

**October 26, 2005**

**Brrrrr!**

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**

“Brrrrr” is the word from Diann who says that she is still getting used to the colder temperatures. While harvesting vegetables in a cold drizzle seemed like a pleasant fantasy several weeks ago during the last of the 90 degree weather, the reality is falling short. It falls even shorter when it comes to washing harvested vegetables in 40 degree weather. Despite the cooler temperatures, so far only minor frosts have occurred at the farm, meaning that everything in today’s shares came from the field—even the lettuce which will need a bit more washing to remove any remaining sand.

**2006 Shares Selling Fast**

Only three more weeks are left in the 2005 season. If you have not reserved your share for 2006, please see: [www.prairienet.org/pcsa/contracts.html](http://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.

**Hay Fund Reaches \$8,000**

We are still hoping to raise another \$2,000 for the hayfund. We are hoping to do a fundraising dinner at a local restaurant and/or dj show. If you would like to assist with the planning, management, 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**

Several of you have expressed an interest in ordering fruit from Fruit Share. Fruit Share works with individual organic growers who ship directly from their orchards and groves to us. The fruit will be shipped via truck not via UPS ala Harry and David. So, the shipping cost should be minimal. Because the fruit is not repeatedly warehoused, it is at its absolute peak. Fruit Share founder, Everitt Myers, interned on many of these orchards and groves and has visited each to ensure their quality control procedures. Ideally we need 100 people between PCSA, Fruited Plain, and Common Ground Food Coop to make this possible. **Please let me know ASAP if you are interested as we are only a couple weeks away from the first delivery.**

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>

**In Your Share Today**

Broccoli, lettuce, ruffled kale, baby German butterball potatoes, carrots, peppers, eggplant.

### **Storage and Recipe Suggestions**

#### **Kale**

Do not leave this behind. Comparing this kale to supermarket kale is like comparing a fresh-faced nymph to a wisened, old crone. Local, fresh kale is one of the best greens for dishes like spanikopita, which traditionally is made with wild greens, not namby pamby spinach. Braised kale is one of the best and easiest fall dishes going. See page 42 of Recipes from America's Small Farms for braising directions. Serve braised kale on top of pasta or creamy polenta.

#### **Broccoli**

Keep it cold, use it soon as it will continue to mature with green buds turning into yellow flowers. You can still eat it this way, it's just not as pretty. Don't forget the stem. In Asia, the stem of the broccoli is prized over the flowers. Peel and slice for stir fry or use as a vegetable dipper. To chase away the chill of a fall night try Fresh Broccoli Soup on page 71 of Recipes from America's Small Farms.

#### **Eggplant**

Try Layered Eggplant Casserole on page 174 of Recipes from America's Small Farms. If you don't have fresh tomatoes, use drained, canned diced tomatoes. Ratatouille (also on page 174) also is a good way to use eggplant. Don't worry if you don't have any more zucchini, just use extra eggplant. It also makes an excellent sandwich filling the next day. Caponata is another great way to use eggplant. It is a great spread for parties and is nice on top of pasta.

#### **Caponata**

1-lb eggplants

salt

olive oil for sauteing

1 c chopped onions

1/2 c chopped celery

1/2 c peeled, seeded, and chopped tomatoes (or used canned, though don't drain thoroughly)

1/2 t dried rosemary

1/4 c pitted, halved green olives

1/8 c rinsed and drained capers

3 T red wine vinegar

2 t sugar

freshly ground pepper

salt

Peel and cube eggplant into 3/4-inch pieces. Salt and let drain for 30 minutes; pat dry. Pour a thin layer of oil into a large frying pan. Sauté half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, sauté the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), sauté onions and celery until just tender, then add the tomatoes and rosemary. Cover pan and cook for 4-5 min., uncover and cook 5 min. Add the eggplant, olives, and capers. Heat the vinegar and sugar until the sugar dissolves, and pour over the mixture. Simmer (covered) for 5-10 min. Season to taste and cool. Makes 3-4 Serve warm or at room temperature.

#### **Lettuce**

This lettuce was grown outdoors on the Moore's sandy soil. Diann has removed some of the sand during an initial wash, but you'll want to give it another rinse before using it.

#### **Baby German Butterball Potatoes**

These are new potatoes with thin skins, leave them on for recipes. 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.

#### Carrots

Again, no need to peel with a vegetable peeler. Simply scrubbing with a vegetable brush, Scotch brite pad, or similar tool will be sufficient. If you still have any radishes hanging around, combine equal amounts of thinly sliced radish and carrot with 1 T each of sugar, water, and rice vinegar for a quick salad that goes well with barbecue, as well as Chinese take out. For a quick starter, steam or blanch carrot sticks or smaller carrots. Drizzle with olive oil, white wine vinegar, salt, pepper, and a pinch of dried tarragon. Marinate at room temperature for 20 to 30 minutes.

#### 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. They are great for stringing.

#### Sweet Peppers

Slice for salads or add to stir fry.

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