

FRESH PROSPECTS

Week 22 -- the Final Distribution!

November 13, 2008

This Week:

- * Vegetable Storage
- * Purple Potatoes
- * Hurtling Toward Next Season
- * News from the Farm!

Well, shareholders, today is our final distribution! Thank you all for your support of Prospect Heights CSA and, therefore, your support of Windflower Farm and its partners. FYI, we are having one last meat delivery on Saturday, November 22nd-- please place your orders by this Saturday the 15th for all those Thanksgiving goodies from our meat & cheese folks! And read on for information about signing up for the 2009 season.

Thank you again!

Vegetable Storage

As we all prepare for a winter hunker-down, it's high time that the brave newsletter team give CSA members some tips on how to store all the glorious vegetables we receive every week. Since this is the last distribution, make it last as long as possible! And if you're receiving a winter share, proper storage will help the fruits of the delivery, proverbially speaking, stay yummy for longer. This handy guide goes veggie by veggie to help you preserve elements of our delicious harvest. Enjoy!

Purple Potatoes

The past couple of weeks shareholders have been treated to the crazy-looking, rich-tasting goodness of purple potatoes! These colorful beauties are given their color by the same antioxidant that makes blueberries blue. Their brilliant purpleness fades as the potatoes are cooked, so keep things simple with a fantastic fork-mash, some delicious oven baked chips, or by simply slicing and roasting at with a little salt and oil.

Hurtling Toward the 2009 Season

How great was this season of veggies? We bet it was good enough to keep you coming back for more! Prospect Heights CSA is now taking deposits for the 2009 season. If you'd like to be a member of the CSA next year, the only way you can reserve your space is by depositing \$25-- via check made out to Prospect Heights CSA-- by 12/30/08. No exceptions! This is the only available to returning members. Please see the attached form for more information-- and don't dilly dally if you want a piece of next year's pie.

Plus, as you'll see in Ted's note below, the core group is what keeps our CSA up and running. There will be a meeting and social in the near future for all those who are

interested in learning more about the core group and some of the positions opening up for the '09 season-- so stay tuned!

News from Windflower Farm

This is the last share of the season. Jan and I would like to thank you – our members – for your commitment to our farm this year. We hope you enjoyed the season. We have thoroughly enjoyed growing vegetables and cut flowers for you, and look forward to next year. We'll spend the next few months repairing equipment, making some purchases, fine-tuning our crop plan, looking through seed catalogs, and resting. If we have decent weather during December, we'll even take the time to side our new barn.

Jan and I would especially like to express our gratitude to the core group – the people in your neighborhood who really make the CSA function. They work with us during the winter to decide what and how much to deliver, and at what price. They take charge of shareholder recruitment, they manage the finances, and they staff the distribution site. And they do all of it without pay. Thank you very much! For those of you wishing to become more involved with the CSA, the core group is an excellent place to start.

Warmest wishes for a happy and healthy fall and winter,
Ted and Jan

P.S. Winter share confirmation notices will be e-mailed this weekend.

Roasted Vegetable Quesadillas Adapted from Moosewood Restaurant New Classics

2 cups quartered and sliced potatoes, ½ cup sliced onions (leeks will do fine), ¾ cup sliced red or green peppers, 1 ½ cups sliced zucchini (thinly sliced winter squash will also do fine), 2 tablespoons olive oil, 1 garlic clove, minced or pressed, ½ teaspoon dried oregano, ½ teaspoon salt, ¼ teaspoon ground black pepper, 4 flour tortillas (8" across), 1 cup grated cheddar cheese.

Preheat your oven to 425. Toss all of the vegetables with olive oil, garlic, oregano, salt, and black pepper until evenly coated. Spread them on a large baking sheet in a single layer. Roast in the oven until the potatoes are tender and beginning to brown, about 25 to 30 minutes. Pile about ¼ of the roasted vegetable filling on one half of each of the tortillas, leaving a ½ inch border around the outer edge. Top the filling ¼ cup of cheese. Fold the tortilla over the filling to form a half-moon shape. Heat a lightly oiled skillet on medium heat. When the skillet is hot, cook two of the quesadillas for 1 to 2 minutes on each side, until golden brown. Remove the quesadillas from the skillet and keep warm while cooking the remaining two quesadillas. Slice each quesadilla in half and serve warm. Serves four.

Until next season, we wish you all happy veggie eating!