

Prairieland Community Supported Agriculture  
Week 23 – Oct 3, 2007

Don't Forget, Last Pickup Will be October 10

From the Farm:

This week marks the full value of our shares. Next week is a bonus. This year's shorter season is giving the Moores time to put the produce acres to bed for once, doing some late season weeding, and other tasks instead frantic harvest dashes amidst frost and freezes. This should give them less weed pressure next spring.

As we approach the end of the season, please remember to be nice to each other (and the Moores) by taking only the quantities listed at pickup. If you want to exchange produce, remember that exchanges can only be made with items in the exchange box.

2008 Shares Update

Only 17 shares remain for the 2008 season. At the request of the Moores, no share reservations will be accepted after January 1, 2008. "With Wes in the operation, we have to have our planning tightened up," explains Diann. "Whatever shares we have on January 1 is what we plant for."

If you have not reserved your share and want one for the 2008 season, please reserve it at <http://www.prairienet.org/pcsa/contracts.html> ASAP. Shares are now on sale to the general public and are continuing to move briskly.

If you know you will not be returning for whatever reason and have not already done so, please let us know by emailing [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or calling 355-6279. 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 Urbana site today from 4 to 7. If you have any questions about this season or next, you can get them answered in person. She will be at the Champaign site next week.

In Your Share

Broccoli (5 heads), green beans, Roma beans, onions, sweet peppers, hot pepper, eggplant, delicata squash and potatoes (see storage note).

Recipes and Storage Tips:

Delicata Squash

One of the newer squashes out there, delicate is as its name suggests a mild flavored squash with creamy paler yellow flesh. Delicata has is not an especially dense squash and doesn't store as well as squashes like butternut and acorn, so you will want to use it sooner rather than later. See the PCSA website for a recipe for baking delicate at:

[http://www.prairienet.org/pcsa/recipes/winter\\_squash.htm](http://www.prairienet.org/pcsa/recipes/winter_squash.htm) If you are not up for heating up the house, you can also bake it covered in your microwave until it is fork tender.

#### Potatoes and Broccoli

The drought is taking its toll on the potatoes which are now getting a bit softer in the soil. You will want to use these this week instead of attempting to store them. Chowders and stews are great ways to use potatoes that are not quite as firm. Do like Wes does and through a few cubed potatoes in some broccoli chowder, or use the recipe on page 71 of Recipes from America's Small Farms, or try this one from All Recipes.com <http://allrecipes.com/Recipe/Potato-Broccoli-and-Cheese-Soup/Detail.aspx>

A rich but not too evil version of Broccoli Chowder is on the Eating Well website here: [http://www.eatingwell.com/recipes/broccoli\\_chowder.html](http://www.eatingwell.com/recipes/broccoli_chowder.html)

If any of these seem too time consuming, take a short cut like Wes and start with a base of condensed cream of mushroom soup.

#### Broccoli

Blanch broccoli in boiling water for 2 minutes and plunge into ice water until cool. Drain and put in freezer bags for later this winter. If you are going to be using your broccoli in soups or other longer cooking dishes, you can omit the blanching, Diann says.

Remember you can use peeled broccoli stems in stir fries and soups. I often take a bunch of broccoli stems and make a vegetable broth as the base for broccoli soup.

Steamed broccoli also is good tucked into lasagnas with other vegetables like sliced carrot.

#### Green Beans, Peppers, and Eggplant

Add some chopped sweet pepper and green beans to this eggplant curry recipe when you add the onions. Note: Since we have smaller eggplants than the recipe calls for, you will want to adjust the baking time accordingly, just until they are tender. Also, you can use some of your hot chile according to your household's preferences. <http://allrecipes.com/Recipe/Baingan-Bharta-Eggplant-Curry/Detail.aspx>

#### Roma Beans

The simpler the preparation for these beans, the better. Saute with garlic and olive oil. Or steam and top with chopped tomatoes and basil if you have them. You can also try this very Italian version with chopped toasted hazelnuts: <http://www.italianfoodforever.com/iff/printrecipe.asp?id=686>

If you want to save your beans for later this winter, blanch for two minutes like broccoli above. Cut into 2 – 2.5 inch pieces and freeze prior to putting in bags.

If you've got a recipe or a favorite website, we'd love to have it. Email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279 and I'll type while you read it.