



## PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

### WEEK 2 - EAT YOUR GREENS!

Greens are plentiful at this time of year. If you didn't quite make it through yours last week, check the recipe section for ideas that use lots of greens.

As always, **mark yourself off the checklist**. And, don't forget your eggs, if you signed up for them. If you would like to get eggs, call 239-3686. Suggestion boxes are coming in July.

### In Your Share Today:

This week's share includes broccoli, dill, sugar snap peas, salad mix, Asian green mix, kale, collards, beets, and radishes or English shelling peas depending upon water availability. (see below)

### On the Farm:

The Moores wanted say thanks for the compliments on last week's share that you passed along via emails and in person at the market. Sunday became an all-day planting day for Jim, who set out scores of watermelon plants and hand-seeded hundreds of winter squash. During the 90 degree weather on Tuesday, Jim and Wes scrambled to repair the farm's well pump to get our vegetables washed.

Kohlrabi should be coming next week, says Diann, who adds that the farm is in need of green plastic pint basket containers, ones that can easily drain water. If you have extras of these, please bring them to pickup.

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. Carpools are forming now, for details, call 239-3686. A CSA work day to harvest onions is scheduled for later this summer, call 239-3686 for more information. This is a great way to get to know the farmers and the farm.

### Cookbook Update:

The Madison Area CSA Coalition has informed us that our books now will be delayed until late July. We will continue to add produce handling information to the newsletter until then. Additional recipes and storage info are at ([www.prairienet.org/pcsa](http://www.prairienet.org/pcsa))

### Recipes:

We've included recipes for using this week's produce and any stragglers from last week. 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)

### Baby Greens Salad

*adapted from Farm-Fresh Recipes*

4 c baby greens or mesclun  
½ c sliced fresh strawberries  
½ c toasted pine nuts  
red wine vinaigrette dressing (can use bottled)

Divide greens among 4 salad plates. Add berries and nuts. Serve with dressing on the side.

### Broccoli with Herbs

*from Farm-Fresh Recipes*

1 bunch broccoli  
2 T butter or margarine  
2 T chopped fresh dill  
1 T fresh lemon juice

Cut broccoli into stalks or florets. Steam until tender and bright green, about 6 minutes. Heat butter, dill, and lemon juice in a small sauce pan on the stove or in a bowl in a microwave. Pour butter mixture over broccoli and serve. Serves 6.

### Spring Greens Pilaf\*

*adapted from Farm-Fresh Recipes*

3 T olive oil  
½ c chopped green onions  
1½ c Arborio or other short grain rice  
1½ t salt  
4 c hot chicken or vegetable broth, divided  
4 c coarsely chopped spring greens  
¼ t grated nutmeg (optional)  
½ c grated Parmesan cheese

Heat oil in heavy pot over medium-high heat. Add onions; cook 3 min. Add rice and salt. Stir until rice begins to color. Add ½ c broth, stirring until absorbed. Add 1 ½ c broth; simmer, stirring occasionally, until mostly absorbed, about 10 min. Add remaining broth. Simmer 20 min., stirring occasionally. Place greens on top of rice. Cover and simmer 8 min. Stir in greens. Simmer and stir a few minutes more until broth is absorbed and rice is tender but moist. Remove from heat. Stir in Parmesan; serve. Serves 6.

\*To convert this recipe to a risotto, increase broth by 2 to

4 cups. Follow preceding recipe until broth is added. Add broth in ½ c increments, stirring frequently between each addition. Add more broth as the previous addition is absorbed. Add greens after 15 min. When rice is creamy and al dente (about 25 to 30 min.), add parmesan and serve immediately.

### **Baked Radishes**

½ lb radishes, trimmed and halved

1 T honey

1 T butter

1 t cinnamon

Steam radishes for 5 min. Drain, arrange in a shallow baking dish. Combine next three ingredients in a saucepan. Warm and stir until butter is melted. Pour over radishes. Bake uncovered at 350°F for 30 min.

If you still have turnips from last week...

### **Grilled Turnips**

*from Tamra Stallings*

Peel turnips. Slice into coins or julienne cut like french fries. Toss with olive oil, salt, pepper, and a dash of ground coriander. Grill on foil or in grill basket. Alternatively sauté in olive oil.

### **Roasted, Mashed Turnips**

*from AnnaMaria Watkin*

Remove turnip leaves. Brush or mist turnips with oil. Roast in a heavy pan in the oven at 350°F or on grill as you would a baked potato. When fork-tender remove from heat. Cool slightly. Peel. Sprinkle with salt and pepper. Mash or purée. Add butter or olive oil to taste. Serve in place of potatoes. Variation: add roasted garlic, or finely minced sautéed garlic prior to mashing.

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

**Sugar Snap Peas** - We are so lucky! These are great lightly steamed. Or, place in boiling water until tender crisp then plunge into ice water. Eat pod and all as is, or add to salads or vegetable trays.

**Collards, Kale**-Wrap greens in damp paper towels or plastic bag and refrigerate for up to a week. For recipes, cut off the stem, making a v-shaped notch to remove the midrib from the lower portion of the leaf. Sauté coarsely chopped collards or kale and 1 clove of minced garlic in 1 T oil and 1 T butter or margarine until tender. Use as a side dish or combine with sundried tomatoes and top a plain pizza crust or pitas brushed with oil, salt, pepper, basil, and other herbs.

**Dill** - Store in plastic bag. Add to dips, deviled eggs,

potato salad, baked potatoes, or steam with broccoli, carrots, or potatoes.

**Salad Mix, Asian Greens** - If you aren't eating these right away, before storing, soak for 10 min. in ice 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 lettuce to move around.

**Beets** - You can eat both the greens and the roots. Steam or blanch greens. To blanch, plunge the leaves in boiling water for 2+ minutes until they start to soften, remove, plunge into ice water. For extended storage, trim off leaves and place in a paper bag in your refrigerator crisper drawer. To roast beets, trim off leaves, brush lightly with oil, and place on a grill or in a heavy pan in a 350 degree oven for 30 - 60 minutes until fork tender. Peel off charred skin and add to salads with green onions, or to pasta with rosemary, garlic, fresh ground pepper, and olive oil.

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

**French Breakfast Radishes** - Cut and add uncooked to salads, or steam until tender and serve as a side dish. For a simple appetizer, cut radishes in half and serve with butter and salt. Make sandwiches with sliced radishes and buttered soft white bread. You can also blanch the leaves and eat them as you would other greens. Blanching removes the prickly parts.

**English Shelling Peas** - Remove peas from pod. Add to boiling water for 6-8 minutes or until tender. Add to lettuce or potato salads.

### **Survey Continues**

Celeste LeCompte continues surveying for her thesis this week in Champaign. If you can take a few minutes to answer her questions at pickup, she will greatly appreciate it.

### **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. If you are interested in getting corn, please fill out the sign-up sheet at pickup. We need to get numbers to Tom Borton as soon as possible. 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.