

PrairieLand Community Supported Agriculture  
Week 3 - May 16, 2007

**Important Pickup Information:**

You may park in the lower portion of the driveway in Urbana. Please do not park past the sign.

**From the Farm:**

Yesterdays' rains are giving the Moores a reprieve from irrigating. For the last week and a half were having to wet down the soil not only to keep the plants moist, but to prevent their sandy soil from flailing the spring greens with the winds. Irrigation is accomplished via gas pumps that were running on \$3.29 a gallon a gas. So no one was more happy to see rain than the Moores.

**Where Are All My Vegetables?**

This spring was especially cold late in the season. Because of this, the shares are taking longer than usual to size up. The Moores have to walk a careful line between planting too early and risking frost and seed rot, and still being able to capture the heat of a true season warm up. As you may recall from your contract, the share size actually follows a bell curve during the course of the season. Cool springs often keep the share smaller during the early part of the season. Meanwhile, an early frost can reduce the share size later in the season.

That said, in the four years that the Moores have been our farmers, the shareholders have always received the full value of their shares regardless of hail, late spring freezes, record flooding, record drought, October frosts, and Iroquois County twice being declared a state disaster area. The Moores are experts at what they do. Their planning and resourcefulness are second to none. If you are new to PCSA, you may not realize that the Moore's farm also is an entire growth zone behind Champaign-Urbana. This means that their crops are at least a week behind crops here. Additionally, they often don't receive the moisture that we do, or conversely receive more due to different weather patterns.

As a CSA member you have the opportunity to become more in touch with how your food is grown and the challenges that are involved in producing it. I encourage you to take full advantage of this. Learning to eat locally and seasonally is not only healthier in that you receive more nutritious produce, but can save you time. Learning to cook what you have on hand from your share and a well-stocked pantry is always faster than standing in the checkout line at the supermarket at 5 pm.

**In Your Share Today:**

Mixed Asian greens and stone ground organic cornmeal. Ground yesterday, it doesn't get much fresher than this. Please see recipe and storage suggestions regarding both.

**Bags and Totebags**

Please remember to bring a bag for your produce. If you are interested in ordering a totebag, please call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org). We need 28 more to

complete the order with Weiskamp. For more details, see <http://www.prairienet.org/pcsa/totebag.html>

### 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. We also 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 Tips:

Early season greens and lettuces are best used within a few days. To extend their storage life or to refresh them prior to eating, rinse greens under cold water and spin out in a salad spinner. If you do not have one, place the rinsed greens 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.

Freshly milled grains contain more moisture and none of the preservatives and mold-retarding chemicals found in commercially milled grains. Please refrigerate or freeze yours until you are ready to use it.

### Asian Greens

The best of American food has balance. A bit of salt in a sugar cookie, malt vinegar to cut the richness of handcut fries, and fresh berries with shortcake. Asian greens can add this sort of balance to rich egg dishes, pork dishes, anything that you might have mustard with. Try a using Asian greens instead of lettuce on your turkey sandwich and see if it isn't improved.

This quick to fix fish dish can be prepped ahead of time to make it even more convenient.

### Fish Packets with Asian Greens

oil for brushing or misting foil

2 firm fish fillets or steaks (Tilapia is fine) (5 to 6 oz each)

1 cup cooked rice

1 bag baby Asian greens

2 scallions, chopped, or equivalent amount of finely minced onion

1 T vegetable oil

1 t grated fresh ginger

1 garlic clove minced or pressed

2 T soy sauce

2 t dark sesame

few drops of chili oil (optional)

Preheat oven to 450. Fold a 12 x 24-inch pieces of aluminum in half to form a 12 x 12 square. Repeat for remaining fillet or steak. Brush or mist foil with oil in the center. Rinse fish, prepare remaining ingredients. Place half of the rice in each square. Then layer greens, fish, and scallions on top of rice. In a small bowl combine 1 T oil with, grated ginger, garlic, soy sauce, sesame oil, and chili oil (if using). Carefully pour half of mixture over each serving. Fold foil into air tight packets, crimping edges. Bake for 20 minutes. Careful to avoid steam that will be released upon opening, check fish for doneness. To serve carefully open the foil and transfer the contents to plates or low bowls.

Note:

You can prep fish packets in the morning to cook later in the day, simply refrigerate in a shallow baking dish or on a plate in the interim.

### 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

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 just poured pancakes before turning.

### Apple Cornmeal Upside Down Cake

Make these in a 1-cup muffin pan for baby cakes, a 12-cup muffin pan for snack-sized cakes, or in an 8" round or square cake pan. This recipe also can be used with rhubarb.

2 T butter or margarine  
3 medium apples, peeled and chopped into fine dice  
1/4 c brown sugar (you can use 1/2 Splenda and 1/2 sugar)  
1 T balsamic vinegar  
3/4 c all-purpose white flour  
1/2 c stone ground organic corn meal  
1/3 c granulated sugar (can use 1/2 Splenda)  
2 t Rumsford or homemade baking powder (see note above)  
1/4 salt  
4 T butter or solid vegetable shortening  
1 large egg or equivalent egg replacer  
3/4 cup milk or minimally sweetened soy milk

Butter or oil pan lightly. Preheat oven to 425 degrees F. Heat 2 T of butter in a heavy skillet. When foaming slows, add apples and sugar. Saute for 5 minutes or until apples soften. Stir in vinegar. Remove from heat and allow to cool slightly. Meanwhile, combine flour, cornmeal, sugar, baking powder, and salt in a bowl. Cut in butter or shortening until mixture resembles coarse meal with occasional pea-sized lumps of butter. In a separate bowl, beat egg if using. Combine with milk. Add wet ingredients to dry. Stir until just combined. To assemble, quickly divide apples between muffin cups if using. Top with cornmeal mixture. Ideally, use a spoon or spatula to leave the batter in the middle of the pan or cup slightly lower than the edge. Bake muffins for 15 to 20 minutes, cake for 25 to 30 minutes. Check doneness with a toothpick. When it comes out clean, cakes are done. Remove cake(s) from the oven. While still warm, use knife to loosen the edges of the cakes from their pan(s). Unmold onto plate or cool baking sheet. Serve warm alone or with a dollop of whipped cream.

Questions? Comments? Need help with a recipe or tracking down an ingredient? Please don't hesitate to call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)