

PrairieLand Community Supported Agriculture
Week 2 - May 10, 2006

If you have any questions, concerns, suggestions, recipe ideas, please call (217) 355-6279 or email info@prairielandcsa.org

From the Farm:

Cool weather is producing giant greens, but many crops are in a holding pattern until we get more sun to warm the soil. See Diann's note at pickup for more details.

In Your Share Today:

2 big bunches of leaf lettuce, 1 bunch kale, 1 bunch spinach, green onions, and French breakfast radishes. Remember to bring a bag for your produce

Eggs

Free-range, pastured eggs can be pre-ordered/paid with the Moores and delivered with your share. If you would like to order eggs, call (815) 432-6238

Going On Vacation?

This year we again have the opportunity to work with the Greater Community Aids Project. The GCAP food distribution coincides with our own hours. So, if you know you will be gone in advance on the second or fourth Wednesday of the month, please let us know so that we can pull your share in time for GCAP to distribute it.

Recipes and Storage Suggestions

Kale

Fresh, locally grown spring kale is nothing like its tough, leathery grocery store kin. One of the most vitamin rich greens the Moores grow, kale can be used in place of cooked spinach in recipes. You can blanch it using the directions on page 12 of Recipes from America's Small Farms. Or, to retain more vitamins and speed your cooking, try wilting it with some thinly sliced green onion using the directions on page 42, wilted kale with thinly sliced garlic is a great accompaniment to fish or polenta. If you have a few more minutes, try braising your kale—also fabulous with polenta. See page 42 for directions and page 44 for Bruschetta with Braised Greens to turn your greens into a first course or appetizer. The Basic Pilaf recipe on page 35 is great with kale and green onion. If you have mushrooms on hand, see Organic Warm Greens with Balsamic Vinaigrette and Chevre on page 59.

Spinach

Local spinach grown without pesticides also is superior to its grocery store cousins, not only for taste, but because its conventionally produced cousins consistently rank in the Environmental Working Group's top ten pesticide-laden foods along with conventional peaches and strawberries.

Enjoy this green fresh in a salad. Add crumbled pork or vegetarian bacon to your spinach and thinly sliced radishes and green onions, and hard boiled eggs if you like. If you are looking to cut calories, microwave pork bacon between layers of paper towels. For a classic spinach salad dressing without cholesterol, warm 2 T olive oil, 1 T white wine vinegar, 2 t lemon juice, 1/4 t salt, 1/2 t sugar, and two to three drops of liquid smoke in a small saucepan or skillet until hot enough to wilt greens. Remove from heat,

pour over salad. Toss and serve. (Note: You can find liquid smoke near the bbq and steak sauces in most supermarkets)

For a light spring dinner, use 2 cups of fresh chopped spinach leaves in the frittata recipe on page 24 of Recipes from America's Small Farms.

Salad greens

To extend storage life or refresh them prior to eating, 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 or other thin towel. Gather the corners together. Take outside and spin your arm in a windmill/backstroke fashion to remove the excess water. Return your greens to their bags and store in your refrigerator crisper and eat within the next two days. There are several salad dressing recipes on page 54 and 55 of Recipes From Americas Small Farms.

Green Onions

These have been washed but not cleaned. Pull the softer, end parts off and trim the root tips just prior to using. Slice and use in salad or substitute for bulb onions in recipes. This recipe highlights the scallions with chicken or seitan:

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.

Grilled onions are very tasty by themselves. Brush with oil and place on a grill or broiler rack for a few minutes. Watch carefully so that the tops don't get too done.

Radishes

Remove radish tops. 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. Or slice thinly and make into radish sandwiches by placing between crustless, buttered white bread.