

PCSA for July 7, 2004

Pickup is today between 4 and 7 pm. If you are picking up in Urbana, go to 714 W Iowa; in Champaign go to 701 W Washington St. For those who are new to picking up, produce is in the garages of both locations. Please use the smaller service doors to access the garages.

On the Farm:

Over nine hours of hand picking on Diann's part has resulted in 102 pints of blueberries for us this week. Thankfully, the Moores have a small mechanical harvester to pick the green beans.

In Your Share Today:

Red potatoes, green beans, sugar snap peas, zucchini, yellow summer squash, patty pan squash, zephyr squash, arrowhead cabbage, and blueberries!

Recipe Suggestions:

Arrowhead Cabbage

Even milder than regular early cabbage, use this in the basic stirfry recipe on p 34 of Recipes from America's Small Farms. Or use the cabbage salad recipe from June 23 or the slaw recipes from June 30 at <http://www.prairienet.org/pcsa/newsletters.html>

Blueberries

If these don't disappear immediately from your carton, email me, and I'll send you a recipe. Otherwise, eat them as part of salads with walnuts, peaches, and a berry vinaigrette. Or, use them to top ice cream, sorbet, or yogurt, or shortcake.

Green beans – steam and use as a vegetable dipper (see dip recipe below) or as a simple side with chopped dill. Or, make New Potato and Green bean salad. Boil 1lb new potatoes for 15 minutes. Add ½ lb trimmed green beans, boil 5 minutes more. Drain. Cube potatoes as soon as you can handle them, leaving skins on. Season with black pepper and dress with ¼ c homemade or bottled vinaigrette dressing. Serve warm or cold.

Creamy Horseradish Veggie Dip/Dressing

2 T mayonnaise, light is fine, can substitute tofu mayonnaise, as well

2 1/2 T dairy or nondairy yogurt

1 T fresh horseradish (more if you want a spicier dip)

Mix together ingredients in a small bowl. Alternatively, thin dip with milk, plain soymilk, or veggie broth to salad dressing consistency. Use to top a salad of blanched beans, baby greens, and or roasted beet cubes.

Red Potatoes

Use the potato salad recipe from June 30 online at <http://www.prairienet.org/pcsa/newsletters.html>
Or, see page 244 of Recipes from America's Small Farms for roasting instructions.

Sugar Snap Peas -

Blanch (see page 118 of Recipes from America's Small Farms) and use as a side for egg or tofu dishes. Or, add blanched sugar snap peas to soba noodles, or to a salad of baby greens with grapefruit segments. Either way, top with a gingery salad dressing like Sushi House Dressing from the PCSA website: <http://www.prairienet.org/pcsa/recipes/lettuce.htm>

Zucchini and other Squash - slice linear squashes into half or into ¼" slices lengthwise; slice patty pan into ¼" slices. Sprinkle with salt and pepper, brush or mist with oil and grill. Grilled squash is a pretty addition to pasta, salads, as a side to other grilled foods, or as part of kabobs. Great with chopped fresh basil.