

**May 11, 2005**

### **Field Crops Coming Along**

Please pickup your share from the garages at Urbana at 714 W Iowa or Champaign at 701 W Washington between 4 and 7 pm today (use the smaller service doors). Please check the box by your name when you pick up your share. If you cannot pick up your share, you are welcome to designate someone else to do so. If you need past copies of the newsletter, they are online at <http://www.prairielandcsa.org/newsletters.html> Additional produce recipes are at <http://www.prairienet.org/pcsa/recipes.htm> Remember eggs are not part of the regular share, if you need to order them, please call 815.432.6238.

### **From the Farm**

Last week's cold weather put the first planting of broccoli and the blueberries into question. It's too early to tell with the broccoli, however, so far the blueberries are holding their blooms, which is a good sign. Of course this week's 80 plus temps are now putting the peas at risk. While the plants can withstand temperatures well below freezing for 24 hours, they become very unhappy with hot weather. So, keep your fingers crossed that today's front cools things down.

Warm weather also was hard on some of the greenhouse crops. Baby beet greens are out of the shares this week, but could return with more seasonal temperatures. High temperatures and humidity turned the greenhouses into giant vaporizers for Diann, who along with Jim and Wes, was battling the flu this week. Aaron is well for now. Out in the fields, the heat was just the ticket for the green onions, which made it into the share this week.

Congratulations to Wes who was inducted into National Honor Society this week!

### **In Your Share**

Look for lettuce, spinach, Asian greens, French breakfast radishes, green onions, and Swiss chard.

### **Totebag Update**

Nearly all of the totebag payments are in, so we should be able to place the order yet this week. They should be at pickup on 5/18 or 5/25 depending upon Weiskamp's schedule.

### **Cookbooks**

Several cookbooks have not yet found their homes. Please remember to take yours this week if you haven't already. Also remember to check your name off the cookbook list. If you believe yours is missing, please call 355.6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

### **Thanks from GCAP**

The staff of the Greater Community Aids Project wanted me to pass along their thanks to those of you who have and will be donating shares when you are away. If you will be away on the 2nd or 4th Wednesday of a month and want to donate your share, please email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279. Thanks.

### **Storage and Cooking Suggestions**

Swiss chard – Use Swiss chard leaves just like spinach in recipes. You also can use the stems. Simply cut them into 1 inch pieces and cook for 2 minutes longer than greens for stirfrys, gratins, or other dishes.

Lettuce and Baby Greens - To extend the storage life of your greens, rinse them under cold water and spin out in a salad spinner. If you do not have one, place the rinsed lettuce in the middle of a flour sack towel. Gather the corners together. Take outside and spin your arm in a

windmill/backstroke fashion to remove the excess water. Place your greens in their bag(s) and store in your refrigerator. Remember, do not store wet greens in plastic or they will turn into slime.

Radishes - Also, you can eat both the tops and the greens of radishes. For greens, wash thoroughly to remove any trapped sand. Steam or briefly saute for a side dish or chop and add to scrambled eggs or tofu. They also are good added to stirfry.

## **Recipes**

If you have recipe suggestions, call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

### **Fish Packets with Asian Greens**

*Shareholders Andrea and Julie Rundell recommend substituting baby Asian greens for the coarsely chopped mustard or bok choy originally called for in this recipe from Moosewood Cooks at Home. The slight spiciness of the Asian greens is great with fish, says Andrea. And, you can use inexpensive fish like Tilapia.*

oil for brushing or misting foil  
2 firm fish fillets or steaks (5 to 6 oz each)  
1 cup cooked rice  
1 bag baby Asian greens  
2 scallions, chopped  
1 T vegetable oil  
1 t grated fresh ginger  
1 garlic clove minced or pressed  
2 T soy sauce  
2 t dark sesame  
few drops of chili oil (optional)

Preheat oven to 450. Fold a 12 x 24-inch pieces of aluminum in half to form a 12 x 12 square. Repeat for remaining fillet or steak. Brush or mist foil with oil in the center. Rinse fish, prepare remaining ingredients. Place half of the rice in each square. Then layer greens, fish, and scallions on top of rice. In a small bowl combine 1 T oil with, grated ginger, garlic, soy sauce, sesame oil, and chili oil (if using). Carefully pour half of mixture over each serving. Fold foil into air tight packets, crimping edges. Bake for 20 minutes. Careful to avoid steam that will be released upon opening, check fish for doneness. To serve carefully open the foil and transfer the contents to plates or low bowls.

Note:

You can prep fish packets in the morning to cook later in the day, simply refrigerate in a shallow baking dish or on a plate in the interim.

### **Radish Crudite**

Slice radishes in half lengthwise. Serve cut side up with a small dish of sea salt. Spread radishes with butter or serve on the side for a classic European dish.

### **Easy Spinach or Swiss Chard Saute**

Rinse spinach or Swiss chard and shake out most but not all of water. Heat a small skillet. Add 1 T of olive oil. Saute 1 clove of thinly sliced garlic for 30 seconds. Add greens and stir to ensure that all of the leaves wilt. Sprinkle with sea salt and serve.

### **Chicken/Seitan and Scallion Yakitori**

3 T soy sauce  
3 T sake or dry sherry

1 /4 c mirin (Japanese sweet rice wine)  
2 t sugar  
1 lg bunch scallions  
1 lb skinless, boneless chicken thighs or mild seitan cut into 1 inch pieces (about 3 thighs)  
vegetable oil for brushing

Soak 12 8" bamboo skewers in water for at least an hour.

Line bottom of a broiler pan with foil and cover with a rack. Brush rack lightly with oil. Bring first 4 ingredients to a boil in a 1 quart saucepan over high heat. Stir until sugar is dissolved. Boil until reduced to 1/3 c, about 5 minutes. Remove from heat and reserve 1 1/2 T of sauce in a small bowl for later. Preheat broiler. Cut white and pale green parts of scallion into 1 1/2 inch pieces (reserve green parts for another use). Blanch scallions in boiling water, followed by ice water, and pat dry. (See page 12 of Recipes from America's Small Farms for blanching instructions). Thread meat and scallions onto skewers, placing scallions crosswise. Place on rack. Brush generously with sauce on both sides. Cook 4 to 6 inches from heat until chicken or seitan is slightly charred. Coat with reserved sauce immediately before serving. Serve warm or at room temperature.

Tips:

You can make the sauce 2 days ahead. Just chill and refrigerate it. Skewers can be assembled though not brushed with sauce 1 day ahead and covered. (Otherwise the wine will start to "cook" the chicken.)