

Prairieland Community Supported Agriculture
Week 27 – Nov 1, 2006

From the Farm:

There is still plenty of food coming from the farm despite the cool temperatures. Near freezing weather has made for some mild kale and turnip greens. This week again finds us with new vegetables. Today you'll have your choice of fall radishes, misato also known as watermelon radish because of its neon pink interior, or the black Spanish with its creamy white interior. Either couldn't be easier to cook, see recipes below.

2007 Shares Update

We have now crossed the 100 share mark. If you or your friends or co-workers haven't already reserved your 2007 share online or by phone and want one, please do so as soon as possible at <http://www.prairienet.org/pcsa/contracts.html> or 217.355.6279, respectively. We need to make the 125 mark because there will be THREE full-time employees on the Moore farm next year! More about this and a very special party that we will be having this spring in next week's newsletter.

If you won't be renewing your share, please let us know this as well so we can make marketing plans if necessary. Thanks.

In This Week's Share:

Potatoes, curly kale, baby turnips and tops, lettuce, large radish (black Spanish or misato), and 1 lb of fresh ground organic cornmeal. You can use your cornmeal in the recipes for cornbread, corn meal apple cake, and cornmeal tea cookies below.

Recipe and Storage Suggestions

Potatoes

Potatoes store longer if they aren't exposed to water or moisture. They also don't light. Use them with your kale and turnip greens to make the Caldo Verde soup on page 49 of Recipes from America's Small Farms.

Or, if you are looking for comfort food, try the Mashed Potato pancakes on page 188. This also is a great way to use up Thanksgiving leftovers.

Kale

Blanch, chop, and sauté with minced garlic or onion. Or, braise using the directions on page 42 of Recipes from America's Small Farms.

Lettuce

Wash this thoroughly to remove any lingering sand. Dressings with a bit of vinegar, mustard, or a kick from ginger, garlic, chili, or other strong spice compliment this lettuce well.

Misato or Black Spanish Radish

Both of these pack a bite right out of the field, but sliced thinly and blanched for just 2 minutes you would never know that they weren't sweet baby turnips. Peel the misato lightly before using. The black Spanish needs only mild scrubbing, however, you'll want to peel it if you plan to use it mashed or pureed. You can use blanched black Spanish

radish with your turnips in creamy turnip soup on page 189 of Recipes from America's Small Farms. You can also use misato if you don't mind the soup being pink tinged.

Turnips

For the roots, try creamy turnip soup on page 189 of Recipes from America's Small Farms. For the greens, use them in Caldo Verde above, or blanch or briefly sauté. Or, if you have more time, braise in broth using the directions on page 42 of Recipes from America's Small Farms.

Cornmeal

You can't beat fresh, stone-ground cornmeal. Here again, is one of the most reliable recipes for corn bread. Serve it with greens and beans like black-eyed peas.

Perfect Cornbread

1 c. sifted flour
1/4 c. sugar
4 tsp. baking powder
3/4 tsp. salt
1 c. yellow cornmeal
2 eggs (or egg replacer equivalent)
1 c. milk or soymilk
1/4 c. melted butter or nondairy shortening

Preheat oven to 425 degrees. Grease a 9 X 9 x 2 or 8 x 8 x 2 pan. Stir together flour, cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry ingredients. Combine eggs, milk and shortening. Pour into center of well. Stir dry ingredients from sides into center until batter is just smooth. Then stop stirring! Pour batter into pan. Bake for 20 to 25 minutes.

Baking Powder Note: If you have done any baking in recent years, you know that most brands of baking powder now have an increasingly metallic taste. Rumsford is one of the few brands that doesn't have this taste. You also can make your own baking powder by combining 1/4 c cream of tartar, 2 T baking soda, and 1 T cornstarch and sifting three times to remove any lumps. Use a mesh strainer if you don't have a sifter

Apple Cornmeal Upside Down Cake

This is a variation of a recipe from the October issue of Gourmet that couldn't be easier. You can make it in a 1-cup muffin pan for baby cakes, a 12-cup muffin pan for snack-sized cakes, or in an 8" round or square cake pan.

2 T butter or margarine
3 medium apples, peeled and chopped into fine dice
1/4 c brown sugar (you can use 1/2 Splenda and 1/2 sugar)
2 t balsamic vinegar
3/4 c all-purpose white flour
1/2 c stone ground organic corn meal
1/3 c granulated sugar (can use 1/2 Splenda)
2 t Rumsford or homemade baking powder (see note above)
1/4 salt
4 T butter or solid vegetable shortening

1 large egg or equivalent egg replacer
3/4 cup milk or minimally sweetened soymilk

Butter or oil pan lightly. Preheat oven to 425 degrees F. Heat 2 T of butter in a heavy skillet. When foaming slows, add apples and sugar. Saute for 5 minutes or until apples soften. Stir in vinegar. Remove from heat and allow to cool slightly.

Meanwhile, combine flour, cornmeal, sugar, baking powder, and salt in a bowl. Cut in butter or shortening until mixture resembles coarse meal with occasional pea-sized lumps of butter. In a separate bowl, beat egg if using. Combine with milk. Add wet ingredients to dry. Stir until just combined.

To assemble, quickly divide apples between muffin cups if using. Top with cornmeal mixture. Ideally, use a spoon or spatula to leave the batter in the middle of the pan or cup slightly lower than the edge.

Bake muffins for 15 to 20 minutes, cake for 25 to 30 minutes. Check doneness with a toothpick. When it comes out clean, cakes are done.

Remove cake(s) from the oven. While still warm, use knife to loosen the edges of the cakes from their pan(s). Unmold onto plate or cool baking sheet. Serve warm alone or with a dollop of whipped cream.

Old Fashioned Lemon Cornmeal Tea Cookies

This a rolled cookie recipe from the early 1900s. However, unlike most, you don't have to chill it overnight, just a couple of hours.

3/4 c (6 oz) butter
3/4 c granulated sugar
1 egg
1 1/2 c all-purpose flour
1/2 c cornmeal
1/2 t baking powder
1/4 t salt
1 t vanilla
Zest from 1 lemon
additional sugar for garnish

Combine flour, meal, baking powder, and salt and set aside. Cream butter and sugar until fluffy. Mix in egg. Stir in zest and vanilla. Stir in flour mixture. Pat dough into a log shape on waxed paper. Use edges of paper to roll log into a smooth cylinder. Fold ends of paper under to seal being careful not to crush ends of log. Chill 2 hours or until firm. Slice 1/4-inch thick. Sprinkle with additional sugar if desired. Bake at 375 degrees F for 10 min.

Have a recipe to share? Need help with a recipe? Need info on freezing or preserving produce? Email info@prairielandcsa.org or call 355-6279