

Prairieland CSA 2009 - Week 3

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 Pickup Your Cookbooks

There are a few remaining cookbooks for new shareholders and previous shareholders who ordered them. Please pick them up this week.

From the Farm

The Moores received .3 inches of rain in 15 minutes on Saturday. By Sunday Jim was able to return to the field. In the words of Bruce Springsteen, "don't worry we're gonna find a way." If anyone can make up a five-week delay, the Moores can. So, enjoy your greens this week knowing that more good things will be coming soon.

Today's Haul

Freshly milled stone ground organic cornmeal and mixed Asian greens and salad mix (both will be in the same bag, but you can easily separate them at home).

Recipe and Storage Suggestions

Salad Greens

When it comes to storing greens, remember they need to breathe. Keeping them in a plastic bag is asking for trouble down the road. You'll find tips for storage on page 47 of Recipes from America's Small Farms, as well as recipe suggestions on pages 46, 54, and 55. There are additional salad dressing recipes on the Prairieland CSA website, <http://www.prairienet.org/pcsa/recipes/lettuce.htm>

Cornmeal

Since your cornmeal was freshly milled, it has a higher water content than what is on the grocery store shelves. It also has not been treated with any fumigants. To keep it at its best, you'll want to store it in the freezer to prevent it from molding.

Perfect Cornbread

1 c sifted flour
1/4 c. sugar
4 t baking powder
3/4 t salt
1 c. yellow cornmeal
2 eggs (or egg replacer equivalent)
1 c milk or soymilk
1/4 c melted shortening or butter

Preheat oven to 425 degrees. Grease a 9 x 9 x 2 or 8 x 8 x 2 pan. Stir together flour, cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry ingredients. Combine eggs, milk and shortening. Pour into center of well. Stir dry

ingredients from sides into center until dry ingredients are just moistened. Then stop stirring! Pour batter into pan. Bake for 20 to 25 minutes.

Baking Powder Note: If you have done any baking in recent years, you know that most brands of baking powder now have an increasingly metallic taste. Rumsford is one of the few brands that doesn't have this taste. You also can make your own baking powder by combining 1/4 c cream of tartar, 2 T baking soda, and 1 T cornstarch and sifting three times to remove any lumps. Use a mesh strainer if you don't have a sifter.

Cornmeal Pancakes / Blueberry Cornmeal Pancakes

1 c yellow cornmeal
1/2 c all-purpose flour
1 1/2 t sugar or more to taste
1/2 t salt
1/2 t baking soda
1/2 t baking powder (see note above)
1 c buttermilk or plain yogurt, or soy yogurt
1/4 c milk or soymilk
2 T vegetable oil
1 large egg or equivalent egg replacer

Mix the dry ingredients together in a large bowl. Mix the buttermilk, milk, oil and eggs together and stir into dry ingredients until just mixed. Let batter sit for 5 to 10 minutes. Cook on a medium hot griddle. If batter is too thick, thin with a little more milk. Serve with warm maple syrup. Variation: Sprinkle frozen blueberries onto the just poured pancakes before turning.

Cornmeal Waffles

1 1/4 c stone ground white whole wheat flour
3/4 c stone ground yellow cornmeal
2 t baking powder
1 t baking soda
1/2 t salt
3 eggs
2 c buttermilk, thinned yogurt, or 2 c milk with 2 T lemon juice
1/3 c canola oil

Preheat waffle iron. Brush with oiled paper toweling. Stir flour, cornmeal, baking powder, baking soda, and salt together in a large bowl. In a separate bowl, beat eggs, milk, and oil. Pour wet ingredients into dry. Stir until just combined. Place batter into wells of iron. Note: If you want to keep your waffles, let them cool and wrap them in wax paper or parchment paper and store in an airtight bag in the freezer.

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