

## Prairieland Community Supported Agriculture 2009 - Week 20 Last Week of 2009

Note the not so new anymore no parking zones in Urbana

From the Farm:

Thank you, thank you, thank you from the Moores. You make it possible for Wes to stay on the farm and for the entire family to do the work they love, says Diann.

From Me/Anna

Thank you so much for being part of PCSA for 2009. Thanks also to treasurer, Julie Rundell, and our Urbana site hosts Lisa Treul and Sonya Newmark and their families. They all put in countless hours of work that you never see, but that is indispensable to this organization: processing checks, paying bills, helping the needy of our community get produce--right down to sweeping up after 7:00 pm. It all has to happen and thanks to them, it does. We are so lucky to have them.

Reserve Your 2010 Shares Now

A third of the 2010 shares are already reserved. If you haven't reserved yours, there's no time like the present. Sign up online today at <http://www.prairielandcsa.org/contracts.html> Please don't hesitate as we really, really want to give all of our volunteers at least a few months off this year.

Recruit Your Family and Friends

Inevitably, we lose shareholders each year due to moves and changing family situations. Our shareholders remain the best advertising we have. So, if you know of anyone who may be interested, have them email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or go to <http://www.prairielandcsa.org/waitinglist.html>  
Thanks!

Today's Haul...is HUGE

Butternut squash, onions, colored bell peppers, Asian eggplant, kohlrabi, broccoli, cauliflower, summer squash, zucchini, potatoes, pak choy, lettuce, turnips w/ greens, green beans It is not only one the largest shares to be put through the CSA, but one of the most beautiful.

Recipe and Storage Suggestions

You'll be able to use things from this week's share this week and for weeks to come. The butternut squash will store. Ideally it will store best in panty hose in a dark, cool closet. Wire hanging baskets also are a good option—anything to keep air flow circulating around it. Throw the onions in the fridge. Put the potatoes in a cool, dark place. Plan on cooking up the turnip greens and the pak choy in the next couple of days.

Fall Butternut Squash, Potato, and Onion Hash

Peel squash, cut in half lengthwise, and remove seeds with a spoon. Cut into 1 to 1 1/2-inch chunks, along with potato (don't bother peeling them), and onion. Toss with olive oil, salt, pepper, and crumbled rosemary. Roast in a hot oven around 400 degrees on a baking sheet. Until edges brown and interiors are tender. Few things smell better than this. Note: If you have been fighting with dull knives this season, look for an accu sharp sharpener <http://www.accusharp.com/> at your hardware store. They are \$10 or less and will make getting through fall produce a breeze.

Green Beans

If you did not do it last week, this week you have no excuse, saute them with strips of colored bell pepper and a little garlic. Throw a few in a stir fry or a quiche using the directions on page 34 and 20,

respectively, of Recipes from America's Small Farms. Make a crustless quiche if you want to cut down on time and calories. Equal amounts of ground pork and/or tofu sautéed with black bean sauce and green beans also are good. Now is also a good time to try roasted green beans  
[www.prairielandcsa.org/pdf/newsletters/2007/oct10.pdf](http://www.prairielandcsa.org/pdf/newsletters/2007/oct10.pdf)

#### Broccoli and Cauliflower

They are so pretty steamed together. Throw some chopped bell pepper here, too.

#### Zucchini & Summer Squash

Take a tip from PCSA treasurer Julie Rundell and add some grated zucchini to chicken enchiladas, or use all zucchini. <http://allrecipes.com/recipe/easy-green-chile-chicken-enchiladas/detail.aspx>

#### Kohlrabi

Don't fear the big ones. They are just as tender. Shred as you would cabbage for slaw, or cube and add to soups, or make a gratin with kohlrabi and/or turnips using the directions on page 25. If you did not get a chance to check out the You can find links to several kohlrabi recipes here:

<http://simplyrecipes.com/recipes/kohlrabi/> including kohlrabi and apple slaw, and kohlrabi curry.

#### Turnips

Roasted, pureed turnips are amazing. Rub with a little olive oil, salt, and pepper and roast as you would a potato. When cool enough to handle, peel, and puree.

Turnip Greens – steam, steam sauté ([www.prairielandcsa.org/pdf/newsletters/2009/sept2.pdf](http://www.prairielandcsa.org/pdf/newsletters/2009/sept2.pdf)), whatever you do, do not leave these behind. These are my favorite green with just a bit of bite and an amazing load of vitamins. Toss them in with scrambled eggs or tofu. Serve them with salmon.

Pak Choy –steam sauté ([www.prairielandcsa.org/pdf/newsletters/2009/sept2.pdf](http://www.prairielandcsa.org/pdf/newsletters/2009/sept2.pdf)) or stir fry with onion, eggplant, and colored bell pepper. Really, does it get any prettier than this?

Have a recipe you'd like to share for next year, or questions, comments, suggestions? Don't hesitate to email info at [prairielandcsa.org](mailto:prairielandcsa.org) or call 355-6279.