

PrairieLand Community Supported Agriculture
Week 10 – July 5, 2006

From the Farm:

This summer's wacky weather is causing the broccoli plantings to run together. So, there will be double broccoli again this week. Though there is pak choi today, napa cabbage won't be making it into the shares this year. Picnic beetles decimated the napa in just a couple of days. So, make the most of the arrowhead cabbage that IS in today's share.

In Your Share Today:

Swiss chard, pak choi, broccoli (2 heads), arrowhead cabbage, and beets. Before you decide you don't like beets, try roasting them.

Recipe and Storage suggestions:

Arrowhead Cabbage

Slice thinly across the grain and pop out any core from the rounds. When you get to the lower portion, flip the head onto the cut portion and slice down vertically from each side.

For a quick coleslaw, use equal portions of sugar and rice wine vinegar and sprinkle with salt and celery seed. Or use the recipes from last week's newsletter:

<http://www.prairielandcsa.org/newsletters.html>

Broccoli

Both the stem and florets of the broccoli are edible. Peel any fibrous layers from the stem prior to slicing. Recipes from America's Small Farms has no less than easy broccoli salads on page 77, all of which use 1 1/2 pounds of broccoli.

Feel like you can't make it through all your broccoli? Blanch it, drain, and freeze in zipper storage bags for later this summer.

Swiss chard

Try this in a basic steam/sauté. Wash greens. Remove bottom stems and save for soup or stir-fry. Do not remove excess moisture from leaves. Slice 1 clove of garlic thinly. Heat a heavy lidded skillet on moderate heat. Add 1 to 2 T of olive oil to skillet. Add garlic, stirring until it begins to give off its aroma. Add kale. Stir to coat with oil. Place lid on pan. Start checking at one minute. Cook until greens are just limp/softened. Serve greens warm by themselves or on top of pasta.

Pak choi

Use right away. Alternatively, to keep from yellowing, store in the vegetable drawer of your refrigerator, wrapped in plastic. Keeps for 4 to 5 days. Pak choi is great steamed alone or combined in stir-fry. It is excellent with fish or tofu. Coriander, mint, ginger, garlic, sesame, soy sauce, and/or mushrooms all are excellent accompaniments.

Beets

Beets can be stored with greens on in your produce drawer. The greens are best within a few days. Once the greens are removed, trim stems off and store roots in a paper bag in your refrigerator produce drawer. The roots will keep this way for several months, so you can keep fall beets well into winter. You can use both the tops and the roots of beets. To use greens, cut stems where the leaves start. The greens are mild, similar to spinach. Grate the roots and use

uncooked on salad, or use grated root to add a beautiful color and earthy flavor to risotto. If you are cooking the whole root, it will retain more vitamins if cooked with its skin on. Beet roots can be boiled or baked/roasted like potatoes. To roast beets, brush or mist with olive or other mild oil and place in a heavy pan in a 350 to 400 degree F oven for 45 minutes or more depending upon the beets' size. Beets will soften like a baked potato. Alternatively, brush them with oil and cook them on your grill like as you would a "baked" potato.

Pasta with Rubies

1-2 large beets
1 lb pasta, fettucine works well
2 T olive oil
1 clove garlic, minced
1 t. dried rosemary, crushed
salt and peper to taste

Roast beets following directions in "Preparation" above. When cool enough to handle, peel, cube, and set aside. Cook pasta and drain. In pasta pan, heat oil. Saute garlic and add rosemary, salt, and pepper. Add pasta, stir. Toss in beets. Serves 4.

For more beet recipes see the PCSA website: <http://www.prairienet.org/pcsa/recipes/beets.htm>

Need a recipe?

Check the PCSA website at <http://www.prairienet.org/pcsa/recipes.htm> You can also find recipes in previous year's newsletters at <http://www.prairielandcsa.org/newsletters.html> Or call 217.355.6279

Have question about a recipe or PCSA?

Email info@prairielandcsa.org or call 217.355.6279

Want eggs?

Call 815.432.6238