

June 9, 2004

Don't forget to pickup your produce in Urbana at 714 W IOWA and in Champaign at 701 W Washington St.

On the Farm

I visited the farm Monday afternoon and was completely amazed. In only three hours, the Moores, watered green house plants, planted sweet potatoes, cut hay, met with their organic fertilizer dealer, and fed, watered, and moved chickens, and more--all in 92 degree weather. This week, the Moores picked 17 crates of broccoli. Both broccoli and a new vegetable for PCSA, garlic scapes, are in your share this week.

Cookbooks & Totebags

If you would like to participate in the next group order of Recipes from America's Small Farms, email me. Totebags will arrive next week.

In your share this week:

spinach, kale, green onions, kohlrabi, broccoli, sugar snap peas, snow peas, salad greens, and garlic scapes

Recipe Suggestions

Spinach, Kale

Remember to wash your greens thoroughly to remove any residual sand. Steaming your greens will allow you to preserve more of their nutrients than boiling. Steamers need not cost a fortune. Simply purchase a single bamboo steaming rack for a few dollars. Invert the rack (bamboo slats at the top) in a large stock pot filled with boiling water, place your spinach in a heat safe bowl on top of the rack, place on the lid to the stock pot, and in a few minutes you'll have perfectly steamed greens.

Green Onions

Perk up canned salsa with sliced green onions until fresh tomatoes come into our shares (which should be only a few more weeks). Or, use thinly sliced green onions to garnish cold soba noodles with sesame dressing, or scrambled eggs or tofu.

Garlic Scapes

These are the tops of the garlic plant. Mince and add to dishes you want to give a garlic flavor. Or, make Garlic Scape Pesto. Puree 1/4 pound of scapes with 1/2 cup of olive oil in a blender or food processor until smooth. Stir in 1 c Parmesan cheese, 3 T of fresh lime or lemon juice, and salt to taste. Serve on bread or crackers.

Broccoli

Use this week's broccoli to make Broccoli Flan on p 75 of Recipes from America's Small Farms, a half batch of Fresh Broccoli Soup on p 71, or a half batch of any of the broccoli salads on page 77.

Kohlrabi

Peel and shred kohlrabi for slaw-like salads. Or cook roots and leaves using the Kohlrabi Einbrenn recipe on page 79 of Recipes from America's Small Farms.

Sugar Snap Peas, Snow Peas

Blanch using directions on p 118 of Recipes from America's Small Farms. Add to salads, use as vegetable dippers, or as a great side dish. Or, add prepared uncooked snow peas to your favorite stir fry.

Baby Salad Greens

See page 41 for storage tips. Top with Low Fat "Buttermilk" Herb Dressing. Stir together 2/3 cup low fat mayonnaise and 1 1/3 cup nonfat yogurt in a bowl. Add skim milk to thin to desired consistency (3T - 1/4 cup). Add salt and pepper, and 2 T total of dried or fresh herbs of your choice: basil, dill weed, thyme, tarragon, chive, finely minced green onion.