

Prairieland Community Supported Agriculture  
Week 1 - May 2, 2007

Welcome to Prairieland Community Supported Agriculture. If you have any questions, concerns, or suggestions, please call (217) 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

From the Farm:

Cool weather has things off to a slow start, but be assured, you will get your full value of produce before the season is out. This week, the Moores planted 2000 lbs of seed potatoes which should be ready starting in July weather permitting. They are now starting on six hay rack wagons full of cabbage, broccoli, and cauliflower. In the greenhouse, the cherry tomatoes are blooming. Wes had a harrowing Friday when he severely twisted his knee and had to be taken to the emergency room. This is making for some re-engineering of various farm tasks. Being 6 foot 5 inches with very long arms, he can drive the tractor with his left foot, keep his right leg straight out in his brace, and use his hand to operate the brake. For more details, see Diann's farm report at pickup.

In Your Share Today:

The cool weather has things off to a slow start, Today you will receive 1 bag salad mix and 1 lb stone ground chemical-free whole white wheat flour that the Moores ground with their stone mill. Important storage instructions for both follow below. Note that the salad mix has slightly longer stems to help keep it from wilting by the end of pickup.

Pickup Times/Locations:

Pickup runs from 4 to 7 pm today and each Wednesday through the end of October except the week of July 4th when pickup will be on Tuesday.

Urbana

714 W Iowa (just east of Lincoln)

Use the green garage service door. Please do not park in the driveway in Urbana

Champaign

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

Use the turquoise garage service door. Please do not park in the 3-way intersection, especially in front of the fire hydrant.

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>

Pickup Procedure:

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](mailto:info@prairielandcsa.org) if you haven't done so already.

### Eggs

Free-range, pastured eggs also will be at the sites, however, they ARE NOT part of the produce shares. Eggs must be pre-ordered and pre-paid with the Moores. If you would like to order eggs, please 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. 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 Suggestions

#### Whole White Wheat Flour

White Wheat is more common in the Northern Plains but was underutilized until about 10 years ago, but is gaining momentum as more people begin adding whole grains to their diets. White wheat as its name suggests lacks the coloring of the red wheat of the lower plains. Without this coloring, it has lower tannin/phenolic acid levels, which make it milder and less bitter than the more common whole wheat red flour.

Because your flour is freshly milled and chemical-free it has a higher moisture content and needs to be refrigerated or frozen if you won't be using it right away. Let it come to room temperature before making any yeasted recipes.

You can use white wheat flour 50/50 in recipes calling for all purpose white flour. It makes excellent cookies, pizza crust, and breads.

For cookies you will want to use half white wheat and half all purpose. However, remove 1 T of flour per cup used. So, for a recipe calling for 2.5 cups of flour use, 1.25 cups whole white wheat, and 1.25 cups less 2 T of all purpose white flour. A chocolate chip cookie recipe follows below.

In pizza crust and breads, you may have to add a little more water. For a traditional French Bread recipe, calling for 6 cups of flour total, you may need to add 1/2 cup water.

## No-Knead Bread

For a super easy artisan-quality bread recipe that requires no kneading, see <http://www.startribune.com/436/story/1003954.html> Or watch the movie here: <http://www.youtube.com/watch?v=13Ah9ES2yTU> You can use up to half whole white wheat flour with no modification. The bread's long rise gives it excellent flavor, and the high heat baking insures a crisp crust. Mix the dough up before you head out on a Friday or Saturday evening. Let it proof overnight in a bowl on the counter. Shape it the next morning. Let it rise a couple of hours and bake it off in a dutch oven or large pyrex glass bowl for lunch. Bread recipes don't get any simpler than this.

## Pizza Crust

Homemade pizza is hard to beat. You can store unused pizza dough in plastic bags in your fridge for several days. Make some on the weekend and use the leftover dough for quick dinners during the week. This recipe uses only whole white wheat flour, but you can easily adapt your favorite using half whole white wheat and possibly a little extra water for a lighter textured crust.

2.25 cups whole white wheat flour  
scant 1 t salt  
1/2 t instant yeast  
2 T olive oil  
1 c cold water

In a large bowl, mix flour, salt, and yeast. Stir in oil and water with a wooden spoon. Gather dough into a ball as you stir. Turn out onto counter and knead until springy, elastic, and sticky not just tacky. See kneading instructions here: [http://www.ehow.com/how\\_13898\\_knead-bread-dough.html](http://www.ehow.com/how_13898_knead-bread-dough.html) If your dough isn't behaving, you may just need to walk away for 5 or 10 minutes and allow the gluten to relax a bit. The dough will be easier to work with when you return.

When the dough is kneaded, cut it into 3 equal pieces and roll/mold each into a ball. Rub each ball with olive oil and slip into plastic sandwich bags. Refrigerator overnight.

When you are ready to make pizza (anytime in the next few days), remove the desired number of dough balls from the refrigerator at least 1 hour before making the pizza. Keep them covered so they don't dry out.

Preheat the oven to 450 degrees. Working one at a time, gently press a dough round into a disk wide enough that you can bring it up onto your knuckles to thin out - you should be able to pull each round out to 12-inches or so. If the dough is being fussy and keeps springing back, let it rest for another 15-20 minutes. Place the pulled-out dough on the an oiled sheet pan. Add your toppings (less is more for a crisp crust). Bake until the crust is crisp and nicely colored, around 15 minutes. Remove from the oven.

## 50/50 Chocolate Chip Cookies

1 stick softened butter  
1/4 c plus 2 T packed brown sugar  
1/4 c plus 1 T granulated sugar  
1/2 t vanilla extract  
1 large egg  
1/2 c plus 1 T all purpose flour  
1/2 c plus 2 T whole white wheat flour  
1/2 t salt  
1/2 t baking soda  
3/4 c semi-sweet chocolate chips  
1/4 to 1/2 c chopped nuts (optional)

Preheat oven to 375 degrees F Cream butter and sugar. Stir in vanilla and egg until fluffy. Mix flour, salt, and soda in a separate bowl. Stir into egg mixture. Stir in chips and nuts if using. Dough will be stiff. Roll dough into quarter sized balls. Bake desired amount. Freeze remaining balls on a cookie sheet overnight. Place into bag and bake off as desired at a later date. Thaw dough before baking. Bake for 10 to 13 minutes (longer baking produces crisper cookies). Cool on baking rack. Makes about 30 cookies.

### 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 season 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.

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.