

PrairieLand Community Supported Agriculture
Week 8 – June 21, 2006

From the Farm:

The summer solstice is an especially long day on the farm, where the Moores began picking broccoli and kale before 6 am.

The rationing of the greenhouse cherry tomatoes and cucumbers continues; there are more of both in our shares this week. And, for those of you who have asked, the sugar snap peas are making it into our shares this week despite many strikes against them cold weather, hot weather, compressor failure on the produce cooler.

Peas are more dependent upon degree days than day length. If soil temperatures are too cold at planting, as they were this year, early growth is slowed. However, temperatures in the 90s will quickly shut down pea growth and start converting the seed's natural sugars to starch. While this is fine for farmers growing pea varieties to be used dry for split pea soup, it is far from ideal for farmers growing fresh peas like the Moores. So, with temperatures skirting the 90s, Diann picked peas for over 10 hours Monday and Tuesday to make sure we got them before they started to turn in the heat. FYI sugar snap peas are like corn, don't leave these in your fridge too long or they will turn to starch.

In Your Share Today:

Sugar snap peas (eat pods and all), snow peas, cherry tomatoes, cucumber, turnips with tops, curly leaf kale, broccoli, kohlrabi.

Recipe and Storage suggestions:

Sugar Snap Peas

Eat these pod and all as soon as possible as their sugar will convert to starch with extended storage. Steam or blanch. Use as a side by themselves. Or use whole or chopped in lettuce and pasta salads. For a quick meal, cook rotelle, farfalle, fettucine or similar shaped pasta and drizzle with olive oil or melted butter. Add steamed sugar snap peas, chopped ham, a little parmesan, and a few tablespoons of chopped green onion if you have it on hand. Season with salt and pepper and serve. Save time and cleanup, by adding your peas to the boiling pasta water during the last minutes of cooking.

Kohlrabi

Sweet from the cool spring, this week's kohlrabi can be peeled and sliced and eaten raw on salads or used as a vegetable dipper (see "broccoli" for dip recipes). At this time of year, the leaves also are mild and can be used like cabbage leaves. Slice razor thin like purple cabbage to accent salads, or slice into wider ribbons for stir fry. If you are making stir fry, you can use last week's black bean sauce recipe, now correct and online at <http://www.prairielandcsa.org/pdf/newsletters/2006/June14.pdf>. Thanks to shareholder Richard Schnuer who caught that I neglected to include the ratio of sauce to stir fry ingredients. It should be 2 1/2 T of black bean sauce per pound of stir fry ingredients.

Cherry Tomatoes

Eat them fresh by themselves or on a salad. Chop and add to guacamole or pasta salad for extra flavor and color.

Cucumber

Slice and use fresh on salad or as a vegetable dipper (see “broccoli” for dip recipes).

Alternatively, you can make a quick Asian Cucumber Salad. Slice cucumber in half lengthwise. Use a spoon to remove seeds. Slice each half thinly across to form crescent moons. Sprinkle with salt and allow to drain in a colander in the sink for 30 minutes. Place cucumber slices in a towel and press lightly to squeeze out any moisture. Put them in a bowl and refrigerate for at least 10 minutes. Just before serving, dress them with 2 parts rice vinegar, 1 part soy sauce and a half part toasted sesame oil. Sprinkle with chopped green onion, a dash of white pepper, and/or toasted sesame seeds if desired. Toss and serve.

Turnips and Greens

Next to spinach, the mildest of greens, turnip greens are great sautéed with thinly sliced garlic and olive oil as a side for eggs, fish, or beans and cornbread. Sliced small turnips can be used on salads or as vegetable dippers (see “broccoli” for dip recipes). Larger turnips can be roasted unpeeled like potatoes on the grill or in the oven. Remove skin after roasting and mash with a little butter or olive and salt and pepper for a flavorful alternative to mashed potatoes. You can also slice turnips thinly and use in a scaled down version of the basic gratin recipe of page 25 of Recipes from America’s Small Farms. If you don’t have as many turnips as you’d like, supplement sliced potatoes.

Curly Leaf Kale

Shareholder Georgia Morgan says not to discard your kale stems, but to chop them and use as a flavorful addition to soups. You can sauté your kale and toss it with some pasta and some of last week’s black bean sauce <http://www.prairielandcsa.org/pdf/newsletters/2006/June14.pdf> for a quick meal. Use approximately 2 1/2 T of sauce per pound of pasta.

Broccoli, Snow Peas

Eat fresh, or lightly steam for best color and to retain vitamins. Use as sides, as part of stir fries, or as vegetable dippers. You can use these dressings as dips.

“Buttermilk” Herb Dressing

2/3 c low-fat mayonnaise

1 1/3 c nonfat yogurt

skim milk to thin (3T - 1/4 cup)

salt and pepper to taste

2 T total dried or fresh herbs of your choice: basil, dill weed, thyme, tarragon, chive, and/or finely minced green onion

Stir together mayonnaise and yogurt in a bowl. Add skim milk to thin to desired consistency. Add salt and pepper, and herbs. Chill. Drizzle over fresh greens or use for a vegetable dip.

Sushi House Dressing (a gingery tahini-based dressing)

3 - 3” pieces of ginger, peeled, grated, pulp only, no threads (use less if using pieces larger than the diameter of a quarter)

3 cloves garlic, finely minced

3 T tahini

1 T plus 1 t white miso

2/3 c rice vinegar, or more to taste

2 T sugar or to taste

2 T shoyu or soy sauce to taste

water to thin as necessary

Whisk everything together in a small bowl. Or, combine ginger pulp with rest of ingredients and blend with a hand blender. Though taste will vary depending upon brands used, the age of the ginger, etc.; the result should be a tahini-colored sweet-sour dressing with sesame, ginger, and garlic accents.

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