

## Prairieland CSA Week 8

### News From the Farm

The tiles are draining and the Moores returned to the fields to transplant yesterday, albeit on the highest spots. Keep those positive thoughts coming that the transplants get in before any fallout from Alex reaches us. Not that any week's share isn't a labor of love, but this week's was especially so. The cabbages were actually waded for last week and stored in the cooler. The potatoes were dug earlier this week by hand by Wes. Be sure to remove them and the green beans from their storage bags.

### Today's Haul

potatoes  
green beans  
summer squash  
cabbage  
green onions  
broccoli  
cauliflower  
popcorn

### Recipes and Storage Suggestions

#### Potatoes and Green Beans

Don't forget to remove these from their bags ASAP. If you are running a smoker or grilling something slowly this weekend, put your potatoes and unpeeled garlic cloves in a pan below the meat to catch the drippings as BBQ U's Stephen Raichlen suggests.

Make potato salad with just potatoes and green onions (subbing them for chives)

<http://allrecipes.com/Recipe/red-potato-salad-with-sour-cream-and-chives/Detail.aspx>

If you want a lighter dressing, combine equal parts low fat mayo and low fat yogurt

For a heat-proof salad, sprinkle potatoes with salt, pepper, and 1/2 t dried dill while still warm and dress w/ 2T olive oil and the juice of one lemon and 1 1/2 T spicy brown mustard or Dijon mustard

or with potatoes and green beans w/ olive oil dressings:

<http://allrecipes.com/Recipe/green-bean-and-potato-salad/Detail.aspx> or

<http://www.epicurious.com/recipes/food/views/Red-Potato-and-Green-Bean-Salad-with-Dijon-Vinaigrette-106929>

or creamy dressings:

<http://southernfood.about.com/od/potatosalads/r/r90726a.htm>

or try this main dish version with chicken:

[http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=630132](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=630132)

Broccoli

If you are tossing out the leaves of this, you are missing out, they are fabulous. Blanch or steam them along with the rest.

If you haven't already, try the broccoli salads on page 77 of Recipes from America's Small Farms for your holiday cookout, or the classic potluck version About.com's Southern Food: <http://southernfood.about.com/od/broccolisaladrecipes/r/bl30321j.htm> (omit the peas and add more broccoli)

### Summer Squash

You have your choice of yellow crookneck, patty pan, and traditional or Lebanese zucchini in small or larger sizes.

If you opt for larger squash, try this chocolate cake:

<http://www.saveur.com/article/Recipes/Chocolate-Zucchini-Cake>

or this one with chocolate chips and cocoa:

<http://www.prairielandcsa.org/pdf/newsletters/2005/aug31.pdf>

Or make a strata for Saturday brunch or a weeknight dinner:

<http://www.care2.com/greenliving/summer-squash-strata-recipe.html#>

Of course, you can always chunk zucchini and place it on kabobs. Cut patty pans and small zucchini in half for the grill. Baby zucchini you can grill whole.

### Cauliflower

Until the rest of the vegetables for giardiniera

([http://www.smilepolitely.com/food/the\\_art\\_of\\_giardiniera/](http://www.smilepolitely.com/food/the_art_of_giardiniera/)) arrive, try this marinated cauliflower salad:

<http://www.marthastewart.com/recipe/marinated-cauliflower-salad>

You can also roast cauliflower for this pasta dish:

<http://www.marthastewart.com/recipe/roasted-cauliflower-with-pasta-and-lemon-zest> or

or combine it with broccoli in this easy side that could also be easily tossed w/ pastas like shells, conchiglie, cavatelli, farfelle, radiatore, etc.:

<http://www.marthastewart.com/recipe/roasted-broccoli-and-cauliflower-with-lemon-and-garlic>

### Cabbage

Here are my sisters' July 4<sup>th</sup> cabbage recipes:

Cabbage Salad with Lime and Cumin

*from Teri Valenzuela*

1 head cabbage, cored

juice from 3 limes

1/4 t ground cumin (or to taste)

dash of cayenne (optional)

salt to taste

Slice cabbage into 1/4 to 1/2-inch strips. Add rest of ingredients. Toss. Marinate 2 hours in refrigerator. Add cilantro and/or tomato wedges if desired.

### Crunchy Ramen Cabbage Salad

*from Norrita Hammond*

1 head cabbage or 1/2 large head, shredded

1 bunch green onions or 1/2 large bunch thinly sliced

1/3 - 3/4 c slivered almonds

1/4 - 1/2 c sesame seeds

1 pkg ramen noodles broken into bite-size pieces (oriental or chicken flavor)

Toast almonds and sesame seeds for 15 minutes at 350°F. Cool. Combine with above ingredients. Chill.

Just before serving, combine dressing ingredients in a lidded container:

1/2 c light oil

1/4 c sugar

1/4 c white or red wine vinegar

1/2 t salt

1 pkg of flavoring from ramen noodles

Mix. Place on lid. Shake. Pour over salad ingredients. Toss. Serve.

You can make an easy coleslaw dressing with equal parts lowfat mayonnaise (better for cookouts because the eggs are pasteurized) and lowfat yogurt. Add tarragon and basil (dried or fresh) for sweetness and thin with rice or wine vinegar. Pour over lightly salted, thinly sliced cabbage. Toss and chill.

Popcorn

Make your own Jiffy pop:

[http://www.ehow.com/how\\_2330579\\_make-campfire-popcorn.html](http://www.ehow.com/how_2330579_make-campfire-popcorn.html)

Or see the recipes from May 26:

<http://www.prairielandcsa.org/pdf/newsletters/2010/may26.pdf>

Questions? Concerns? Please do not hesitate to let us know at 355-6279 or at [info@prairielandcsa.org](mailto:info@prairielandcsa.org)