

PCSA for June 30, 2004

Don't forget to pickup your produce today at 714 W Iowa in Urbana or 701 W Washington St. in Champaign between 4 and 7 pm. Produce is in the garage at both locations; access is through the service door.

Note: Produce not picked up before 7 will go to area charities. (More about this next week.)

If your co-shareholder is not receiving the newsletter and wants to, email me and I will put them on the list. We are ordering cookbooks this week for those who requested them.

Also, if you are interested in attending the Moores' harvest dinner on pasture October 3, you need to make your reservations and payments now as spaces are filling up. Call Diann directly at (815) 432-6238 for details.

On the Farm:

The fields have dried out and its time for the big transplanting push this week. By last night, the Moores will have transplanted over 11,000 plants, including the moon and stars watermelons, several varieties of eggplants, and French cantaloupe. While Jim prepared the fields, Diann was seeding the next round of broccoli into flats in the greenhouse, Aaron was shoring up the mobile chicken pens, and Wes was tending hay. Unfortunately, last week's weed suppression cloth experiment proved unsuccessful with the Moore's sandy soil. Despite the cloth's being anchored to 12" down and weighted with soil on top, enough of the sand shifted under the cloth to allow it to be caught by the wind and lifted. Several of the hundreds of pepper plants were topped, which will slow production this season. Meanwhile, the blueberries are thriving. They should arrive in our shares in the next week or two.

In This Week's Share:

Red potatoes, white potatoes, green onions, cabbage, sugar snap peas, zephyr squash, patty pan squash, yellow squash, zucchini, daikon radish, and broccoli.

Recipe Suggestions:

Green Onion Bottoms - thread these with other veggies and grill-able items for kabobs.

Red and White Potatoes, Green Onions Tops - use these to make a colorful 4th of July potato salad. The key to good potato salad is to dress the potatoes while they are warm. Leave the skins on for extra color, nutrition, and fiber. If you haven't made potato salad before, here's a reduced fat recipe:

Bring a big pot of salted water to boil. Add 2 pints of potatoes, cook 15-20 minutes or until fork tender. While the potatoes are cooking thinly slice 2.5 T of green onion, mash a clove of roasted garlic if you have it or 1 clove finely minced garlic or an equivalent amount of dried garlic powder or 1 T garlic scape. Add 1 T of chopped fresh parsley, 1.5 T or more of fresh dill, and/or 1/2 T of chives. As soon as the potatoes are done, pour off the water. Don't let them cool. While the potatoes are still warm, cut them into chunks, leaving peeling on. Then, liberally salt and add fresh ground pepper and the rest of seasonings. Toss the mixture so that the potatoes can soak up the flavors while they are still hot. Let sit about 5 minutes. Taste. Adjust seasonings if necessary. Then add 2 T of reduced fat mayonnaise and 2 to 4 T of low fat or fat free plain yogurt to start. Add more mayo and yogurt in this ratio if you want it to be creamier. Chill and serve.

Cabbage - early season cabbage is slightly sweet and very mild. Use your cabbage to make slaw this weekend. Here are recipes for both vinegar-based and creamy coleslaw...

Freezer Slaw

- 1 cabbage (red or green), cored and shredded
- 1 carrot, peeled and shredded
- 1 green pepper, chopped (optional)

1 sweet onion, chopped
1 t salt
1 c vinegar
1 c sugar
1 t celery seed

Combine vegetables with salt. Let stand 1 hour. Boil together vinegar, sugar, and celery seed. Cool and pour over slaw. Put in containers and freeze or use fresh.

Not Grandma's Coleslaw

3 c shredded cabbage
1-2 carrots shredded
2 – 3 T sliced green onion

dressing:

¼ cup reduced fat mayonnaise
¼ cup thinned lowfat or nonfat yogurt (mix with water to consistency of buttermilk or light cream)
½ - 1 T white wine vinegar (use less for less zing)
½ - 1 t. of sugar (optional)
salt and pepper to taste

Place vegetables in a large bowl. Mix dressing ingredients. Pour over cabbage. Chill.

Daikon – DO NOT leave this behind when you can make this easy fabulous salad. Daikon is slightly sweet and very versatile. This salad/slau recipe is an integral part of Vietnamese sandwiches (alas no restaurant in CU serves them). It is great with American-style barbecued meats or grilled tofu, as well as an excellent accompaniment to Chinese take-out or stir-fries. There is never any leftover when I serve it. Add a few slices of chili pepper or a pinch of chili flakes if you want to make it spicy.

Easy Daikon Salad/Slaw

1/2 a large daikon (use about 8" of root)
4-6 carrots (you want to have equal amounts of carrot and daikon)
1/4 c rice wine or white wine vinegar
1/4 c water
1/4 c sugar
1-2 T chopped 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; set aside. Rinse and drain daikon. Add carrot, cilantro, and dressing. Toss. Allow to marinate for at least 15 minutes.

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.

Broccoli - lightly steam or blanch broccoli before including on a veggie tray. To blanch, bring a big pot of water to a boil. Plunge in broccoli. Remove after it changes color to bright green. Plunge into ice water to retain color and crispness.

Sugar Snap Peas - blanch (see broccoli above or page 118 of Recipes from America's Small Farms) and add to a salad or veggie tray.