

Prairieland CSA 2009 - Week 7

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

From the Farm

This is the kind of weather that gives me flashbacks of my family's produce operation and landscaping in college. And, it makes me all the more appreciative of the Moore's work. On Monday, Diann picked peas for six hours. To avoid the worst of the heat, she began picking our turnips at 5 am yesterday. This week's cauliflower is not lily white as the leaves are not growing fast enough to keep the heads covered. Meanwhile, the tiling project is going well, so well that the tile is already carrying water. Wes likes to joke of the long-term investment, "We are burying Aaron's inheritance." Aaron is doing an internship at a tractor dealership this summer and currently holds the record for the fastest time the wiring test in Parkland's diesel mechanics program at 18 minutes, shattering the previous record by a full two minutes.

Today's Haul

One bunch green onions, one bunch turnips with greens, 1 bunch beets with greens, radishes, kohlrabi, one head field lettuce (red or green your choice), and peas (your choice sugar or snap).

3 cruciferous vegetables of your choice from broccoli, cauliflower, and Romanesco.

Zucchini, eggplant, or cucumber from the "not enough for everyone but some for all" box.

Recipe and Storage Suggestions

You can find previous newsletters from this season and prior ones online at www.prairielandcsa.org/newsletters.html

Chilled Sesame Noodle Salad

Anything cool is the order for the week. Toss some quick cooking rice noodles with a dash of toasted sesame oil and soy and serve them on top of lettuce. Toss in a few peas and broccoli in the last few minutes of boiling the noodles to save heat and dishes. Add a few sliced green onions for some tang.

Quick Radish Pickle

If you are really organized, pour the boiling water from your noodles above over thinly sliced radishes. Allow to sit for a minute. Drain and dress with equal parts sugar, water, and rice vinegar. Use on salads, or as a side for Chinese take out if you are opting to let someone else heat up their kitchen.

Beets

Use the greens this week. If you are not up for raw grated or sliced beet on your salad, you can hold your beets for several weeks in a paper bag in your vegetable bin until the warm weather breaks and you can stand to use your oven or stand over a grill. However, you will miss out on the grated beet salad from blogger Yulinka:
<http://yulinkacooks.blogspot.com/2006/04/creamy-beet-salad.html>

Alternatively you can minimize the heat in your kitchen by steaming thinly sliced beets and dressing them with yogurt or crème fraiche.

Turnip Greens

Really, is there a more perfect compliment to egg dishes than steamed turnip greens? Gild the lily with a few pieces of cooked bacon if you must. The greens on these are lush and wonderful.

Turnip Roots, Cauliflower, Kohlrabi

Slice, dice, or julienne and use raw on salads. Grab a big turnip and you can make the gratin on page 25 of Recipes from America's Small Farms. You can also throw in some cauliflower and kohlrabi, as well as your kohlrabi leaves.

Kohlrabi

Slice and use for salads. Grate and use instead of cabbage in slaw.

Romanesco

An Italian cousin of cauliflower, Romanesco is more tender. It is good raw or lightly steamed. Be careful not to overcook it. I have seen large heads sliced into "steaks" and grilled. It is very good with dressings that use anchovies.

Peas

You can eat sugar snap or snow peas raw. They also can be lightly steamed and added to pasta, rice, or salad.

Questions, comments, suggestions? Don't hesitate to email info at prairielandcsa.org or call 355-6279.