

## Prairieland Community Supported Agriculture 2009 - Week 8

Pickup begins at 4 pm and runs through 7 pm in the garages at 714 W Iowa in Urbana, Illinois and 701 W Washington in Champaign, Illinois.

### From the Farm

The Moores are enjoying a much needed break from the heat. And though they can't believe they are saying it, they'd like to get a nice rain shower in the next few days. See Diann's note at pickup for more details.

### New Look for Prairieland CSA

As of today, Prairienet is no longer officially providing web hosting. So, we have moved the remaining pages of the PCSA website (okay the majority of the PCSA site was still over there) this past week. You can view the new look (and the new logo) at [www.prairielandcsa.org](http://www.prairielandcsa.org). If you want to see the full effect of the overhaul, go to [www.prairienet.org/pcsa/pcsa.htm](http://www.prairienet.org/pcsa/pcsa.htm) which will let you see the old site for five seconds before taking you to the new one.

Prairienet is graciously keeping our old pages up for the next year so that search engines and intrepid bloggers have time to update their links. As you are searching the web, if you find a link to the old site, please email me at info at prairielandcsa.org, so I can contact the owner and request an update. Also, if you find any bugs in the new site, please let me know, as well, so I can fix them ASAP.

### Today's Haul

The cool spring and until recently summer means that we are only now getting the first cabbage, along with snow peas; green onions; your choice of broccoli or cauliflower, zucchini and summer squash, kohlrabi, turnips sans greens (not enough room in the truck), red leaf lettuce, basil, and in the something for everyone box, your choice of cucumber, eggplant, broccoli, or cauliflower.

### Recipe and Storage Suggestions

You can find previous newsletters from this season and prior ones online at [www.prairielandcsa.org/newsletters.html](http://www.prairielandcsa.org/newsletters.html)

### Napa

Thanks to the cool growing season, it should be very sweet, perfect for slaws, salads, and stir fries. If you have a little more time, try blanching the leaves whole and using them in place of rice paper for spring rolls.

Don't worry if you don't have the carrots and spinach in the sesame coleslaw recipe on page 73 of Recipes from America's Small Farms, it will still be yummy.

Napa is the perfect base for Vietnamese noodle salad. Thinly slice a cup of napa per salad. Top with a serving of cooked rice vermicelli rinsed with cold water and drained.

Add some of your basil, a 1/4 cup of shredded carrot if you have it, your choice of grilled pork, chicken, or tofu. Top each salad with a dressing made from 1 part lime/lemon juice (or rice vinegar in a pinch), 1 part fish sauce (nuoc mam available at Asian markets and some larger supermarkets Tiparos or Thai Kitchen are good brands), 1 part sugar, and 2 parts water. Garnish with chopped peanuts and cilantro. If you want to see how its done before trying it yourself, try one at Xing Xing a few doors down from the Urbana Schnucks.

If you are wanting to make coleslaw for the 4 th, you can dress thinly sliced napa with a mixture of equal parts yogurt, mayonnaise, and rice vinegar. Add a bit of dried/fresh basil and tarragon for sweetness before you add any sugar and you can probably end up using less.

You can find more cabbage salad recipes here:

<http://www.prairielandcsa.org/pdf/newsletters/2006/June28.pdf>

And, if the chilly evenings have you wanting something warm, try the cabbage recipe here: <http://www.prairielandcsa.org/recipes/cabbagegreen.html>

### Turnip Soup

Don't be afraid of big turnips. The variety that the Moores grow stays tender whether you pick the root early or later, so you needn't be afraid. What's more, you can use one for an entire pot of soup.

1 to 2 T olive oil  
6 green onions, sliced  
1 large turnip  
4 small to medium potatoes (or use more turnip or kohlrabi)  
stock  
milk  
salt and pepper  
dash of nutmeg (optional)  
generous pour of Pastis, Pernod, or handful of chopped lovage (optional)

To make soup, peel and dice turnip and potatoes. Saute onion, add turnip and potato. Pour in enough stock to come up to the level of the veggies. Put lid on pot and cook until vegetables are tender (15 to 20 minutes). Blend veggies and stock in batches in blender, or use a stick blender, adding milk to thin to desired consistency. Season with salt and pepper and other seasonings as desired.

Snow peas, green onions, broccoli, zucchini, eggplant, basil  
Sounds like stirfry to me, see page 34 of Recipes from America's Small Farms.

### Basil

Slice the leaves thinly and add to pasta dishes, salads, and slaws. When you are heating oil for stirfry, toss in a couple of leaves to flavor the oil which will flavor the whole dish.

## Green Onions

If the CSA season has you making Chinese food instead of grabbing takeout, make a batch of this black bean sauce adapted from Ming Tsai and you will never look back. This sauce is vibrant where most commercial and unfortunately some restaurant black bean sauces are ho-hum. You can find dry fermented black beans (often in a bag) and sambal oelek (look for the green lid on the jar of red) at most Asian markets in town. Common Ground carries organic ginger and garlic.

## Green Onion – Black Bean Sauce for Stir-Fry

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 Asian cooking 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 the 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. You can use the sauce immediately. To store it, let it cool completely to preserve the flavor of the green onions and then transfer it to a jar or container and refrigerate. Makes 1 1/2 cups. Use 2 1/2 T per pound of stir fry ingredients. Add at the end of cooking.

## Zucchini and Summer Squash

See [http://www.smilepolitely.com/food/keeping\\_squash\\_in\\_check/](http://www.smilepolitely.com/food/keeping_squash_in_check/) (self serving, I know, but I would be writing the same thing for you here, anyway)

## Kohlrabi

With the cooler weather this week, check out the recipes here:

<http://www.prairielandcsa.org/recipes/kohlrabi.html>

Questions, comments, suggestions? Don't hesitate to email info at [prairielandcsa.org](mailto:prairielandcsa.org) or call 355-6279.