

## Prairieland CSA 2009 - Week 4

Bring your bags, the haul is getting bigger today. Pickup begins at 4pm and runs through 7pm. Pickup is in the garages at 714 W Iowa in Urbana and 701 W Washington in Champaign.

### MIA Cookbook Owners

Somehow, some cookbooks went home with other owners. So, if you ordered one and didn't yours, please take one of the ones at pickup.

### From the Farm

Hard to believe that the fields actually needed rain over the weekend, but that is the nature of the Moore's sandy soil, which you will see on your field lettuce today. Of course the fields are now full up again with today's rain. Unlike their corn and soybean farming neighbors, the Moores have had the luxury of greenhouses. This has put them in "instant crop" mode transplanting plants that are several inches tall. Some have fared well despite their extra time in the greenhouse, others not so much. In any given year, half of what the Moores plant may not make it into the shares. This year, this includes the first broccoli and cauliflower plantings which bolted almost as soon as they were planted. Yesterday found Diann back at work after taking Monday off for the funeral of her aunt.

### Gear

There are a couple of things that can make your CSA experience easier. The first is a sharp knife. The Accusharp knife sharpener (<http://www.accusharp.com/>) can put a razor like edge on just about any knife in seconds. They are \$10 or less at most hardware stores.

A salad spinner can make drying lettuce a much easier chore. You can find them at most box stores, or at discounters like Big Lots. In lieu of a salad spinner, you can gather your greens in a flour sack towel, step outside and windmill a couple of backstrokes ala Michael Phelps to remove the water from your greens.

Check out the directions for making a crisping bag on page 44 of Recipes from America's Small Farms to keep your greens in prime condition.

### Today's Haul

Radishes, two types of field lettuce, Asian/baby greenhouse green combo, turnip greens with turnips attached. The turnips have some splits and marks due to the rains. NOTE: If you value your teeth, dunk the radishes and the field lettuce in big sink of water. Both were picked after rains and are carrying residual sand.

### Recipe and Storage Suggestions

#### Radishes

Slice and add uncooked to salads. Or, steam or boil whole until fork tender and serve as a side dish. Color will fade slightly, but taste will sweeten. Serve cooked radishes as a side

with noodles tossed butter or olive oil and chopped parsley, a breaded vegetarian or non vegetarian cutlet, and greens sauteed with garlic. For a simple appetizer, cut radishes in half and serve with butter and salt. Or make radish sandwiches with thinly sliced radishes and buttered bread. The greens are edible, as well. See <http://www.greenearthinstitute.org/radishes.htm#Radish> Top Soup and <http://www.greenearthinstitute.org/radishes.htm#Sauteed> Radish and Radish Greens for recipes. Remember to wash the tops thoroughly before using.

### Greens

This egg-based dressing is great on spring greens, or on potatoes when they enter the shares.

### Swiss-Style Dressing

1 whole egg raised without antibiotics

3 T sharp yellow mustard

1/2 c canola oil

1/4 c mild cider vinegar

1/4 t salt or to taste

Dash fresh ground black pepper to taste

1 t minced fresh chives, OR 1/2 t each of dried basil, tarragon, and dill

Break egg into small mixing bowl. Whisk in mustard. Slowly drizzle in oil, while constantly whisking to maintain the emulsion. Stir in vinegar and seasonings. Allow dressing to sit for 15 minutes prior to using so that the vinegar can continue to thicken it.

### Asian Style Saute from Harmony Valley Farm

2 T sesame oil

3-4 cloves garlic, chopped

1/2 pound mixed Asian greens / turnip greens

1 T vinegar

2 T tamari

freshly ground black pepper

Heat wok or large, heavy skillet over moderate heat. Add oil, heat through. Add garlic and saute 2 minutes. Remove garlic and set aside. Saute the greens until just wilted. Remove from heat, and stir in vinegar, tamari, pepper, and garlic. Serve immediately. Great as a side dish for grilled salmon or with rice. Makes 2-4 servings.

You can braise your turnip greens in Bruschetta with Braised Greens on page 44 of America's Small Farms, or use them in the Basic Pilaf on page 35 or the Frittata on page 24.

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