

Prairieland Community Supported Agriculture
Week 4 - May 24, 2006

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

From the Farm:

Cool weather is keeping us in greens longer, look for two new greens in your share this week. See Diann's note at pickup for details from the farm.

PCSA Is Good For You

Though we have only researched it anecdotally, PCSA shareholders typically eat more produce than they would otherwise. This is key, according to a study published by the World Cancer Research Fund and American Institute for Cancer Research. Increasing the amount of fruits and vegetables in your diet from 1 or 2 servings to 5 servings a day cuts your cancer risk by one third. Men, active women, and children over 6--especially teenage girls--should be consuming 7 servings a day according to the Centers for Disease Control.

In Your Share Today:

Lettuce, spinach, bok choy, mustard greens, and green onions. The Moores' soil is sandy so be sure to wash for your greens before using. Also, check out the easy Greek-inspired soup recipe for your radish tops. Just wash and stem them like you would other greens.

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/totebag.html> for more details. If you want one, call 355-6279 or email info@prairielandcsa.org

Recipes and Storage Suggestions

Mustard Greens

Please do not confuse these with leathery store mustard. Treat spring mustard greens like spinach or young kale. They are excellent wilted with thinly sliced garlic or a few green onions. See directions on page 42 of *Recipes From America's Small Farms*. Like young kale, mustard is good braised (see page 42 and 44), or in pilaf with green onions (page 35). Add wilted or braised mustard greens to a basic omelet (page 23), frittata (page 24), or scrambled eggs for a Memorial Day weekend brunch dish. You can also combine your mustard greens with some spinach, green onions, and radish tops in soup (see below).

Spinach

Combine with lettuce for a salad, or use like mustard greens above.

Lettuce

The salads served on the Rhine side of Switzerland are something to behold. Small groupings of shredded carrot and thinly sliced radish are dressed with vinegar and a bit of sugar, and are arranged on a pile of greens, along with other seasonal vegetables such as shredded beets briefly blanched and marinated in oil, vinegar, salt, and pepper. The finished salad is lightly drizzled with a classic salad dressing of egg, sunflower oil, white wine vinegar, salt, spices, and fresh herbs. Since we don't have Swiss chefs at our disposal, here is a quick version of the dressing, which makes any salad special:

For two salads, combine 2 T lowfat mayonnaise, 1 t mustard, 1 T white wine vinegar, 1 T milk or unsweetened soymilk, 1/4 t garlic powder, 1/8 t salt or to taste, dash of pepper, and 2 t dried herbs such as chive, parsley, chervil, tarragon, basil, and/or lovage, or 2 T fresh herbs.
Optional: pinch of sugar.

Green Onions

If you are going to have the grill fired up this weekend, try this:

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.

Bok Choy

Steam or blanch. Saute steamed or blanched bok choy cut into 1 1/2 inch long pieces with thinly sliced garlic in 2 t vegetable oil and 1/2 t sesame oil. Serve with rice or Asian noodles like buckwheat soba.

Radishes

Radish Green Soup

Rinse radish tops thoroughly and remove stems. Chop, and saute them with a single bunch of chopped spinach and a few chopped mustard greens if desired, as well as 1/4 to 1/2 cup green onion in 2 T of olive oil. When the mixture starts to look a bit dry, add 1 quart of vegetable or chicken stock. Cook the greens until thoroughly tender. Puree using a blender, stick blender, or food processor. Return to pan, add 1 quart more stock, and 1 quart water and 1 cup of rice. Add 1 t salt, 1/4 t black pepper, 1/4 t garlic powder, 1/2 t of dried oregano, 1/4 dried basil, and the juice of half a lemon. Bring to boil, reduce heat to simmer and cook until rice is tender, 20 minutes. Dilute soup with additional stock if necessary and adjust seasonings.

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>