

Prairieland Community Supported Agriculture  
Week 6 - June 18, 2008

From the Farm:

Transplanting continues this week as the Moores focus on our later season crops and putting up hay. Though the weekend's rains have meant disaster for farmers in much of the Midwest, the Moores actually needed the rain they received. "We still have plenty of subsoil moisture due to the floods this winter, but the topsoil (which is very sandy) was getting a little dry," says Diann. Some crops have just not been able to tolerate this year's weather conditions. The cauliflower is being tilled under this week, and as there aren't enough snow peas for the shares, the far less than whopping yield of 700 pods from multiple rows and plantings will be at the farmer's market on Saturday. Arrive early if you want one of the few pints that will be on the table. The heat of last week has jumped some of the lettuce plantings ahead of schedule, but don't worry, recipes to help you deal with the bounty follow.

In Your Share Today:

This week's share is a lot of green with a little gold: broccoli, lettuce, napa cabbage, arrowhead cabbage, green onion, kohlrabi, and organic cornmeal that the Moores stone grind with their mill. With time in short supply on the farm this week, you may have to do a little more washing this week to remove sand.

Recipes, Serving and Storage Suggestions

If you missed last week's newsletter and recipes, you can access it online at <http://www.prairielandcsa.org/newsletters.html>

Lettuce

If you are behind on using your salad greens, don't worry. Think of lettuce as a substitute for bread or as just a more fragile green. Yes, you can cook it, as well.

Lettuce Wraps

Lettuce leaves make an excellent container for chicken, tofu, rice, noodle, or other salads. Try chopped steamed broccoli, fried tofu cubes, sautéed shredded napa and green onions rolled in lettuce and dipped in hoisin or peanut sauce.

Lettuce Soup

Saute four cups of lettuce with four chopped green onions in olive oil. Add 2 T more olive oil or butter, and 2 T of flour. Stir until flour becomes a paste coating vegetables. Add 4 cups of milk or stock. Simmer for 10 minutes. Puree in a blender or with a stick blender. Season with salt and pepper. Serve warm or chilled.

Lettuce Omelets and Frittatas

You can also use chopped sautéed lettuce as a filling for omelets or in frittatas.

If you are feeling more adventurous and perhaps a little cheeky, use up any past prime greens in a soufflé. Really, they aren't that hard. This one from the PCSA website

(<http://www.prairienet.org/pcsa/recipes/greens.htm>) doesn't require you to make a foil collar, just use an everyday, 1 1/2 quart, high sided casserole dish.

### Spring Greens Souffle

1 cup sautéed lettuce or blanched greens  
5 1/2 T butter  
3 T flour  
1 cup hot milk  
3 egg yolks  
Salt and freshly ground pepper  
dash nutmeg  
5 egg whites, at room temperature  
1/4 t cream of tartar

Butter a 1 1/2-quart high sided casserole dish. Chop greens very fine and saute in 3 T butter until moisture is removed; set aside. Melt 2 1/2 T butter in a saucepan and add flour; cook together slowly for 2 minutes without browning. Remove pan from heat, stir in 1 cup hot milk, and beat well. When mixture is smooth, return pan to heat and cook for about 4 minutes. Remove from heat to beat in egg yolks, spinach mixture, then salt, pepper, and nutmeg. Cool.

Begin beating the egg whites at low speed. When they become frothy increase the speed and add cream of tartar. Beat just until the egg whites hold their shape on the back of a spoon. Be careful not let them get glossy and overbeaten.

Mix a quarter of the whites into the spinach mixture with a whisk. Now, gently but quickly, fold in the rest of the whites using a large spatula and making sure to reach the bottom of the bowl. Stop short of getting them 100 percent mixed, or you'll deflate the mixture and end up with a flat souffle. Pour mixture into souffle dish and place in a preheated 400 degree F oven. Immediately turn the oven down to 375 degrees. Bake 25-30 minutes, until puffy and lightly browned. Serves 4-6.

### Napa

Really, this is what napa is supposed to look like, green with vitamins, not pale and denuded after sitting in trucks and warehouses for weeks. You'll also notice that it is sweeter than its pale grocery store cousins. Wash it thoroughly and enjoy in stirfry. Or, sub it for bean sprouts in this quick Pad Thai recipe <http://tinyurl.com/69uk65> If you don't have the tamarind called for in the recipe use fresh lime juice instead. Similarly, if you don't have sriracha which is more of a chile paste, you can use your favorite hot sauce to taste.

### Arrowhead Cabbage

This is the mildest and sweetest head-type cabbage out there. Arrowhead has one of the smaller cores, so there is more cabbage per head. Made into slaw, stirfry, or sliced in ribbons and blanched in the last few minutes of cooking a pound of pasta and served with a few tablespoons of browned butter—you can't ask for a more versatile vegetable.

## Kohlrabi

Thanks to shareholder Jill Schreiber who sent this recipe from Simply in Season. Simply in Season is organized by season as well as ingredients, and available at Ten Thousand Villages in Champaign. "My whole family recommends it!" she writes.

## Kohlrabi with Peas and Potato

1/2 c. chopped onion

1 clove garlic minced

In a large soup pot saute in 1 T. oil about 3-4 minutes

1/2 t. dry mustard

1/2 t. gr. cumin

1/4 t. gr. tumeric

1/4 t. gr. coriander

add and stir fry for 30 seconds

1 c. kohlrabi bulbs (peeled and chopped) save greens!

1 c. potatoes (peeled and chopped)

Add and stir briefly

1 c. chopped tomatoes (use a good brand of canned like Muir Glen if you don't have fresh)

1/2 c. water

3/4 t. salt

1/2 t. sugar

Add, bring to a boil, then simmer until vegetables are crisp-tender, about 15 minutes  
kohlrabi leaves, finely chopped

Add and simmer 8-10 minutes

1/2 cup peas (frozen, thawed)

Stir in and cook until peas are done. Serve over rice!

## Cornmeal

Not just for cornbread, cornmeal can be used in sweet or savory pancakes, polenta, and in tart doughs.

## Cornmeal Pancakes

See the recipe in the May 3, 2006 newsletter here:

[www.prairielandcsa.org/pdf/newsletters/2006/May3.pdf](http://www.prairielandcsa.org/pdf/newsletters/2006/May3.pdf)

You can add the optional frozen blueberries for a sweet pancake. Or, if you prefer, leave out the sugar and top your pancakes with your favorite salsa for a savory dish for brunch or dinner.

## Perfect Cornbread

The same newsletter also has a recipe for one of the most foolproof cornbreads ever:  
[www.prairielandcsa.org/pdf/newsletters/2006/May3.pdf](http://www.prairielandcsa.org/pdf/newsletters/2006/May3.pdf)

#### Polenta

Bring 4 cups of salted water to a boil in a heavy 2 qt. pot. Add 1 cup of polenta in a thin stream, whisking. Cook over moderate heat, whisking for 2 min. Reduce heat to low and simmer covered. Stir for 1 min. for every 10 min. of cooking, 30 min. total. Remove from heat. Stir in 2-3 T of good quality butter or olive oil to finish. Serve warm. Makes 4 to 5 servings.

#### Savory and Sweet Galette Dough with Cornmeal

This recipe is forgiving and you can watch it being made online in the video archives of the PBS series, Baking with Julia, online here: <http://tinyurl.com/6f8lec>

Measure 1 c unsifted flour, 1/4 c of corn meal, 1/2 t salt, and 1 t sugar in a bowl. In another bowl, mix 3 T of plain yogurt, buttermilk, or sour cream with about 1/3 c of ice water.

Using your hands, rub 7 tablespoons of cold butter through your fingers and thumbs into the flour. Or, if you have one, you can use a pastry cutter. You want to end up with both smaller and larger (no bigger than tiny pea size) pieces of butter in the mixture. Once the mixture starts to come together into a dough, add dairy/water mixture. Mix with a fork until you have a soft malleable dough, being careful not to overwork. If it seems a little dry, add a few more drops of water.

Wrap dough in plastic and chill for two hours, or freeze for up to a month wrapped air tight, defrosting 20 minutes before use. Divide the dough in half and roll out to about an 11 inch circle 1/8-inch thick on a floured surface with a floured rolling pin. No need for a pie pan, just put your filling in the middle and fold up 2 to 3 inches of the edge toward the center. Bake at 400 degrees for 35 to 40 minutes. Use a knife to see if bottom crust is crispy. Serve warm or at room temperature. Galettes are best the day they are made.

You can use this dough for tarts with caramelized onions and cheese, roasted vegetables, sliced tomatoes and basil and cheese, or you can use them with blueberries, peaches, or raspberries to make a sweet tart. If making a sweet tart, brush a little water on the dough edge after you have assembled the tart and sprinkle with additional sugar.

Got a recipe to share? Please send it to [info@prairielandcsa.org](mailto:info@prairielandcsa.org)