



## PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

### WEEK 3 - THE SURPRISES START

This is when the fun really begins with PCSA. The Moores have planted several things not listed on the original planting list. Some of these surprises are in your share this week. As always, **please mark yourself off the checklist**. If you would like to get eggs, call 239-3686. Corn sign-up starts this week. Suggestion boxes are coming mid-month.

### In Your Share Today:

This week's share includes New Orleans red potatoes, arrowhead cabbage, Asian greens, spinach, arugula, green onions, baby zucchini, fresh fava beans, sugar snap peas, snow peas, french tarragon, salad mix, and broccoli.

### On the Farm:

Jim and Wes got the pump to hold its prime late last Tuesday. On Friday, Diann gave me a tour of the crops, including the newly planted yellow sugar baby watermelons and a stunning array of beans: crowder peas, black-eyed peas, yellow wax beans, purple beans, roma beans, and heirloom shell beans. In the greenhouses, the tomatoes shouldn't be far off. Meanwhile outdoors, the blueberries are growing sweeter by the day. They will find their way into your share next week!

If you are in the mood to get your hands dirty, the Moores can always use your help. Call (815) 432-6238 to make arrangements and get directions. A CSA work day to harvest onions is scheduled for later this summer, call 239-3686 for details. Carpools are forming now. This is a great way to get to know the PCSA farmers and the farm.

### 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](mailto:PCSA@annabarnesmedia.com). Additional recipes and storage information are at ([www.prairienet.org/pcsa](http://www.prairienet.org/pcsa))

### Pasta with Fresh Favas and Curry Butter

9 - 12 pods fresh fava beans, shelled  
8 oz spaghetti, linguini, fusilli lunghi  
4 T butter  
1 t curry powder

Prepare favas using directions in "Produce Storage..." and reserve. Boil pasta drain. In pasta pan, heat curry powder until fragrant. Do not let it burn. Add butter and stir until melted. Add pasta, toss. Top with favas. Serves 2 to 4.

### Spinach Salad with Sugar Snap Peas

*from Jamie Oliver for Food Network*

per serving:

Top 1 large handful of washed, torn spinach leaves with blanched sugar snap peas. Dress with olive oil and lemon juice. Top with crumbled feta cheese.

### Market Salad

3 slices bacon (optional, see variation)  
1/4 c sugar  
6 oz balsamic vinegar  
3 T olive oil  
1 bunch Asian greens, arugula, torn spinach, or combination  
1 pint new potatoes  
1 green onion, thinly sliced  
2 hard cooked eggs, roughly chopped

Place eggs in a pan and cover with cold water. Bring to a boil. Remove from heat, cover pan and let stand 15 minutes. Drain; cool immediately under cold running water. Peel, chop, set aside keeping warm. Cook potatoes in boiling water until fork-tender, about 15 minutes. Remove set aside. Cook bacon until crisp. Remove pan from heat. Drain strips on paper towel, crumble, set aside. Discard half of drippings. Add the sugar, vinegar and oil to the remaining drippings, and bring to a boil over high heat. Remove from heat. Quarter potatoes. Place with greens in a bowl, add dressing, and toss to coat. Plate on platter or individual plates. Sprinkle with bacon and egg.

*Variation:* Substitute additional oil for bacon drippings, add liquid smoke if desired. Partially soft antibiotic-free eggs also can be used.

### Cabbage Salad with Lime and Cumin

*from Teri Valenzuela*

When temperatures climb, try this salad instead of traditional coleslaw at your barbecue...

1 head cabbage, cored  
juice from 3 limes

1/4 t ground cumin (or to taste)  
dash of cayenne (optional)  
salt to taste

Slice cabbage into 1/4 to 1/2-inch strips. Add rest of ingredients. Toss. Marinate 2 hours in refrigerator. Add cilantro and/or tomato wedges if desired.

### **Crunchy Ramen Cabbage Salad**

*from Norrita Hammond*

1 head cabbage or 1/2 large head, shredded  
1 bunch green onions or 1/2 large bunch thinly sliced  
1/3 - 3/4 c slivered almonds  
1/4 - 1/2 c sesame seeds  
1 pkg ramen noodles broken into bite-size pieces  
(oriental or chicken flavor)

Toast almonds and sesame seeds for 15 minutes at 350°F. Cool. Combine with above ingredients. Chill. Just before serving, combine dressing ingredients in a separate lidded container:

1/2 c light oil  
1/4 c sugar  
1/4 c white or red wine vinegar  
1/2 t salt  
1 pkg of flavoring from ramen noodles

Mix. Pour over salad ingredients. Toss. Serve.

### **Produce Storage and Preparation Tips:**

**Asian Greens, Arugula, Mesclun Salad Mix**, - If you aren't eating these right away, before storing, soak for 10 minutes in cold water. Drain. Spin out any remaining water in a salad spinner. Or, put them in a thin towel (e.g. flour-sack towel). Gather the ends of the towel together, step outside, and spin your arm like you are doing the backstroke until no more water drains out. Store in a plastic bag (grocery store or zipper closure) with plenty of room for the greens to move around. These are great for lettuce salads, or as part of market salads with cooked vegetables, eggs, meat/poultry, and/or mounds of rice or noodles.

**Broccoli** - Can be eaten raw, or cooked via steaming or blanching.

**Cabbage, Arrowhead** - More common to the East Coast, slice or shred this pointy headed cabbage for summer slaws and salads.

**Fava Beans** - our local expert on fava beans, bacaro chef/owner Thad Morrow, says the best way to cook them is to plunge shelled favas into rapidly boiling salted water for 60 seconds. Remove them and immediately immerse in ice water. This stops the cooking,

preserving their color and texture. When cool, pinch off the loosened outer skins. At bacaro, Morrow combines fresh favas in main dish salads with lamb, or with asparagus, poached egg, pecorino cheese, and a drizzling of fruity, varietal olive oil.

**French Tarragon** - Store in plastic bag. Add chopped to dips, salad dressings, and salads, as well as, deviled eggs, omelettes, potato salad, or steam with carrots, peas, or potatoes. Wash and dry a couple of sprigs, and to a bottle of white wine or champagne vinegar. Let steep for four weeks in a cool dark place. Use in salad dressings.

**Green Onions** - Slice and use in salads and stir-frys.

**Potatoes, New Orleans Red** - Cook new potatoes in boiling water until fork-tender, about 15 minutes. New potatoes also are good grilled. Split in half, brush or mist with oil, season with salt and pepper, grill over direct heat until fork-tender.

**Spinach** - The Moores raise their crops on very sandy soil, so it's always a good idea to thoroughly rinse crops, like spinach, that can trap soil. Use fresh in salads, or cook via steaming or blanching.

**Sugar Snap Peas** - String. Blanch - place in boiling water for 1 minute, then plunge into ice water. Eat pod and all as is, or add to salads or vegetable trays.

**Snow Peas** - String and use in stir frys. Or, steam and add to vegetable trays and salads. For a main dish salad, combine steamed snowpeas with grilled U.S. non-farmed shrimp, or troll or pole-caught tuna, steamed broccoli, and steamed rice or Asian noodles on a bed of greens. Dress with vinaigrette dressing featuring lime, wasabi, and/or sesame, e.g. 1 t wasabi paste, 1 T rice vinegar, 1 T lime juice, 1 T soy sauce, 2 1/2 T virgin olive oil, 1/2 T sesame oil. Serves 2.

**Zucchini, baby** - Add to salads or grill. To grill, split in half, brush or mist with oil, season with salt and pepper, and cook over direct heat until fork-tender.

### **Sign Up Now for Sweet Corn in August**

PCSA will be getting local certified organic sweet corn from the Borton farm near DeLand in August. Tom Borton will let us know the exact date closer to harvest. This is outside of your regular share and is \$5/dozen paid in advance. (Checks go to Borton Farms). Please sign up using the sheet at pickup. We need to get numbers to Tom as soon as possible, as the rest goes to Whole Foods. Tom will provide directions for freezing corn both on and off the cob, if you want to order extra to have on hand this winter.