

PrairieLand Community Supported Agriculture
Week 7 – June 14, 2006

Questions, suggestions, recipes? call (217) 355-6279 or email info@prairielandcsa.org
For eggs, call (815) 432-6238

From the Farm:

Sadly, the first of the snow peas simply didn't produce, however, today we have the second planting in our shares! We also have cherry tomatoes and cucumbers from the green house. Resourceful farmers that they are, the Moores planted these in hanging baskets to maximize space and shade tender seedlings for later plantings. Whatever you do, do not miss today's haul, says Diann, as the rest of the cucumbers are just now blooming, so it will be a while before we see more.

In Your Share Today:

Broccoli, snow peas, cherry tomatoes, pickling cucumbers, bok choy/Mei Qing Choi, Swiss chard, red radishes, and green onions. Be sure to check the recipe section for the black bean sauce recipe that you can make ahead using a bunch of your green onions. Just add a couple of tablespoons to any stir-fry to take it from ho-hum to fabulous.

Totebags

Several of you have inquired about getting Moore Family Farm/PCSA totebags. (See <http://www.prairienet.org/pcsa/totebag.html> for a picture and detailed description.)

We need to be able to order at least 40 to bring the cost to a reasonable level even with our generous discount from Weiskamp. So far we have only 5 ordered. If you would like a totebag, call 355-6279 or email info@prairielandcsa.org

Recipe and Storage suggestions:

Cherry Tomatoes

If you can avoid eating your cherry tomatoes until you get home, add them chopped along with some thinly sliced green onion with rotelle or similarly shaped pasta for a main dish salad. Toss in small cubes of mozzarella or soy cheese while the pasta is still warm, season with salt and pepper, and dried or fresh, chopped basil, as well as a little dried or fresh oregano. Add just enough of your favorite Italian vinaigrette to coat, toss, and serve at room temperature.

Cucumber

Alternatively, combine your tomatoes along with equal parts green onion and chopped cucumber and dress with equal parts oil and vinegar or lemon juice, chopped fresh parsley, and salt and pepper to taste for a great warm weather salad.

Swiss Chard

Try your chard in this:

Pasta with Greens and Feta

3 tbsp. olive oil

2 C chopped onion

3-4 cups greens (kale, chard), coarsely chopped

(save stems for soup or slice, thinly and start cooking ahead of leaves so they finish at the same time)

1/2 lb. pasta (penne, shells)

2 to 4 ounces feta cheese, crumbled
grated Parmesan cheese to taste
fresh ground pepper
salt to taste (may not need it depending upon the saltiness of the feta)

Heat olive oil and cook onions over med. heat for 10 minutes. Add greens, stir until greens begin to wilt. Cover and cook 10 to 15 minutes on medium heat. Cook pasta, drain, then add along with feta to the sauteed greens. Mix to combine, season with salt and pepper to taste, then serve hot accompanied by parmesan cheese.

Green Onions, Broccoli, Bok Choy/Mei Qing Choi, Snow Peas

Cut your green onions down to a store sized bunch. Reserve the tops for stir-fry along with your broccoli, bok choy, and snow peas. With the remainder, make this sauce adapted from Ming Tsai's Simply Ming. It will keep in the fridge for two weeks. You also can use it on steamed fish or tofu. You can find dry, fermented black beans, as well as ginger, garlic at just about any Asian Market in Champaign: AM-KO 101 E Springfield; Chang's 505 S. Neil; Lee's Oriental Foods 303 Cedar (next to Jerry's IGA on Kirby), and Green Onion, 2020 S. Neil (note: Green Onion carries frozen fermented black beans, aka nato, which can be used, as well). Using the higher range of ingredients will produce a more pungent sauce.

Green Onion – Black Bean Sauce for Stir-Fry

2 T canola oil
2 1/2 – 3 T dry, fermented black beans, coarsely chopped
4 – 5 T minced garlic
4 – 4 1/2 T peeled, minced ginger
1 bunch scallions (grocery store size, not farm size) sliced 1/8 inch thick
1 1/2 to 2 t sambal oelek or hot pepper sauce
1/4 c dry sherry or rice wine (not sweet wine like Mirin)
1 t kosher salt
1/2 t ground black pepper
1/4 c plus 2 T canola oil

Chop all ingredients and have them ready. Heat a heavy skillet or wok over high heat. Add 2 T of the oil and swirl to coat the pan. When you can throw in a green onion ring and the oil bubbles around it, add black beans, garlic, ginger, and scallions. Stir fry until softened, about 2 minutes. Add the pepper sauce and wine and reduce heat to medium. Cook 2 to 3 minutes as liquid is absorbed. Add salt and pepper. Remove from heat and cool for a bit. Add half the mixture to a blender or use a stick blender and measuring cup. Puree until smooth, adding the remaining oil. Stir in remaining mixture and allow to cool completely. Transfer to a jar or container for immediate use or refrigerate for later. Makes 1 1/2 cups. Use 2 1/2 T per pound of stir fry ingredients. Add at the end of cooking.

Radish

Sliced radishes sprinkled with kosher or sea salt make a great snack.
Steam radishes until tender crisp and serve with garlic sautéed greens, noodles with butter or olive oil, and lightly breaded pork, steamed fish, or grilled tofu.

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>