

The 14th Season of Prairieland CSA Starts Today!

Pickup begins at 4pm and runs through 7pm. Pickup is in the garages at 714 W Iowa in Urbana and 701 W Washington in Champaign. Please do not pull into the driveway in Urbana. Please do not park in the yellow zones in Champaign as this was a subject of discussion at a neighborhood meeting with the city this winter and I promised the powers that be that you would all follow the rules this year. Please park in the driveway, Harris, or the legal areas of Washington.

What to Do

Bring a bag, preferably something that will keep your food dry as your eggs will have a cardboard carton. You also may want to bag your cookbook if you are on foot or bike. Items will be arranged in the garage in the order of the sign posted at pickup. Please take only the quantity specified and check off your for your share.

Don't Forget Your Cookbook

If your cookbook is in (we are 8 short until next week) it will be written beside your name on the checkoff sheet at pickup. Please take the cookbook with your bookmark in it.

From the Farm

The Moores are bracing for heavy rains. Unfortunately, their tiling project, will not start until June/July, so keep your fingers crossed and say a few prayers that the fields don't flood in the interim. This year they will be installing the main tile line as phase one. In the next two years, side feeders will be added to the line. This should go a long way toward keeping the fields drier in coming years.

Today's Haul

Half dozen eggs, pound of whole white wheat flour, Asian greens and salad mix (both will be in the same bag, but you can easily separate them at home). The egg carton is made from recycled cardboard and cannot be recycled again. It also cannot be legally reused by the Moores. It can however be easily composted in the event you don't have any young crafters in your household.

Free Worms for Composting

Speaking of compost, if you would like to try vermiculture composting under your sink or in a larger container in the garage, please email info@prairielandcsa.org and you can get a container of 50 worms at the next pickup.

Recipes and Suggestions

You can use this week's share in a variety of ways. Scrambled eggs on a bed of greens with herbed biscuits, quiche with a salad of baby greens, or pizza with a salad of baby greens and hard cooked eggs.

Note when using freshly milled flour, you may need to reduce the liquid in recipes by as much as a quarter cup.

Julia Child's Herbed Biscuits

1 1/2 cups all-purpose flour
1 teaspoons salt
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 cup chilled shortening
4 tablespoons mixed fresh chives and parsley, minced or
2 t dried herbs of your choice
1 egg, beaten
1/2 to 3/4 cup buttermilk, or use thinned yogurt, or regular milk with 2 t of lemon juice or mild vinegar

Combine all dry ingredients in large bowl. Cut in the shortening with a fork until the mixture resembles coarse meal. Add herbs. Stir in the eggs and milk. Turn onto a floured surface and knead mixture briefly. This is a quick bread so you just need to get it mixed together, much more than that and you will have tough biscuits. Gently pat or roll out the dough to 1/2" thickness and cut. Use a floured glass to cut rounds if you don't have a biscuit cutter. If you are new to biscuits, cut it into wedges like scones, or squares depending upon the shape of the dough. This way you don't have to re-roll any scraps from cutting it into rounds, which can yield tougher biscuits. Bake on an ungreased baking pan at 450 degrees for 10-15 minutes.

Quiche

Epicurious has a good basic cheese quiche that uses 6 eggs here:

<http://tinyurl.com/cr9gbz> Use your flour to make the following crust.

Whole Wheat Pastry Crust

7 Tbsp very cold butter or shortening
1 c plus 3 T whole wheat flour
1 T corn starch
1/8 tsp salt
2 to 3 Tbsp ice water

Cut the butter into tablespoons and then each tablespoon into quarters. If using shortening, no need to pre cut. Using a pastry cutter, fork, or your hands, cut the butter with the flour and salt. If using your hands, pick up handfuls of the mixture and rub over your finger tips with your thumbs, making flakes. When the mixture resembles coarse meal, add water and gather into a ball. Pat into a disk. If possible, refrigerate dough for 30 minutes before rolling out. When ready to use, roll dough out on a lightly floured counter with a floured rolling pin, straight sided glass, or a large can of soda/beer. Try not to stretch the dough. When rolled to size, place back edge of dough against rolling pin, and roll the pin towards you, picking it up off the counter. Place the dough in pie plate. Carefully press into place, being careful not to stretch the dough. Trim and finish edges as desired.

Alternatively, you can combine everything but the water in a food processor and process until it resembles coarse meal. Add the water a little at a time until the mixture just begins to ball up. Remove from the machine, pat into a disk, and proceed as for non-machine dough.

Same Day Whole Wheat Pizza Dough

You can store unused pizza dough in plastic bags in your fridge for several days.

1 c warm water
3/4 t active dry yeast
2 1/4 to 2 1/2 cups whole white wheat flour
1 t salt
2 T olive oil

In a large bowl, add yeast to water. Let sit for 10 minutes. Add oil, 2 1/4 c flour, and salt. Mix until the dough comes away from the sides of the bowl. Turn out onto a floured counter and knead, adding flour 1/4 c at a time as needed. Knead for 10 to 15 minutes. See how here:

<http://www.youtube.com/watch?v=vdzwcU2mwao>

If your dough isn't behaving, you may just need to walk away for 5 or 10 minutes and allow the gluten to relax a bit. The dough will be easier to work with when you return. When the dough is kneaded, rub it with olive oil and place it in a large bowl. Cover the bowl with plastic wrap or a kitchen towel and allow to rise in a warm spot until doubled in volume, about 40 to 60 minutes. Punch down the dough and roll into two balls. Let each rest covered for 15 minutes.

Preheat the oven to 450 degrees. Working one at a time, gently press or roll dough into a 12-inches round. Place the pulled-out dough on an oiled sheet pan. Brush with olive oil and bake for seven minutes to set crust. Quickly add your sauce and toppings (less is more for a crisp crust). Bake until the crust is crisp and nicely colored, around 13 to 18 minutes more. Remove from the oven.

Questions, comments, suggestions? Don't hesitate to email info@prairielandcsa.org or call 355-6279.