

PrairieLand Community Supported Agriculture
Week 1 - May 14, 2008

Welcome to PrairieLand Community Supported Agriculture. If you have any questions, concerns, or suggestions, please call (217) 355-6279 or email info@prairielandcsa.org If you miss a newsletter, you can always find it online at <http://www.prairielandcsa.org/newsletters.html>

From the Farm:

Record cold and precipitation have things off to a slow start, but you can be assured of getting your full value of produce before the season is out. The season typically resembles a bell curve with less produce during the cooler spring and fall.

In Your Share Today:

Today you will receive 1 bag salad mix and 1 bag of baby Asian greens. Important storage instructions for both follow below. Note that the greens have slightly longer stems to help keep them from wilting by the end of pickup.

Pickup Times/Locations:

Pickup runs from 4 to 7 pm today and each Wednesday.

Urbana

714 W Iowa (just east of Lincoln)

Use the garage service door on the east side of the garage. 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. You may park on the south side of Washington, in the driveway if it is open, or on Harris.

Bags and Totebags

Be sure to bring a bag for your produce. If you are interested in ordering a 6-color PCSA totebag from local printer Weiskamp (see <http://www.prairienet.org/pcsa/totebag.html> for picture and details.) email info@prairielandcsa.org. If we get 50 they will be \$12, otherwise they will be \$17.93.

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 if you haven't done so already.

Eggs

Free-range, pastured eggs also will be at the pickup 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 to have a form mailed to you, or pick one up from their stand at the Urbana Farmers' Market.

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

Greens

Greens are best used right away to preserve their nutrient value. To refresh greens 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.

Baby Asian Greens

Use your baby Asian Greens as a filling in omelets or a frittata on pages 23 and 24 of Recipes from America's Small Farms. Alternatively, you can toss them with the hoisin or orange ginger dressings on pages 54 and 55 and use them on top of steamed fish or tofu.

Salad Mix

In the early spring when greens are smaller and less plentiful, it helps to adopt a broader definition of salad. Use your greens as a base and layer with proteins like cooked eggs, bacon, or tuna, or cups of lentils or beans, as well as pantry items like pickles, olives, and roasted peppers.

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 at <http://www.prairienet.org/pcsa/recipes.htm> where you'll find more recipes and storage information for Asian greens, Salad Mix, and other produce.

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.

We can always use recipe suggestions, send yours to info@prairielandcsa.org