

PrairieLand Community Supported Agriculture
Week 9 – June 27, 2007

Important Notes:

Please bring a plastic bag or other container to take your tomatoes home in.

JULY 4th WEEK PICKUP will be on TUESDAY, JULY 3 between 4pm and 7 pm.

Attention Urbana Shareholders: Eggs ARE NOT part of the regular shares. Please do not take eggs unless you have preordered them. Last week 4 people were left without eggs.

Bountiful Harvest Continues

The Moores missed out on the big rains yesterday, but they did get 4.2 inches of rain last week. However, the farm still has some catching up to do, says Diann, “Everything that fell soaked in.” Luckily for the Moore, the rain started just as the irrigation pump gave out. Parts on order but aren’t in yet. In the meantime, the Moores are getting some help from the local wildlife. A beaver has been constructing dams in the area, which has meant additional moisture during dry periods.

Radishes and beets are on hiatus this week, as the broccoli and cauliflower won’t hold. These are the last of the cherry tomatoes from the greenhouse. The field ones will be arriving in a few weeks.

In Your Share Today:

Arrowhead cabbage, broccoli, cauliflower, napa/Chinese cabbage, yellow summer squash, zucchini, and cherry tomatoes.

Totebags

Need a big tote for all your produce? If you are interested in ordering a totebag, please call 355-6279 or email info@prairielandcsa.org. We only need 24 more to complete the order with Weiskamp. For more details, see <http://www.prairienet.org/pcsa/totebag.html>

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.

Vegetables getting ahead of you? Freeze them. Diann says she has excellent luck with freezing broccoli without blanching it. Frozen broccoli is fine for soups and casseroles, she says. You can also grate and freeze zucchini for muffins and breads later this fall. Just measure out the amount your recipe calls for and freeze it until you’re ready to bake, advises Diann.

How To: Napa/Chinese Cabbage and Arrowhead Cabbage

If you’ve never had these cabbages before, their preparation is slightly different from traditional European cabbage. No need to quarter, you can slice either horizontally.

Napa is mild and can be used in stirfries or thinly sliced crosswise for slaws. Equal parts of sugar, rice wine vinegar, and water make an excellent dressing for it. You'll want to use all but approximately the lower inch of the head.

Similarly, Arrowhead also has a lot of usable cabbage, though it is firmer, more like traditional European cabbage. Again, you'll be able to use all but about the last inch to half inch slicing it horizontally.

See the recipes from June 20 for your cherry tomatoes at <http://www.prairielandcsa.org/newsletters.html>

If you want to use your vegetables in mass this week, check out the basic frittata on page 23 of Recipes from America's Small Farms, respectively. Or, do like Farmer Jim does and sauté your cauliflower, squash, onions, and finely sliced cabbage all together.

Zucchini, Yellow Squash, and Cherry Tomatoes

Saute thinly sliced zucchini and/or summer squash with garlic in olive oil. Toss with chopped fresh or dried basil, halved cherry tomatoes, and shredded parmesan cheese.

Zucchini Pizza Boats

Halve and scoop out larger zucchini. Chop removed zucchini with meat or soy pepperoni. Mix with parmesan cheese, a few bread crumbs, sauted onion, and tomato sauce to moisten. Bake covered in a 350 degree oven or in the microwave until squash reaches desired tenderness.

Cream of Zucchini Soup

This soup recipe from the Food Musings blog is lower in fat than most and can use up a bunch of zucchini

http://foodmusings.typepad.com/food_musings/2005/03/ny_recipe_cream.html

Broccoli

Try fresh broccoli soup on page 71 of Recipes from America's Small Farms.

Broccoli and Cauliflower

Cut and steam together to throw in pasta dishes or salads later in the week. There are several recipes for potluck staple broccoli and cauliflower salads that feature mayonnaise dressings and bits of bacon and/or sunflower seeds at allrecipes.com

Cauliflower

For a traditional Indian take, see the Aloo Gobi recipe here:

http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_28550,00.html

Use pureed steamed cauliflower as a side instead of potatoes. Add a little butter and salt and you're in business.

Napa/Chinese Cabbage and Broccoli

See the stirfry recipe on page 34 of Recipes from America's Small Farms. Or if you are feeling more adventurous, combine stir fried Chinese cabbage and broccoli with tofu and jarred Thai peanut sauce and serve over rice.

Arrowhead Cabbage

These cabbage recipes from the 2006 season make excellent use of Arrowhead cabbage.
<http://www.prairielandcsa.org/pdf/newsletters/2006/June28.pdf>

Questions, comments, or have a recipe you'd like to share?
email info@prairielandcsa.org or call 355-6279