

September 28, 2005

Closing In on the Season

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

Over 4 inches of rain have fallen at the farm in the last week and half. However, the subsoil still has a long way to go to recharge for next spring. To avoid having them crack with the rainfall, the Moores picked today's tomatoes a few days early. Put these red beauties in a sunny window to allow them to reach their full ripeness.

With preparations made for extending the season of the summer crops well into fall, the Moores are now preparing hoop house beds for next spring. They are seeding crops to emerge, go dormant, and be ready for early spring.

2006 Season

Shares go on sale to the general public on Saturday, October 1. If you have not yet reserved yours yet, please do so as soon as possible. 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.**

Hay Fundraisers

Though the produce season is now down to less than 8 weeks, we are now entering the beginning of hay feeding season on the farm. We'd like to try to get some additional bales in the next weeks so that the Moores can keep their herds as close to previous levels as possible.

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

Organic Standards Safe for 90 More Days Because of You

Emails, letters, and phone calls from concerned citizens were enough to halt the weakening of the organic standards. However, the issue is still in debate for the next three months and your continued involvement is important. Here's how the legislation played out:

1) The Senate decided to add an entirely new amendment that requests the U.S. Department of Agriculture to study the use of synthetic substances in organic processing and the standards for converting dairy cows to organic milk production. USDA must report its findings back to the Senate within 90 days.

2) The Senate put this amendment into its Agricultural funding bill as a "place holder" and decided to convene a negotiation between the OTA and the public interest community including the Center for Food Safety. These meetings are taking place this week. There are two ways the results of these meetings could go:

Best case scenario: An amendment that strengthens the organic law.

Worst case scenario: OTA rejects any strengthening of the law, tries to ram through its amendment, and weakens the law as the Senate and House of Representatives conference to finish the agricultural funding bill this week.

So, continue to voice your opinion to your senators. If you have not already taken you still have 90 days to do so at http://ga3.org/campaign/organic_standards. Alternatively, you can call Senator Dick Durbin at (202) 224-2152, or write his office at 332 Dirksen Senate Bldg.; Washington, DC 20510. You can reach Senator Barak Obama at (202) 224-2854 or by mail at 713 Hart Senate Office Building; Washington, D.C. 20510.

For more background information on the proposed changes to the organic standards, see http://www.centerforfoodsafety.org/policy_com52.cfm

In Your Share Today

Today you'll find summer squash, zucchini, bok choy or Swiss chard (shareholder's choice), red radishes, sweet peppers (bell or gypsy shareholder's choice), eggplant, Roma and slicing tomatoes, butternut squash, and hot peppers. As with the acorn, the butternut is very ripe and should be used soon. Plan on cooking and eating it this week or cook it and freeze for Thanksgiving.

Storage and Recipe Suggestions

Butternut Squash:

Do not attempt long-term storage of your butternut squash. Cook it up for this week or cook and freeze for Thanksgiving. The heat has speeded up its ripening by about three months. For a great seasonal side dish try

Roasted Butternut Squash with Fried Apples

1 butternut squash peeled and cut into 3/4 -inch chunks

6 T melted butter

2 1/2 pounds tart firm apples cut into 3/4 -inch chunks

4 T butter

3 T brown sugar

1/4 t cinnamon

Preheat oven to 425 degrees F. Prepare squash. In a large bowl, toss squash with melted butter. Spread on a large rimmed baking sheet. Roast for 30 minutes, turning once—or until browned and just tender.

Meanwhile, melt 2 T of butter in a large nonstick skillet. Add half of the apples and cook over high heat, turning once, until golden and crisp tender—about 5 minutes. Add half of the brown sugar and cinnamon. Cook, stirring gently until apples caramelize, about 2 minutes more.

Transfer to a plate. Wipe out skillet and repeat with remaining butter, apples, sugar, and cinnamon. Toss with squash and serve at room temperature.

This dish can be refrigerated overnight and reheated in a 350 degree oven.

For a more complex tasting version add 2 T finely chopped dill and salt and pepper to squash prior to roasting.

You can substitute butternut for most pumpkin recipes. For more squash recipes, see

<http://www.prairienet.org/pcsa/recipes.htm>. For pumpkin recipes see

<http://www.urbanext.uiuc.edu/pumpkins/recipes.html>

Radishes:

Steam unpeeled radish roots, toss with butter or olive oil and salt, and serve as a side dish.

Steaming makes the radishes sweeter.

Swiss Chard:

For best flavor, blanch Swiss chard until just wilted in salted, boiling water. Try Roasted Chicken with Swiss Chard and Fresh Corn Relish on page 249 in Recipes from America's Small Farms.

Substitute good quality frozen corn for fresh; Cascadian Farms is good. You can also substitute

thinly sliced yellow onion for green. Swiss chard substitutes easily for spinach in most recipes. Try it in quiche or as part of a savory tart.

Zucchini and Summer Squash

"We have discovered if we steam chopped yellow and pattypan squash and then add butter and maple syrup it is yummy and even kids will eat it," reports shareholder Hilary Valentine.

Shortcut Eggplant Parmesan

Microwave sliced eggplant 30 seconds on high. Dip in egg and seasoned bread crumbs. Saute in hot olive oil until just browned. Place in a casserole dish. Top with pasta sauce and sliced mozzarella, and a light grating of Parmesan cheese. Heat for 30 seconds to 1 minute in microwave, until cheese melts.

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