

Prairieland CSA Week 6

News From the Farm

The Moores got an inch of rain last night. “We didn’t really need it, but it didn’t hurt anything,” said Jim. “We won’t be able to get into the field until next week, but we are very lucky compared to the farmers north of us. There are farmers north of us that have received 13 to 20 inches since the first of June. One of the CSA farmers up there had to cancel deliveries this week because she can’t even walk in her fields.” The Moores won’t be seeding in the field this week, but they will be seeding in the greenhouses. “It’s an extra step and we’ll have to transplant,” says Jim, “But thank goodness we’ve gotten our rains an inch or so at a time.”

Check the board at pickup for more news from the farm.

Today's Haul

snow peas
green field lettuce
cabbage
green onions
French Breakfast radishes
broccoli
lettuce from the greenhouse

Recipes and Storage Suggestions

Snow Peas

You could eat these out of the bag like candy. Not shipping them cross country makes a night and day difference in the amount of natural sugars they have. As with snap peas, remove the stem and the fibrous string down the side. If you opt to cook these, steam or blanch only until they change color, or add them to stir fry (page 34 of Recipes from America’s Small Farms) at the last minute. Lemon and peas are a great combination. Toss them on a salad with a lemony vinaigrette and some sliced green onions. Chopped mint also is a great addition to peas.

Lemon Vinaigrette

1/2 c olive oil
3 T fresh lemon juice
1 T minced green onion-bulb part only
1 1/2 t Dijon mustard
1/2 t grated lemon peel
Combine and allow to stand for at least an hour.

Radishes

Try making radishes into spicy chips with your oven:

<http://caloriecount.about.com/baked-radish-chips-recipe-r28902>

Or, use them as part of a raita with yogurt and goat cheese:

http://www.channel4.com/food/recipes/chefs/hugh-fearnley-whittingstall/radish-and-goat-s-cheese-raita-recipe_p_1.html

Use chopped radishes to add some spice to soba or whole wheat noodles tossed with equal parts of toasted sesame oil, balsamic vinegar (Chinese black vinegar if you have it) and soy.

Update the classic radish tea sandwich by making it into a panini with a layer of lettuce between two layers of sliced radishes on buttered bread. If you don't have a Panini press or an indoor grill, you can heat two cast iron skillets. Place the sandwich in one and place the other heated skillet on top for a press.

Searing quartered radishes in a little olive for 2-3 minutes per side takes away the heat/bite. Allow them to cool to room temperature and toss on your salad. Alternatively, sauté halved radishes with a little butter for a pretty pink side dish.

Cabbage

Spring cabbage is amazingly sweet and tender. One of the easiest main dishes to make with it is cabbage with noodles and browned butter. (allow 2 oz pasta and 1 c cabbage per person) Halve the cabbage. Remove the core. Slice it to the same width as the noodles you are using. Cook the pasta. Throw the cabbage in for the last two minutes of cooking. Drain. In a skillet, heat butter (2/3 to 1 T per serving) until brown. Be careful not to let it burn. Toss in the pasta and cabbage. Season with salt and pepper and caraway seed if desired. Serve immediately.

Spring cabbage also is perfect for slaws and stirfries. This slaw uses cabbage and radishes:
<http://www.gourmet.com/recipes/2000s/2007/05/radish-coleslaw>

Toss shredded/thinly sliced cabbage with lime juice and a few sliced green onions for a summer salad that can take the heat. Add salt and a sprinkle of cumin. You can add a few quartered tomatoes to this recipe when they come into season.

“Ranch” Slaw

You can also thinly slice cabbage. Sprinkle it with salt. Allow to sit for 30 minutes to draw out water. Toss it with diced radishes and dress with your favorite buttermilk dressing or the one here: <http://www.prairielandcsa.org/recipes/lettuce.html> This salad also works with napa cabbage. Because it is finer textured, you don't have to wilt it with salt.

Broccoli

Like asparagus and potatoes, broccoli also can be roasted. Cut into bite-sized pieces, drizzle with olive oil salt and pepper and place on a baking sheet in a 400 degree oven for up to 45 minutes with a couple of cloves of unpeeled garlic. The garlic will be soft and ready after 20 or 30 minutes. The broccoli is done when it is caramelized and softened. When cool enough to handle, remove garlic from peel and mash in a small bowl with 1 ½ T balsamic vinegar and 1 ½ T whole grain or Dijon mustard. Drizzle in 3 T olive oil. Pour over broccoli, toss to coat, and serve. Double the recipe for two heads, or use 1 head broccoli and 1 head cauliflower.

Try steamed broccoli with white bean dip. This one uses white beans and tofu:
<http://www.gourmet.com/recipes/2000s/2007/12/broccoli-trees>

Broccoli with red wine risotto or pasta is an amazing combination:
<http://www.gourmet.com/recipes/2000s/2005/10/redwinespaghetti>
<http://www.bbcgoodfood.com/recipes/1274/red-wine-risotto>

You can always add broccoli and sliced cabbage to Pad Thai. Here is a great basic recipe:
http://www.chezpim.com/blogs/2007/01/pad_thai_for_be.html

Lettuce

Field lettuce is best washed right before using. May need a couple changes of water.

Can't make it through your greens? Drink them in a smoothie. Combine the equivalent of a standard head of romaine lettuce with 2 c of water, 1 banana, and 1 or 2 apples (or equivalent seasonal, local fruit) in a blender. Add a teaspoon of kelp or blue-green algae if you have it, and you'll have your own green machine drink.

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