

Prairieland Community Supported Agriculture  
Week 6 – June 7, 2006

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

From the Farm:

Highs in the mid 90s Memorial Day weekend scorched the lettuce and spinach. However, thicker leaved greens like the kale are still fine. Spinach will be back in the fall. The share size is in a holding pattern right now until warmer weather crops like green beans catch up from the cool spring. The Moores are currently on their 4<sup>th</sup> replanting.

In Your Share Today:

Red Russian kale, red radishes, green onions, and bok choy/Mei Qing Choi.

Food Issues In Our Community:

Yesterday was National Hunger Awareness Day. This year Eastern Illinois Foodbank will provide 5.2 million pounds of food to hungry people in 14 counties. Unfortunately, the need in our area is approaching 20 million pounds. EIF distributes food to 180 soup kitchens, food pantries, and child and adult feeding programs throughout Eastern Illinois, as well as does one-day mobile, rural food pantries through its grant funding. Sadly, approximately 34 percent of the people served by EIF agencies and programs come from working households. Locally, nearly half of the children in the Champaign school district qualify for free or reduced lunches.

What can you do to help? If you are going on vacation and don't have anyone lined up to pick up your PCSA share, let us know so that we can arrange in advance for it to go to a local EIF agency or program. If you are donating food to trick or treaters or to the postal workers food drive this fall, try to donate peanut butter or tuna fish as protein sources are some of the hardest for the food bank to obtain and distribute. (Some pantries and programs have very limited freezer space.) With a 4-star ranking from Charity Navigator, EIF is one of the best run food programs in the country and should be able to increase its food distribution to 10 to 15 million pounds within the next five years. It also is the first downstate foodbank to adopt the backpack program to ensure that school children have access to food over the weekends during the school year. Successfully piloted at Garden Hills this year, EIF hopes to have backpacks for 50 children during the 2006-2007 school year. Sponsoring a backpack costs \$100. For more information, see <http://www.eifoodbank.org/> or call 217.328.3663.

Totebags

Several of you have emailed about getting Moore Family Farm/PCSA totebags. (See <http://www.prairienet.org/pcsa/totebag.html> for pictures and a 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 4 ordered. If you would like a totebag, call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)

Red Russian Kale

Don't confuse this with its leathery grocery store cousins. Use it in recipes calling for spinach.

For a super easy and quick preparation, stem kale and rinse. Shake out excess water, but do not dry. Heat a heavy skillet. Add 1 T of your favorite oil. Saute one sliced clove of garlic for 10 to 15 seconds. Add kale leaves. Stir greens around quickly to coat with oil. Note: Oil may spatter

a bit. Cover with lid and let steam for 1 to 2 minutes or until leaves are limp. Sprinkle with salt and pepper, and serve.

Like other greens, you can add kale to stir fry. See pages 34-35 of Recipes from America's Small Farms for a basic stir fry recipe. Also see page 60 for Mixed Greens, Mideast Style, Bruschetta with Braised Greens on page 44. Try cooked chopped greens on pizza as you would spinach. See page 37 for a basic recipe. You can also try the pilaf and frittata on pages 35 and 24, respectively.

#### Green Onions

You can save your green onions for later use by thinly slicing them and drying them on paper toweling. Use later in soups and dips. Store dried green onions in a bag in your freezer to preserve their color. See last week's Not Leek Soup recipe online at <http://www.prairielandcsa.org/newsletters.html>. You can also lay green onion tops under fish or marinated tofu on the grill for added flavor.

#### Bok Choy / Mei Qing Choi

Bok Choy goes especially well with garlic and mushrooms. Saute it with 1 T oil and 2 cloves chopped garlic, adding stock or soy seasoned water as necessary to soften the greens and keep them from drying out. Toss in fresh or rehydrated sliced mushrooms. Heat through. (5 to 8 minutes total). Serve over rice or Asian noodles.

#### Radishes

##### Radish

Want sweeter radishes? Slice thinly and soak in ice water in the fridge overnight. This trick also works with onions.

#### 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>