

## Prairieland Community Supported Agriculture 2009 - Week 9

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 cool weather has been a blessing, but the Moores find themselves dodging showers to get vegetables delivered and pick up hay. Diann says not to be alarmed by the quantity of broccoli in this week's share as the heads are not ginormous. Sad news on the turkey front. It appears that the birds were spooked by July 4 fireworks. Many piled on top of each other in their shelter that night with disastrous results. Enough survived to fill existing holiday orders, however, the Moores will not be accepting additional orders.

### Turns Out the PCSA Website A Popular Place

We've known for a while that many people rely on our site for recipes and several farmers use our contracts and newsletters as templates for their own CSAs. However, until last week, we've never had complete data to see how many. Turns out that we get over 220 visitors each day.

### Today's Haul

Small green cabbage, curly kale, green onions, lettuce, 6 cauliflower / broccoli / romanesco, 4 summer squash/zucchini, and one item from the something for everyone box – your choice of pickling cucumber, eggplant, baby summer squash, cauliflower, broccoli, or romanesco.

### Recipes and Storage Suggestions

#### Zucchini / Summer Squash

Last week's heat has these sizing up. You will find squash for salads and sauteing as well as stuffing. See page 164 of Recipes from America's Small Farms for recipes.

#### Cabbage

This week's green cabbage can be stored for a few weeks in your produce bin or eaten right away.

If you didn't try it last week, you can try the cabbage recipe here for a main dish:  
<http://www.prairielandcsa.org/recipes/cabbagegreen.html>

If you have a few potatoes, you can use your cabbage and kale for the Caldo Verde soup on page 49. It will be fine without the sausage.

#### Kale

See cabbage above. Sauteed kale is great with hearty dishes like polenta and lentils. This is one of the easiest polenta recipes I've found: <http://tinyurl.com/bz9xdp>.

#### Green Onions & Lettuce

You know the drill for these.

### Broccoli

Returning PCSA shareholders know this, but we are one of the few cultures that prefers the broccoli flower over the stem. Broccoli stems are great in stir fries. Because of the cool weather, they are not woody, so peeling is optional.

There is an entire page of Recipes from America's Small Farms dedicated to broccoli salads that can be served chilled or warm. See page 77.

This is also a good week to put a little broccoli in the freezer, especially since the largely cool weather has kept it from becoming strongly flavored. Cut broccoli into florets and stems no more than 1 1/2 inches long. Plunge into boiling water for 2 minutes. Then place in ice water until chilled. Drain and store in freezer bags with air removed.

### Cauliflower

Great for curries. If you don't have a favorite recipe, this is a good basic curry:

<http://www.recipezaar.com/Kevins-Aloo-Gobi-23375>

See the tasting notes and adjust the spices accordingly for your household.

If you aren't up for a full blown curry, heat 1/2 to 1 t of curry powder in a skillet. When fragrant, whisk in 2 T of butter. Pour over the top of steamed cauliflower.

These recipes from Gourmet magazine are great for cooler weather and you probably have most of the ingredients already in your pantry:

<http://www.gourmet.com/recipes/2000s/2008/02/cauliflowerfetaomelet>

<http://www.gourmet.com/recipes/2000s/2009/03/roasted-cauliflower-barley-risotto>

<http://www.gourmet.com/recipes/1990s/1996/01/orecchiette-with-cauliflower>

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