

Prairieland Community Supported Agriculture
Week 5 - May 31, 2006

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

From the Farm:

The farm's walk-in cooler gave out yesterday, so the Moores made do, cooling the vegetables with shade and cold water as they waited for the repairman to arrive.

In Your Share Today:

Radishes (really this week), spinach, turnips and turnip greens, green onions, and bok choy, also known as Mei Qing Choi. Not keeping up with your green onions? Try the "Not Leek Soup" which can be eaten chilled. Also, see the easy Greek-inspired soup recipe for your radish tops. Just wash and stem the radish leaves like you would other greens.

Recipes and Storage Suggestions

Turnips

A good source of vitamin C, turnips were a food of early humans, who roasted them with wild onions wrapped in leaves over fires. For modern times, slice smaller turnips thinly for salads, or as a vegetable dipper with ranch dressing, spinach dip, or hummus. Larger turnips can be peeled and either steamed or boiled. Mashed turnips are a great alternative to mashed potatoes. To boil, peel turnips and cut into cubes. Place in boiling water until they are tender, about 6 to 10 minutes. Whole turnips take about 30 minutes to cook. For modern-day roasting, use either whole, unpeeled small turnips or larger ones that have been peeled and cut into wedges. Toss with olive oil or your favorite oil. Sprinkle with salt and pepper and place in a single layer on a baking sheet. Roast at 375°F (190°C) until tender, about 35 to 45 minutes. Need to beat the heat? Cook your turnips in the microwave. Place peeled cubed turnips, with a few tablespoons (30 to 45mL) of water or stock in a covered microwave-safe casserole and cook on High for about 3 minutes. Let stand for about 3 minutes before serving. Accent turnips with lemon, garlic, or cheeses. Thyme, parsley, and/or chervil, if available also go well with turnips.

Turnip Greens

One of the most under-rated and best greens going, per cup turnip greens contain 158% of your daily vitamin A and over half your vitamin C. They are mild like spinach and just as quick to cook. Blanch or sauté with garlic and/or thinly sliced green onion for a quick side dish. Both turnip and spinach greens can be added at the last minute to stir fries, as well. See pages 34-35 of Recipes from America's Small Farms for a basic stir fry recipe. You can also combine your turnip greens with some spinach, green onions, and radish tops in soup (see below).

Spinach

Combine with lettuce for a salad or use to top sandwiches. To cook, use like turnip greens above.

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.

Not Leek Soup

Slice 1/2 to 1 bunch of green onions thinly. Saute for one to two minutes with 1 T butter or olive oil. Add 2-3 quarts stock. Add salt and pepper to taste. Simmer 5 – 10 minutes. Serve with a dollop of yogurt and fresh chopped dill.

Variation: Add 3 to 4 large (not giant) cubed boiled potatoes prior to simmering for a pseudo vichyssoise, simmer for 15 to 20 minutes until potatoes are tender. Puree in blender if desired. Serve warm or chilled

Bok Choy / Mei Qing Chai

Specifically, this is a bok choy hybrid called Mei Qing Chai. Like more familiar western greens, it also is an excellent source of vitamins A and C.

Mei Qing Chai with Garlic

1 T vegetable oil

2 t minced garlic

2 mei qing chai (cut off bottom inch to yield individual leaves)

1 c chicken stock or 1 c water with 1 T miso paste dissolved

Heat a large, heavy skillet over high heat. Add garlic and sauté for 1 minute. Keep it moving to avoid scorching it. Add greens and stock. Simmer until chai is tender, stirring occasionally to keep greens cooking evenly, about 8 minutes. Season with a dash of soy if desired.

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>