

Prairieland CSA Week 9

News From the Farm

The Moores have been racing to catch up. Look for details in Diann's note at pickup.

Today's Haul

potatoes

broccoli

zucchini, patty pan, Lebanese, and summer squash

green beans

curly kale

sweet corn

golden beets

Recipes and Storage Suggestions

Potatoes

Store potatoes away from light and onions. You can store these in your refrigerator bin or a dark, cool place with airflow, hence the reason you need to get them out of their bags.

Try a Spanish omelet:

<http://spanishfood.about.com/od/tapas/r/tortilla.htm>

Few things can beat this on a rainy night.

Green Beans

This will still be great even without the red peppers:

<http://www.gastronomersguide.com/2009/03/pasta-salad-nicoise.html>

Broccoli

Sometimes simple is best. Steam and dress with salt, pepper, lemon and a pinch of red pepper. Or, take advantage of the non-90 degree days to make the basic quiche or frittata on pages 20 and 24 of Recipes from America's Small Farms.

Curly Kale

Steam sauté this with garlic. Wash and remove stems, notching leaves into a V if necessary. Heat 2 T of olive oil in a heavy pan. Add 1 clove thinly sliced garlic. When garlic perfumes add wet kale. Put lid on pan and steam until wilted.

Summer Squash

Grill or sauté and add to basic pizza on page 20 of Recipes from America's Small Farms. Or stuff with the fillings on page 164.

Sweet Corn

Small but sweet. Grill it: <http://whatscookingamerica.net/Vegetables/GrillingCorn.htm>

or boil it. <http://startcooking.com/blog/415/How-to-Cook-Corn-on-the-Cob>

Remember less is best. Boil for no more than 5 minutes.

Golden Beets

I am so excited because this is the first time we've had these. See, those end of year questionnaires pay off.

Roast these like potatoes on the grill or in the oven. Don't peel, just rub with oil and use 400 degree heat. Remove when fork tender. Toss with pasta, olive oil, sautéed garlic, and rosemary.

Alternatively, peel, slice thinly, and steam until just tender. Dress with yogurt and dill. Or put on a salad with walnuts and goat or other mild cheese. Dress with a simple vinaigrette.

Questions? Concerns? Please do not hesitate to let us know at 355-6279 or at info@prairielandcsa.org