



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 7 - PLANNING FOR FALL

Replanting continues at the Moore farm. Taking advantage of a dry day on Saturday, Jim left the farmer's market to go home to plant for the CSA. It will be a battle to beat the frost with some of the crops.

The Moores also are building hoop houses—airplane hangar-shaped polyethylene greenhouses—for growing winter crops like greens after the regular season ends. Be sure to forward on suggestions for your favorites if you'd like to get a winter share.

In the meantime, if you have friends who are interested in getting a PCSA share now or starting after Labor Day, have them call 239-3686 or 328-0650. More shares now means less marketing work for PCSA volunteers this winter.

On the Farm:

Drier weather has prevailed at the Moore farm, allowing the family to begin replanting. However, more than just produce was damaged by the flood waters. Some of the pasture that the Moores rotate between livestock and produce was flood damaged, as was the grazing land. This means that the Moores likely will have to buy hay for their animals this winter and may be short on green manure from pasture crops to use for next year's produce crops.

Crops like eggplant and field tomatoes are continuing to recover and recent cooler weather helped to spare the green beans in this week's share. Salad mix will be returning soon.

If you can lend a few hours to help weed, or if you just want to see the farm sans floodwater, call (815) 432-6238 to arrange a time and get directions.

Help!

In past years, PCSA has had an entire core group of volunteers tackling tasks such as coordinating volunteers for farm workdays, organizing farm potlucks, producing newsletters, accounting, website maintenance, marketing, writing press releases, producing educational materials, soliciting donations for the sponsored share program, coordinating the selection and distribution of sponsored shares, and ensuring that excess produce finds its way to charitable organizations. Last week, we applauded the efforts of PCSA volunteers Chely Jones, Jean Flemma, and John

Epifanio for helping coordinate PCSA's charitable distribution. However, all other tasks have fallen to Tamra Stallings and Anna Barnes. PCSA needs more volunteers to run smoothly and continue improving. This is the only way we can ensure the growth necessary to put Wes on the farm. If you can spare time to help with regular PCSA tasks or a special event or project, please call 239-3686 or 328-0650. Thanks.

In Your Share Today:

This week's share includes Walla Walla onions, cilantro, cabbage, basil, tomatoes, cucumbers, green beans, beets, carrots, zucchini/ summer squash, and daikon. Don't be afraid of the daikon, it is excellent for summer slaws. For additional daikon recipes see "From Asparagus to Zucchini" aka the CSA cookbook page 119 (old book), page 123(new printing).

Canning Shares:

Next week's offerings are emailed between Friday and Sunday. (If you don't have email, call 239-3686 for the list.) To reserve canning share produce, call the Moores directly at (815) 432-6238 before 9 pm Monday. Your produce will be delivered with your PCSA share. Since this is outside of your regular share, you'll need to pay the Moores directly. Make checks payable to "Moore Produce and More" and leave them in the "Canning Share" envelope at pickup.

Sweet Corn 2nd Picking Delayed

Recent cooler weather has pushed the second sweet corn picking back to the 3rd week of August. Please make your orders and drop off your checks for "Borton Farms" if you haven't already done so. Checks for first picking must be in no later than Friday.

Recipes:

If you have recipes you'd like to share, please bring them to pickup; mail them to PCSA, 701 W Washington St., Champaign, IL 61820; or email them to PCSA@annabarnesmedia.com. Additional recipes and storage information are at (www.prairienet.org/pcsa)

Vietnamese Carrot-Daikon Slaw

This slaw is an integral part of Vietnamese sandwiches. It also is great with American-style barbecued meat or tofu sandwiches, or as part of an Asian noodle salad with cucumber and barbecued meats or

continued

tofu. This slaw also is good as a side with Chinese take-out or stir-fries. Turnips also can stand in for daikon. Add a few slices of chili pepper if you want to make it spicy.

1/2 a large daikon

6 carrots

1/4 c rice wine or white wine vinegar

1/4 c water

1/4 c sugar

1-2 T cilantro leaves

Peel daikon. Cut into julienne with knife or food processor. Place in a non-aluminum bowl. Salt liberally. Toss. Let sit for 30 minutes to 1 hour. Peel carrot. Julienne with knife or food processor. Mix vinegar, water, and sugar in a measuring cup or glass. Rinse and drain daikon. Add carrot, cilantro, and dressing. Toss. Allow to marinate for at least 15 minutes.

Parthenon Green Beans

adapted from Paula Wolfert's "The Cooking of the Eastern Mediterranean" Note: Green beans are primarily fiber, not vitamins. Longer cooking doesn't diminish their nutritional value, only their bright color.

3/4 pound green beans, trimmed

2 T olive oil

1 clove garlic, minced

1/2 c minced sweet onion

3 T tomato sauce or 1 large tomato finely chopped

1/2 c water

2 T chopped fresh basil

1 1/2 -2 t dried oregano

salt and pepper

1, 12" x 12" sheet of parchment paper, moistened and crumbled, may also be able to substitute a dry flour-sack towel if cooking with a non-electric oven.

Heat oven to 300° F. Place all ingredients in a heavy saucepan or Dutch oven with a tight-fitting lid. Bring to a boil uncovered on stovetop. Boil 1 minute. Cover pan with parchment paper and place on lid. Place in oven. Bake 1 1/2 hours. Serve at room temperature.

Produce Storage and Preparation Tips:

Basil - Cut stems and place in water like a flower if not using immediately. Thinly sliced basil leaves are good with green beans. Or, add them fresh to salads, sliced tomatoes or grilled squash.

Beets - Eat both the greens and the roots. Steam or blanch the greens and dress with a berry vinaigrette.

To blanch, plunge the leaves in boiling water for 2+ minutes until they start to soften, remove, and plunge into ice water. For extended storage, trim off leaves and place roots in a paper bag in your refrigerator crisper drawer. The roots are good cooked until fork tender, then shredded and tossed with lemon juice, garlic, and strained yogurt.

Cabbage - Slice or shred for summer slaws and salads. Or, blanch 1/2" wide slices, toss with a couple of tablespoons of browned butter, a sprinkling of caraway seeds, and an equal amount of bowtie or other pasta.

Carrots - Store these in your refrigerator produce drawer sans plastic bag to preserve freshness. Organic carrots don't necessarily have to be peeled, simply wash and scrub them with a vegetable brush.

Cilantro - Add a damp paper towel to plastic bag for extended storage.

Cucumber - Store these in your refrigerator produce drawer away from any plastic. Slice and eat as is. Peel, slice into quarters, seed, and chop; toss with chilled cooked noodles; and Thai peanut sauce for an easy dinner.

Daikon - This root will become rubbery and dry like an old carrot if you attempt to store it too long or store it outside of your produce drawer. Improper storage also can turn its fresh taste earthy. Daikon is a versatile root that is great fresh in slaws and salads, or cooked in stir-fries. It also can be added to long-cooking stews in place of potatoes or turnips.

Green beans - Remove tips. Snap into pieces if desired. Steam, or blanch (boiling water followed by ice water). Steamed or blanch for salads or to accompany dips. Or, use a longer cooking method. Green beans are primarily fiber, not vitamins, so you won't lose nutritional value.

Onions, Walla Walla - Store these in your refrigerator vegetable bin not your pantry so they don't spoil. Slice these mild onions for sandwiches or salads.

Summer Squash, Zucchini - Add to salads fresh, steamed, or grilled. To sear, split in half, season with salt and pepper, brush or mist with oil, and place in a red hot skillet for 4 minutes. Dress with balsamic vinegar and shreds of parmesan and basil.

Tomatoes - For best flavor, tomatoes should never see the inside of your refrigerator. Leave them stem side down to continue ripening on your counter or in shallow layer in a large colander.