

Prairieland Community Supported Agriculture
Week 2 - May 9, 2007

From the Farm:

The Moores have been on overdrive this last week. In about 9 hours, they put in 13,600 plants including cabbage, broccoli, and cauliflower. Wes continues to hobble and heal his knee. Diann experienced temperatures extremes yesterday as she bagged greens in the cooler in her winter coat after harvesting in the very hot and humid greenhouses. Field crops are coming soon.

In Your Share Today:

Baby Spinach and mixed Asian greens

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 orange 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. 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 and didn't get it last week. If you need to order an extra cookbook call 355-6279 or email 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

If you missed last week's newsletter and recipes, you can access it online at <http://www.prairielandcsa.org/newsletters.html>

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.

Spinach

Use young spinach fresh for salads. There are several salad dressing recipes on page 54 and 55 of Recipes From America's Small Farms. You'll also find salad and salad dressing recipes on the PCSA website at

<http://www.prairienet.org/pcsa/recipes/lettuce.htm>

Spinach goes especially well with the flavors of orange, strawberry, lemon, as well as nuts and mild cheeses.

If you want to turn your spinach into a main dish, try the basic pilaf recipe on page 35 of Recipes from America's Small Farms. Alternatively, add a handful to a batch of tomato soup during the last minutes of cooking.

Asian Greens

The Moores plant a mild mix of Asian greens with tatsoi and the tiniest of mustards and other baby greens. Use this mix like mesclun salad mix. Again, see the recipes on pages 54 and 55 of Recipes From America's Small Farms for salad dressings. This Farmers Market Salad with Fried Shallots recipe from Gourmet also is an excellent way to use your Asian greens. <http://www.epicurious.com/cooking/menus/cooknow/recipes/101764> Don't have the time or a personal chef at your disposal? Shortcut the recipe by buying fried shallots at your local Asian Market. AM-KO on first street in Champaign always has them in stock. Warm the shallots on a paper towel in the microwave for about 10 seconds. Dress the greens with a vinaigrette made from 1 T white wine vinegar and 3 T

of mild olive or canola oil and a pinch of sea salt. Toss with 1/3 cup of radish sprouts if you have them or thinly sliced radish. No radish or sprouts? Leave them out. No one has to know. Use a dash of fresh ground pepper to replace the spice element of the sprouts and call your salad done.