

Prairieland Community Supported Agriculture
Week 10 – July 3, 2007

Cruciferous Fest

The zucchini is going gangbusters on the farm, meanwhile the broccoli is winding down. See what a difference a break in temps and actual rainfall made in the beautiful heads this week.

As they straddle multiple seasons the Moores are finding themselves working 14 hour days. Yesterday, Diann transplanted fall crops in the fields from 10 am to 6 pm. She was sorting vegetables in the cooler until 10pm and then washed eggs until midnight. While Diann delivered produce today, the rest of the family was racing against the incoming rain to bale and put up hay.

In Your Share Today:

Daikon, arrowhead cabbage, broccoli, cauliflower, kohlrabi, yellow summer squash, zucchini, and cucumber.

Recipes and Storage Tips:

If you've got a recipe, we'd love to have it. Email info@prairielandcsa.org or call 355-6279 and I'll type while you read it.

Recipes and Storage Suggestions

The great thing about cruciferous vegetables like cabbage and kohlrabi is that they will keep for a while. That said, the bulk of this week's share can easily become a vegetable tray for your 4th of July party. Broccoli and cauliflower florets; sliced squash, kohlrabi (peel first) and cucumber make a pretty tray. If you are feeling creative, you can add some green onion curls, see <http://www.favoritebrandname.com/Recipes/145/2260001145.htm> for pics and directions.

Daikon

Daikon will keep for several weeks, even a month in your vegetable crisper. Peel it like a carrot and julienne cut it. You can use a basic Vietnamese dressing of equal parts sugar, rice wine vinegar, and water. You can also throw shredded daikon in slaw for an extra kick.

Arrowhead Coleslaw Tip

Add chopped fresh or dried basil and tarragon to your favorite coleslaw recipe for extra flavor and sweetness.

Kohlrabi

Grate it for slaws or peel and slice for a vegetable dipper. You'll find recipes for cooked kohlrabi, including the beautiful leaves on this week's kohlrabi, on the PCSA website: <http://www.prairienet.org/pcsa/recipes/kohlrabi.htm>

Zucchini Garbanzo Salad adapted from Country Living August 1992

1/3 T olive oil

3 lb zucchini and or summer squash cut into 1 inch chunks

1 t grated orange rind

15 oz can garbanzos

1 T red wine vinegar

1 large sweet red pepper or equivalent jarred strips

2 T toasted pine nuts

2 T finely chopped shallots

1/4 t salt

1/4 t ground black pepper

In a large skillet, heat olive oil. Add zucchini and orange rind; cover and cook, stirring occasionally, until zucchini just tender. Spoon zucchini mixture into a large bowl and stir in beans, vinegar, red pepper, pine nuts, shallot, salt, and black pepper. Chill until ready to serve.

Questions, comments, or have a recipe you'd like to share?

email info@prairielandcsa.org or call 355-6279