

Prairieland Community Supported Agriculture
Week 6 - June 6, 2007

From the Farm:

Though many clouds have passed over the farm, not a lot of rain has fallen. This is showing up in the shares in the form of smaller broccoli heads. In the greenhouse, the heat of the past weeks also is causing moisture issues. During heat waves, the Moores are having to water in the greenhouses multiple times a day. This week's cucumbers are reflecting this moisture stress. The brown marks on the cucumbers reflect gaps in moisture availability, says Diann. They do not affect the taste of the cucumbers, only the appearance.

In This Week's Share:

Zucchini, mustard greens, cucumber, broccoli, radishes, green onions, romaine lettuce, and spinach.

Iron Chef

Returning shareholders know that the key to a successful CSA experience is being willing to cook what is in your share. However, this can be difficult if you are used to grabbing a recipe and then grabbing the ingredients, instead of the other way around. Just a couple of generations ago, no one would have thought of making a salad with fresh strawberries in December. But over the years, supermarkets have distorted our perceptions of seasonal produce by sourcing food from further and further away. Today, a piece of produce in a supermarket has traveled an average of 2000 miles or more. This not only hurts local food systems, but results in us consuming produce that isn't at its nutritional peak as it has to be picked immature for shipping. This produce also is not at its flavor peak. So enjoy your cucumbers, greens, broccoli, and zucchini this week as they bear little resemblance to their supermarket cousins.

Recipes and Ideas

The Moores soil is very sandy and there were 50 mile gusts while the broccoli was growing. Be sure to wash all of your field vegetables well.

Roasted Radishes

Shareholders Tina Wismer and Tim Williams recommend roasting radishes to bring out their natural sweetness. Simply remove tops (save for a spicy greens soup like Caldo Verde in Recipes from America's Small Farms), brush or mist lightly with oil, and place in a heavy pan in a 400 degree oven until fork tender.

Mustard Greens

Steam, blanch, or braise. Mustard greens, as well as spinach, can be used in the Bruschetta with Braised Greens on page 44 of Recipes from America's Small Farms, or the Mixed Greens, Mideast Style on page 60. Use your green onion for the regular onion in the latter. Mustard greens' slightly spicy flavor goes well with eggs, salmon, or goat cheese.

Green Onions

You can substitute thinly sliced green onions in many dishes that call for regular onions.

Romaine

Check out the Salad Dos and Don'ts on pages 46 and 47.

Zucchini

Slice thinly and sauté lightly with a little garlic. Or simply slice for salads.

Broccoli

Steam or blanch until desired tenderness, or sauté with a little garlic and a drizzle of balsamic vinegar.