

PrairieLand Community Supported Agriculture

Week 1 - May 3, 2006

Welcome to PrairieLand Community Supported Agriculture. Thanks for being a part of our second decade of connecting local farmers and consumers. If you have any questions, concerns, or suggestions, please call (217) 355-6279 or email info@prairielandcsa.org

From the Farm:

Diann says cool nights are tempering plant growth right now and the nights aren't quite warm enough for the turkeys to go out on the pasture just yet. However, unlike past springs when the temperatures soared early, the peas are thriving.

In Your Share Today:

2 bunches of leaf lettuce, 1 bag salad mix, 1 small bunch baby Asian greens, and a pound of organic cornmeal (see storage instructions below) that the Moores ground with their stone mill.

Pickup Details:

Pickup runs from 4 to 7 pm today and each Wednesday through November 15

Urbana

714 W Iowa (just east of Lincoln)

use the green garage service door, please do not pull into the driveway in Urbana

Champaign

701 W Washington (4 blks north of University, 2 blks east of Prospect)

use the turquoise garage service door

Remember to bring a bag for your produce

Please take the quantity listed on the sign at pickup. Produce is arranged in the order of the sign so you will know which items are which.

If you do not want something in your share, you can place it in the exchange box and take something from the exchange box. Exchanges can only be made in the exchange box. Please do not substitute items from the crates directly as your fellow shareholders will be shorted.

Remember to check yourself off the list when you pickup your share

Take your cookbook if you ordered one. If you need to order an extra cookbook call 355-6279 or email info@prairielandcsa.org if you haven't done so already.

Please leave printed newsletters at the site for members who do not have email.

Eggs

Free-range, pastured eggs also will be at the sites, however, they are not part of the produce share. Eggs must be pre-ordered and pre-paid with the Moores. If you would like to order eggs, call (815) 432-6238

Going On Vacation?

PCSA donates unclaimed produce to several local organizations including Catholic Worker House, The Times Center, A Woman's Fund, and the Center for Women in Transition. This year we again have the opportunity to work with the Greater Community Aids Project. The GCAP food distribution coincides with our own hours. So, if you know you will be gone in advance on the second or fourth Wednesday of the month, please let us know so that we can pull your share in time for GCAP to distribute it.

Recipes and Storage Suggestions

Cornmeal

If you aren't going to use your cornmeal right away, you will need to refrigerate or freeze it. Because it has not been heat treated or chemically fumigated like commercial cornmeal it can mold if left in a warm cupboard.

Perfect Cornbread

This is a great accompaniment for a spring greens salad and bean soup, or chili on a cool night. Cornbread also is great for breakfast or brunch.

1 c. sifted flour
1/4 c. sugar
4 tsp. baking powder
3/4 tsp. salt
1 c. yellow cornmeal
2 eggs (or egg replacer equivalent)
1 c. milk or soymilk
1/4 c. melted shortening or butter

Preheat oven to 425 degrees. Grease a 9 X 9 x 2 or 8 x 8 x 2 pan. Stir together flour, cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry ingredients. Combine eggs, milk and shortening. Pour into center of well. Stir dry ingredients from sides into center until batter is just smooth. Then stop stirring! Pour batter into pan. Bake for 20 to 25 minutes.

Baking Powder Note: If you have done any baking in recent years, you know that most brands of baking powder now have an increasingly metallic taste. Rumsford is one of the few brands that doesn't have this taste. You also can make your own baking powder by combining 1/4 c cream of tartar, 2 T baking soda, and 1 T cornstarch and sifting three times to remove any lumps. Use a mesh strainer if you don't have a sifter.

Cornmeal Pancakes / Blueberry Cornmeal Pancakes

1 cup yellow cornmeal
1/2 cup all-purpose flour
1 1/2 t sugar or more to taste
1/2 t salt
1/2 t baking soda
1/2 t baking powder (see note above)
1 c buttermilk or plain yogurt, or soy yogurt
1/4 cup milk or soymilk

2 T vegetable oil
1 large egg or equivalent egg replacer
Optional: 3/4 to 1 c frozen blueberries

Mix the dry ingredients together in a large bowl. Mix the buttermilk, milk, oil and eggs together and stir into dry ingredients until just mixed. Let batter sit for 5 to 10 minutes. Cook on a medium hot griddle. If batter is too thick, thin with a little more milk.

Serve with warm maple syrup.

Variation: Sprinkle frozen blueberries onto the poured pancakes before turning.

Greens

Greens are best used right away. To extend their storage life or to refresh them prior to eating, rinse them under cold water and spin out in a salad spinner. If you do not have one, place the rinsed lettuce in the middle of a flour sack or other thin towel. Gather the corners together. Take outside and spin your arm in a windmill/backstroke fashion to remove the excess water. Return your greens to their bags and store in your refrigerator crisper and eat within the next two days.

Early spring greens and salad mix work well in simple preparations where the greens can shine through, e.g. with only a vinaigrette or other dressing. If you want to add something to your salad, peeled, segmented end of winter citrus or toasted nuts work well. If you feel like gilding the lily, Thad Morrow of bacaro/Persimmon recommends combining the Moore's greens with the farm's eggs and bacon, and Point Reyes blue cheese.

You can mix your Asian greens into your salad mix. Or, sauté for an omelet filling or use as part of a stir-fry.

There are several salad dressing recipes on page 54 and 55 of Recipes From America's Small Farms. Here are two from the PCSA website:

Reduced Fat "Buttermilk" Herb Dressing

2/3 c low-fat mayonnaise
1 1/3 c nonfat yogurt
skim milk to thin (3T - 1/4 cup)
salt and pepper to taste
2 T total dried or fresh herbs of your choice: basil, dill weed, thyme, tarragon, chive, and/or finely minced green onion

Stir together mayonnaise and yogurt in a bowl. Add skim milk to thin to desired consistency. Add salt and pepper, and herbs. Chill. Drizzle over fresh greens.

Sushi House Dressing

3 - 3" pieces of ginger, peeled, grated, pulp only, no threads (use less if using pieces larger than the diameter of a quarter)
3 cloves garlic, finely minced
3 T tahini
1 T plus 1 t white miso
2/3 c rice vinegar, or more to taste
2 T sugar or to taste

2 T shoyu or to taste
water to thin as necessary

Whisk everything together in a small bowl. Or, combine ginger pulp with rest of ingredients and blend with a hand blender. Though taste will vary depending upon brands used, the age of the ginger, etc.; the result should be a tahini-colored sweet-sour dressing with sesame, ginger, and garlic accents. Nutrition information: approx. 17 calories per T, 1.1 g fat.