

PrairieLand Community Supported Agriculture
Week 3 - May 17, 2006

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

From the Farm:

Cool weather continues to keep us in a holding pattern. Some plantings are delayed, but kale doesn't get any milder than this.

In Your Share Today:

Red leaf lettuce, green leaf lettuce, curly kale, French breakfast radishes (and tops), green onions, and spinach from the field. The Moores' soil is sandy so be sure to check out washing/storage tips for your spinach. And, check out the recipe suggestions for your radish tops.

GCAP Update

Thanks to those of you who have emailed to donate your produce to the Greater Community Aids Project when you go on vacation this summer. If you will be gone the second or fourth Wednesday of the month, call (217) 355-6279 or email info@prairielandcsa.org and we can donate yours, as well.

Totebags

Some of you have emailed about totebags. If we can put together an order of at least 40 we can order them. See <http://www.prairienet.org/pcsa/totobag.html> for more details.

Recipes and Storage Suggestions

Spinach

This week's spinach comes from the fields and may have some residual sand. To remove it, fill a sink or large bowl with water, add spinach. Agitate water to allow the sand to sink to the bottom. Rinse spinach and spin out with a salad spinner or a thin towel.

You can use your spinach, kale, and green onions in this quick and tasty recipe recommended by shareholder Julie Rundell, adapted from allrecipes.com

Kale and Sausage Soup

8 oz fully cooked smoked sausage (turkey or soy), sliced 1/8 to 1/4 inch thick
2 potatoes cut into 1/4 inch dice
3/4 c chopped green onion bottoms and tops
2 slices of cooked bacon (meat or soy), crumbled*
1 1/2 t chopped minced garlic
2 cups of fresh greens (kale, spinach), coarsely chopped
1 quart of chicken or vegetable stock
1/3 c half and half, or unsweetened soy milk or creamer

Heat a 4 quart or larger stock pot. Saute sausage with onions and garlic. If it starts to stick, add a bit of stock. When onions are wilted, add remaining stock and potatoes.

Simmer uncovered until potatoes are fork tender, about 15 minutes. Add greens, half and half, and crumbled bacon. Simmer 4 minutes more and serve.

*Microwaving bacon between paper towels greatly reduces its fat levels and saves on kitchen cleanup.

Salad greens

If you are lucky enough to have fresh asparagus from friends or neighbors, steam it and pair with segments of any remaining winter citrus, and grilled green onions in a salad this week. The Orange Ginger and Honey Sesame Mustard salad dressings on page 54 and 55 of Recipes From Americas Small Farms are great for this.

Green Onions

Brush with oil and place on a grill (charcoal, gas, or Foreman) or broiler rack for a few minutes. Watch carefully so that the tops don't get too done.

Radishes

Not a fan of the bite of radishes? Steam them. Like roasting, steaming can concentrate vegetable flavors, making them more sweet. Use a countertop steamer, rice cooker steamer, or a metal or wooden steamer rack in a lidded pan filled with a bit of water. Steam radishes until fork tender and serve as a side dish.

Radish tops—yes you can eat them. They are concentrated with vitamins and have a slightly bitter taste similar to dandelion greens. Rinse thoroughly. Braise them alone or with some spinach using the directions on page 42 of Recipes From America's Small Farms. Add chopped braised kale to the basic omelet or frittata on pages 23 and 24, or add them uncooked to the basic pilaf on page 35.

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>