

Prairieland Community Supported Agriculture
Week 22 – Sept 26, 2007

Remember Last Pickup Will be October 10

From the Farm:

Despite small showers in Champaign-Urbana, there has been no measurable precipitation at the Moore Farm this week. The heat and dryness are bringing on the plantings of broccoli all at once, so cook some up this week and freeze some for later this winter. Beets are in the share this week, but sans tops since they were casualties of the dry weather. And though somewhat smaller in size than past years, today's butternut squash should be a bit sweeter due to the dryness.

Meet the Farmers Oct 3 and Oct 10:

Haven't met the Moores yet? Or haven't seen them this season. Here's your chance. The Moores will be on hand for the last two pickups. They will be at the Urbana site from 4 to 7 on October 3 and at the Champaign site from 4 to 7 on October 10. Says Diann, we are looking forward to being able to put faces with all the names and thank everyone for their support during the season. If you have any questions about this season or next, you can get them answered in person.

2008 Shares Update

Over 85 percent of the 2008 shares have now been reserved. If you have not yet reserved yours, please do so ASAP as shares will be opened to the general public Monday, October 1. As always, you need not pay the full amount at this time, a partial payment will hold share for 2008. The remainder can be paid anytime before January 15, 2008.

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 or calling 355-6279. If you will be moving, you can find a CSA where you're headed at www.localharvest.org

Condolences

Many of you may remember long-time shareholder George Carlisle who moved to Oklahoma to be near family this fall. George's father passed away September 7 and a memorial is scheduled for 10 am on October 20 at Wesley United Methodist Church in Urbana. In lieu of flowers, the family requests any memorials be made to the University of Illinois Foundation--Dick Carlisle Extension Teaching Award fund, or to the Parkinson's Disease. As George's funds are limited, I am also checking into getting him a CSA share in Tulsa. If you are interested, please email me at info@prairielandcsa.org If you would like to send George a card or email, do so at 3929 S. Norfolk, #5, Tulsa, OK 74105 or via email at georgecarlisle@att.net

In Your Share

Broccoli (4 heads), green beans, wax beans, beets, cucumbers, red potatoes, onions, sweet peppers, hot pepper, eggplant, and butternut squash.

Recipes and Storage Tips:

Butternut Squash

This is one of the easiest squashes to work with as it has the thinnest skin. You can peel it and cut it into chunks and cook for similar times as carrots or sweet potatoes in soups and stews. Or, cut it in half and bake cut side down in the oven or microwave until tender for squash puree. Butternut Sage Squash on page 217 is an excellent savory preparation that is very easy. But don't wait until the end of the month to make it. This recipe depends upon absolutely fresh squash. If you have a few apples try, Butternut Apple Crisp Bars on page 182 for a sweet and spicy autumn snack or dessert.

Green Beans, Sweet Peppers, and Butternut Squash

Try Italian Lentil & Vegetable Stew here <http://www.recipezaar.com/101942>

This is a crockpot recipe, so if you are making it on the stove, the cooking time will be reduced by 50 to 60 percent. You may also need to add more liquid.

Lentils and cannelloni beans are great compliments to squash. Through in some peppers, potatoes, and tomatoes in your soup or stew for a best of the new world mix.

Red Potatoes

Now that the weather has cooled, try Roasted Potato Soup on page 190 of Recipes from America's Small Farms.

Green Beans, Wax Beans

It doesn't get much easier than roasted beans for a great side or appetizer dish: <http://www.recipezaar.com/133821> Drizzle with a little balsamic vinegar if you wish. Alternatively, steam, toss briefly with butter, salt, and pepper, and roast at 400 degrees following the above recipe times.

Hot Peppers

Roast and add to yellow split pea soup. Sauté 1/4 c onion in 2 T olive oil. Add split peas and liquid in a 1 to 2 ratio. Salt to taste. Cook 30 minutes or until peas are softened. Add peppers and puree.

Broccoli

Enjoy it while it lasts. Try it in Fresh Broccoli Soup on page 71 or in one of the salads on page 77. It is always good as part of frittatas, quiche, or rice pilaf on pages 24, 20, and 35 respectively. Broccoli and a sweet pepper fairly scream stirfry me. Use the recipe on page 34. Can't use it up all this week? Toss florets in boiling water until color just changes. Drain and put into freezer bags.

Cucumber

Or, cut in half. Seed, and Cut into fine strips lengthwise. Use "cucumber noodles" as a bed for seafood salad or grilled fish. Or, saute briefly in butter and toss with egg noodles.

Beets

These are already starting out sweeter than usual due to the drought concentrating their flavor. Use them shredded or roasted in salads or tossed with pasta. To roast, treat them like baked potatoes. If you have a green cabbage hiding out in your crisper still, try Beet and Apple Slaw on page 191 of Recipes from America's Small Farms. Or, try Tyler Florence's roasted borscht recipe from the Food Network:
http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_28733,00.html

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