scrambling paid off as the greenhouse eggplants and peppers made it into the shares this week. The cooler, wetter weather has kept broccoli in the shares once again! However, it will take a major frost before the brussel sprouts can fully ripen and enter the shares.

2006 Shares Selling Fast

If you have not yet reserved your share please do so, as new shares are coming in quickly. As always, you can pay in installments. To reserve your share, see: www.prairienet.org/pcsa/contracts.html Please make checks payable to PCSA and mail to PCSA, PO Box 1404, Champaign, IL 61824-1404. If you know that you will not be returning, please let us know this as well.

Thanks Mary, Sonia, Lisa, and Mary

Thanks to Mary Arends Kuenning for taking extra produce to GCAP this week. And, thanks to Sonia Newmark for distributing the extra produce from the Urbana site all this season. If you would like to volunteer to take produce to area charities for a week or several weeks, please email info@prairielandcsa.org or call 355-6279. Also continuing thanks to our Urbana host, Lisa Truel and our treasurer Mary McKillip who has handled the hay fund in addition to PCSA.

Hay Fund Reaches 75% Mark

PCSA received some major donations to the hay fund this month from individuals as well as the Center for Sustainable Community at Stelle, IL. (See www.centerforsustainablecommunity.org/) We are now at 2,236 bales. Because the Moores scrambled after the recent rains and planted rye and other quick growing plants for the animals to graze, they will now need only 3,000 bales to make it through winter, which leaves only 764 bales to go!

If you have ideas for fundraisers, or can spare any time to design tickets, sell tickets, design fliers, post fliers, or assist with the planning/management/or marketing of fundraisers, please call 355-6279 or email info@prairielandcsa.org

Organic Standards Still Under Fire

See www.organicconsumers.org/sos.cfm for an update.

In Your Share Today

Today you'll find acorn squash, tomatoes, onion, eggplant, sweet and hot peppers, broccoli, carrots, and potatoes.

Storage and Recipe Suggestions

Acorn Squash

Do not attempt long-term storage of your acorn squash. It is several days riper than usual due to the record number of 90 degree days. To cook, split the squash in half, use a spoon to remove seeds. Brush inside flesh with oil or butter. Season with salt and pepper if desired. Bake at 375 degrees for 30 to 40 minutes until tender. Serve halves as is or puree.

Broccoli

Okay, last week wasn't the last of this crop afterall. So, celebrate and steam it to retain as many of its vitamins and phytonutrients as possible. Remember broccoli heads are flowers. If you do not keep them chilled and eat them soon, the florets will bloom with yellow flowers.

Carrots and Potatoes

With the cooler nights, cube potatoes and cut carrots into chunks. Toss with olive oil, sprinkle with salt and pepper and any herbs (thyme, rosemary, garlic, etc.). Place in a cast iron skillet or a heavy roasting pan. Roast in a 400 degree oven until fork tender, 30 to 40 minutes.

Eggplant, Tomato, and Onion

If you haven't tried this, do, it really doesn't get much faster or tastier. Trim off top. Slice eggplant into thin slices horizontally or vertically into fans. Microwave until just tender. Dip in egg and bread crumbs and saute in olive oil until brown. Top with chopped tomato and a little chopped onion, mixed with fresh or dried basil. Grate on Parmesan cheese if desired.

Hot Peppers

Add these to stir fry or salsa for zip. If you aren't using them right away, air dry them for later use.

Sweet Peppers

Slice for salads or add to stir fry.

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