

Prairieland Community Supported Agriculture  
Week 24 – Oct 10, 2007

LAST PRODUCE PICKUP TODAY, EGGS CONTINUE THROUGH WINTER

Note: Urbana egg pickup hours will be from 4 to 6 pm on Wednesdays until PCSA resumes in May. Champaign will remain from 4 to 7pm.

From the Farm:

Diann has only six words today: Thank you, thank you, thank you!

Thanks to Our Volunteers

Thanks to PCSA treasurer Julie Rundell and Urbana site hosts Lisa Treul and Sonia Newmark. Without them, PCSA doesn't run.

End of Year Survey:

We will again be doing a brief online survey in the coming weeks to determine what worked well, what didn't, and planting information for next season. Please watch for the email.

2008 Season:

Wow!!! On behalf of PCSA treasurer, Julie Rundell, and myself, thank you for signing up and sending your payments so promptly. You are making accounting and marketing much easier for us. As of this morning, only 15 shares remain for the 2008 season. If you have not yet reserved yours or if you have friends who are interested, please reserve shares now at <http://www.prairienet.org/pcsa/contracts.html> Remember, if you will be moving, you can find a CSA where you're headed at [www.localharvest.org](http://www.localharvest.org)

Meet the Farmers

Diann will be at the Champaign site today from 4 to 7 pm. If you have any questions about this season or next, you can get them answered in person.

Winter Produce:

In our household we often face produce withdrawal at the end of the PCSA season. Though we try to freeze and can much of our share and additional farmers market produce, eventually we find ourselves seeking produce. There will be some produce at the Urbana Farmers market for the next few weeks, however, due to the drought, it will be significantly less than usual. Common Ground Food Coop has one of the consistently best selections of organic produce (including seasonal local produce) and likely will be featuring some local spinach throughout the winter. If you find yourself having to buy conventional produce (note: drought hit produce growing regions of California, Arizona, the Carolinas, and Florida hard this year. See <http://drought.unl.edu/dm/archive.html>), some items typically have lower pesticide loads than others. Print out the Environmental Working Groups' list at [www.foodnews.org/fulldataset.php](http://www.foodnews.org/fulldataset.php) and take it with you to the store to minimize your pesticide load.

### Food Film

A food film fest will be held at 180 Bevier Hall at 905 S Goodwin in Urbana from 7 pm to 9pm this Sunday, October 14. Admission is free. Films include The Accountant (2001), Yum, Yum, Yum (1990) and The True Cost of Food (2005). This short film program is presented by the Agroecology and Sustainable Agriculture Program of the University of Illinois College of Agricultural, Consumer and Environmental Sciences and is co-sponsored by Common Ground Food Co-op, the Eastern Illinois Food Bank, Illinois Stewardship Alliance, Just Food, The Land Connection, the Prairie Rivers Group, Slow Food (Monticello), and Students for Environmental Concerns.

### Sustainable Ag Film Fest

Late this winter/early spring we will be organizing a sustainable ag film series featuring: The Future of Food; Strong Roots, Fragile Farms; The Real Dirt on Farmer John; and The Price of Bounty. Look for details via email and on the PCSA website.

### In Your Share

Potatoes, green beans, Cubanella peppers, shareholder's choice of winter squash  
Recipes and Storage Tips:

#### Potatoes:

Again, these were grown under extremely dry conditions and will be slightly softer. Plan on using these within the next few weeks. They will be fine for roasting or for soups and stews. Chop them into small dice and combine with a Cubanella pepper and a medium onion for your own Potatoes O'Brien this weekend.

Green beans (If you haven't tried them roasted, now is the time)

#### Roasted Green Beans Version 2

1 head of garlic  
3-5 Tbs good olive oil  
salt and pepper to taste

Wash and trim the beans, and separate and peel the cloves of garlic. Toss the garlic and beans in a bowl with 2 Tbs of the olive oil, salt and pepper. Spread evenly over two baking sheets and roast them at 400 degrees for about 40 minutes. Stir and turn them at least once. Roasting time will vary with bean size. They are done when they are slightly blistered and wrinkled, with light-brown spots.

#### Squash

Can't get the kids to eat squash? Put it in cookies:

[http://www.prairienet.org/pcsa/recipes/winter\\_squash.htm](http://www.prairienet.org/pcsa/recipes/winter_squash.htm)

#### Send Us Your Recipes for 2008:

With the rapid response to sign up (thank you, thank you, thank you) I will actually have time to put more recipes online this winter for next season. Please share your favorite recipes for using your PCSA produce at [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279 and I'll type while you read.