

Prairieland Community Supported Agriculture
Week 7 - June 25, 2008

From the Farm:

The last planting of cauliflower managed to generate enough heads for this week's shares, despite the poor performance of its predecessors. This may be the end of the lettuce with the increasing heat, so enjoy it while it lasts. Transplanting continues this week on the farm, as does seeding the fall crops into planting trays—hundreds of them with hundreds of thousands of seeds. Keep your fingers crossed for some timely and gentle rains this week.

In Your Share Today:

Cauliflower!! Broccoli, lettuce, napa cabbage, arrowhead cabbage, and whole white wheat flour that the Moores stone grind with their mill.

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

This week's red lettuce is sturdy enough to stand up to the classic Cesar dressing treatment. And, this is the place to do it. Central Illinois is blessed with several farmers like the Moores (who are now accepting orders again), Triple S, and others who do not use antibiotics in their egg production. Because of this, their eggs don't have to be handled like their biohazard brethren from the grocery store. All too often in our food system, consumers have to do the work to protect themselves from the food industry's shoddy production practices. This, instead of the industry simply doing the right things to produce high quality, safe food, like not drugging animals to keep them alive under the stress of over crowding, not denying farm workers bathroom facilities, and not using sewage as fertilizer.

Given this, it is hardly surprising that our country again finds itself with tainted produce, this time tomatoes. However, the answer isn't going to be regulation as food companies invariably find ways around the rules with subcontracting, but in our actually knowing the people who grow our food and the conditions on their farms. So, get yourself some antibiotic-free eggs and make yourself a proper Cesar salad.

Cesar Salad Dressing

1 lb sturdy lettuce

1 egg

1 clove garlic (optional)

1 t salt

1/2 c olive oil or enough to just coat greens

Juice from 1 lemon

1/2 c grated parmesan cheese

Dash Worcestershire sauce

Freshly ground pepper
Croutons

Wash and thoroughly dry lettuce. Drop egg into boiling water for one minute. Crack open into a bowl, whisk in garlic mashed with 1 t salt. Squeeze lemon juice into a glass or separate bowl. Grate cheese. When you are ready to serve the salad, coat the leaves with the oil and toss. Add the egg and toss again. Add the lemon juice; toss again. Add the cheese, Worcestershire, and cracked pepper. Toss one last time. Serve with croutons.

Arrowhead Cabbage, Broccoli, and Green Onions

Quinoa originates from South America. It has a light, fluffy texture when cooked, and a mild, slightly nutty flavor. It is an excellent accompaniment to sautéed vegetables as in this recipe adapted from Clean Eating magazine.

Quinoa & Vegetable Saute

1/2 c uncooked quinoa

1 c water

1 T canola oil

1 c sliced green onion

1 small head of broccoli

2 c chopped green cabbage

1 T Herbs de Provence or 1 t each of marjoram, thyme, basil, and rosemary

1/4 t sea salt

1 c frozen peas

1/2 c vegetable broth, or water

6 oz extra firm tofu cut into bite-size cubes

Rinse quinoa in a fine mesh strainer. Combine with water in a saucepan and bring to a boil. Reduce heat and continue cooking for 10 minutes.

While quinoa cooks, heat oil in a sauté pan and add onions, cabbage, herbs, and salt. Stir and sauté for three to five minutes, until vegetables are to your preferred level of doneness. Add broth, peas, and tofu. Cover and cook for 3 to 5 more minutes. Serve over quinoa.

Cauliflower

Try cauliflower with feta in an omelet, or steam it and serve with horseradish sauce.

Steam cauliflower can also be pureed as a substitute for mashed potatoes. You can also turn it into a main dish:

Dry Spiced Cauliflower

1 pound cauliflower

1 teaspoon black mustard seeds

1 clove garlic

1 teaspoon salt

5 large green onions

1 teaspoon Curry powder, or to taste
1 tablespoon vegetable oil

Cut cauliflower into florets. Steam or boil about 4 minutes or until tender-crisp. Do not over cook. Drain. Finely chop garlic and cut green onions into 1/4-inch pieces. Heat oil in a wok or large saute pan.

Add mustard seeds. When they start popping, add garlic, salt and curry. Mix and cover. Cook for 2 minutes. Add green onions. Add cauliflower and cook for 3 minutes, stirring constantly, or until cauliflower is heated through.

Napa

Cut into ribbons and stir fry with a half and half mixture of canola oil and chili oil. Add orange zest if you have a Valencia you need to use up before its season ends this month, or lemon zest as it begins to come in season.

Whole Wheat Flour

The whole wheat flour that the Moores mill is made from white wheat. It has less tannins and is milder than red wheat flour, so you don't have to cut it with white flour in recipes

Want pizza but don't want to heat up the house? Try grilling the dough. You can grill 1 pound of oiled dough rolled out to 12 by 10 inches on a lightly oiled grill rack for 2 to 4 minutes with the lid down. Flip it, add cheese, herbs, grilled veggies, and grill 3 to 5 minutes more, or until crust is golden brown and the cheese is melted. Remember, less is more on the toppings if you want a crisp crust. 2 to 2 1/2 cups of mozzarella is enough for a 1 lb, 12 x 10 inch pizza on the grill

Pizza Crust

You can store unused pizza dough in plastic bags in your fridge for several days. Make some on the weekend and use the leftover dough for quick dinners during the week. This recipe uses only whole white wheat flour, but you can easily adapt your favorite using half whole white wheat and possibly a little extra water for a lighter textured crust.

2 1/4 cups whole white wheat flour

scant 1 t salt

1/2 t instant yeast

2 T olive oil

1 c cold water

In a large bowl, mix flour, salt, and yeast. Stir in oil and water with a wooden spoon.

Gather dough into a ball as you stir. Turn out onto counter and knead until springy, elastic, and sticky not just tacky. See kneading instructions here:

http://www.ehow.com/how_13898_knead-bread-dough.html If your dough isn't behaving, you may just need to walk away for 5 or 10 minutes and allow the gluten to relax a bit. The dough will be easier to work with when you return.

When the dough is kneaded, cut it into 3 equal pieces and roll/mold each into a ball. Rub each ball with olive oil and slip into plastic sandwich bags. Refrigerator overnight.

When you are ready to make pizza (anytime in the next few days), remove the desired number of dough balls from the refrigerator at least 1 hour before making the pizza. Keep

them covered so they don't dry out.

If not using grilling instructions above, preheat the oven to 450 degrees. Working one at a time, gently press a dough round into a disk wide enough that you can bring it up onto your knuckles to thin out - you should be able to pull each round out to 12-inches or so. If the dough is being fussy and keeps springing back, let it rest for another 15-20 minutes. Place the pulled-out dough on the an oiled sheet pan. Bake for five minutes. Add your toppings (less is more for a crisp crust). Bake until the crust is crisp and nicely colored, around 10 minutes more. Remove from the oven.

Fluffy Pancakes

1 1/4 c whole white wheat flour

3 t baking powder

1 T sugar or less to taste

1/2 t salt

1 beaten egg

1 c milk or soymilk

2 T vegetable oil or melted butter

Stir dry ingredients together. Combine wet ingredients. Stir into dry until just moistened. Small lumps are okay. Heat skillet or griddle on moderate heat. Brush with additional oil. Drop by 1/4 c onto pan. Wait until bubbles appear and then disappear to flip. Makes eight, 4-inch pancakes. If batter is too thick, add up to 2 T milk.

For buttermilk pancakes, use buttermilk, plain yogurt thinned with water, or milk soured with 1 T lemon juice for milk. Reduce baking powder to 2 t and add 1/2 baking soda

Got a recipe to share? Please send it to info@prairielandcsa.org