

PrairieLand Community Supported Agriculture
Week 3 - May 28, 2008

From the Farm:

Tonight should be the last night in the 40s for a while, which will help the crops make some headway. Unfortunately so much back to back cold weather may have messed up the timing of the staggered plantings which may result in some of them ripening all at once. If this occurs, you will have recipes for using quantities, as well as for freezing produce.

Aaron, who was only 13 when PCSA began working with the Moores, graduated from high school over the weekend. (See party and farm photos here: <http://www.riecks.com/pickup/aaron-grad/>) He will be headed to the diesel mechanic program at Parkland this fall. Unfortunately for all of you demolition derby fans, saving for college is taking precedence this summer. Note: Diann is not broken up about this fact.

Also over the weekend, Wes and Jim had a run in with a carload of drunken revelers who thought that they would travel down the farm lane to get a couple of chickens as a surprise for their newlywed friends. Unfortunately the surprise was on them as their car hit one of the deep holes in the lane left from the flooding and was nose down in the mud. However, a sheriff's deputy and a tow truck managed to get them on their way.

In Your Share Today:

The share is starting to grow: salad mix, a big bag of Asian greens, green onions, and radishes.

PCSA Totebag DEADLINE:

We need to hear from you about totebags no later than June 11. See <http://www.prairienet.org/pcsa/totebag.html> for picture and details.) email info@prairielandcsa.org. If we get 50 they will be \$12, otherwise they will be \$17.93.

Eggs

Free-range, pastured eggs also will be at the sites, however, they ARE NOT part of the produce shares. Eggs must be pre-ordered and pre-paid with the Moores. If you would like to order eggs, please call (815) 432-6238 for a form or fill one out at the Moores' stand at the farmers' market in Urbana on Saturday.

Going On Vacation?

If you will be going on vacation and don't have anyone to pick up your share, please let us know and we'll make arrangements to donate your share to an area charity.

Recipes and Storage Suggestions

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

Asian Greens

Steam, sauté, braise, and stir fry are the words for the week for Asian Greens. See the basic stir fry recipe on page 34 of Recipes from America's Small Farms. Steamed or braised greens are great accompaniments to eggs, tofu, chicken, or pork dishes, as well as polenta. See page 42 for directions and try the recipe for Bruschetta with Braised Greens on page 44. Prefer your greens fresh, sub them for the arugula in Wild Arugula Salad with Mushrooms on page 51.

Salad Mix

Word on the street is that this should be the week that asparagus will flood the farmers market. If you can resist, save a few salad greens back and top with fresh asparagus and a lemony vinaigrette, or this quick dressing:

2 T lowfat mayonnaise, 1 t mustard, 1 T white wine vinegar, 1 T milk or unsweetened soymilk, 1/4 t garlic powder, 1/8 t salt or to taste, dash of pepper, and 2 t dried herbs such as chive, parsley, chervil, tarragon, basil, and/or lovage, or 2 T fresh herbs.

Optional: pinch of sugar.

Radish

You can eat both the root and leaves of this crop.

For the root, slice in half and eat with some kosher or sea salt. Do like the English and a dab of butter. You can also make radish tea sandwiches on buttered white bread (crusts removed) with a sprinkling of salt. Alternatively, you can steam trimmed radishes which concentrates their sugars. This is a great technique for later season radishes which can be stronger with warmer weather.

Radish Green Soup

Rinse radish tops thoroughly and remove stems. Chop, and saute them with a single bunch of chopped spinach and a few chopped mustard greens if desired, as well as 1/4 to 1/2 cup green onion in 2 T of olive oil. When the mixture starts to look a bit dry, add 1 quart of vegetable or chicken stock. Cook the greens until thoroughly tender. Puree using a blender, stick blender, or food processor. Return to pan, add 1 quart more stock, and 1 quart water and 1 cup of rice. Add 1 t salt, 1/4 t black pepper, 1/4 t garlic powder, 1/2 t of dried oregano, 1/4 dried basil, and the juice of half a lemon. Bring to boil, reduce heat to simmer and cook until rice is tender, 20 minutes. Dilute soup with additional stock if necessary and adjust seasonings.

Green Onions

You can use green onions in place of slicing onions in most recipes. They are great in stir fries or grilled. To grill: Brush with oil and place on a grill (charcoal, gas, or Foreman) or broiler rack for a few minutes. Watch carefully so that the tops don't get too done.

Alternatively, you can use green onions as a bed for fish and other grilled items.

Green Onion - Radish Spread

Blend 3 oz of cream cheese, neufchatel is good too, with 2 T of finely minced radishes, 1 T of minced green onion, 1 T of minced fresh parsley, 1 t of lemon juice, and a dash of garlic salt and paprika.

Green Onion and Black Bean Sauce for Stir-Fry

This sauce is adapted from Ming Tsai's Simply Ming will keep in the fridge for two weeks and can turn a stir fry into something special in a flash. You also can use this sauce on steamed fish or tofu. It is great cooked with equal amounts of cubed silken tofu and ground pork over rice. You can find dry, fermented black beans, as well as ginger, and garlic at just about any Asian Market in Champaign: AMKO 101 E Springfield; Chang's 505 S. Neil; Lee's Oriental Foods 303 Cedar (next to Jerry's IGA on Kirby. Common Ground Food Coop regularly has organic ginger and garlic, however, not black beans. Note: Using the higher range of ingredients will produce a more pungent sauce.

2 T canola oil

2 1/2 – 3 T dry, fermented black beans, coarsely chopped

4 – 5 T minced garlic

4 – 4 1/2 T peeled, minced ginger

1 bunch scallions (grocery store size, not farm size) sliced 1/8 inch thick

1 1/2 to 2 t sambal oelek or hot pepper sauce

1/4 c dry sherry or rice wine (not sweet wine like Mirin)

1 t kosher salt

1/2 t ground black pepper

1/4 c plus 2 T canola oil

Chop all ingredients and have them ready. Heat a heavy skillet or wok over high heat. Add 2 T of the oil and swirl to coat the pan. When you can throw in a green onion ring and the oil bubbles around it, add black beans, garlic, ginger, and scallions. Stir fry until softened, about 2 minutes. Add the pepper sauce and wine and reduce heat to medium. Cook 2 to 3 minutes as liquid is absorbed. Add salt and pepper. Remove from heat and cool for a bit. Add half the mixture to a blender or use a stick blender and measuring cup. Puree until smooth, adding the remaining oil. Stir in remaining mixture and allow to cool completely. Transfer to a jar or container for immediate use or refrigerate for later. Makes 1 1/2 cups. Use 2 1/2 T per pound of stir fry ingredients. Add at the end of cooking.

If you have a favorite salad dressing recipe, please send it to info@prairielandcsa.org