

Prairieland CSA Week 5

News From the Farm

The Moores have been playing catch transplanting crops into the field from 6 am until after dark. “We ran the last two rounds with the tractor lights on,” says Diann. “If I could have seen well enough to keep from getting my knuckles rapped by the chain on the transplanter, we would have gone longer.” And though there was a funnel cloud to the north of the farm on Saturday night, the Moores, their animals, and the greenhouses were safe.

Today's Haul

1 head lettuce (red or green shareholder's choice)
1 head napa
1 bunch green onions
broccoli
kohlrabi w/o tops
spicy globe basil

Question(s) of the Week

This week's questions come from Linda Osmund: Are (the Moores) organic farmers? If not, what is (their) philosophy of farming, and what types of chemicals or processing do they use on their various crops? Can you tell me what (fertilizer) is used on the produce? Also, can you tell me if the lettuce we get will continue to be unwashed or not?

The Moores are not certified organic. They do, however, run the closest thing to a permaculture operation in Illinois, in that their farm produces most of its own needs with the exception of fuel and occasional fish emulsion fertilizer. As Diann likes to say, “If it doesn't come from the sky or behind an animal, we don't use it.” The Moores use a seven-year rotation consisting of managed pasture grazed by a succession of animals. The pigs are the last animals to use the pasture prior to it being tilled under for vegetables the following season and the first animals to use the vegetable plots prior to their returning to pasture as they are wonderful at digging up turnips and other crops that have been frozen. These rotations allow the Moores not to use herbicides or insecticides. As for the lettuce, since it may spend up to four hours out of refrigeration, anything more than a light rinse would result in it steaming on hot days. You may also have noticed that the greenhouse greens have longer stems. This is because they must also survive out of refrigeration.

Recipes and Storage Suggestions

Vietnamese noodles salads with rice noodles on a bed of thinly sliced lettuce or napa, sliced green onions, and basil with your choice of fried pork or tofu, and chopped peanuts, topped with any of the Vietnamese dressings from last week here: <http://lickmyspoon.com/sfeats/vietnamese-lettuce-wraps-and-yay-for-asians/> and here: http://articles.sfgate.com/2001-08-15/food/17611949_1_sauce-dipping-grilled-pork

Stir fry with broccoli, napa, green onions, and basil. Throw a few basil leaves into the hot oil. Pull them out when they are crisp. Then stir fry the remaining vegetables using the recipe on page 34 of Recipes from America's Small Farms.

Pick a big one and make kohlrabi slaw or take a smaller one for slicing onto salads.

Lettuce

Best washed right before using. May need a couple changes of water.

Kohlrabi

These will keep for a couple of weeks, but don't wait that long to enjoy them. Trim just until you are below the green layer. Because of the variety the Moores plant, even the largest ones of these are not woody. Use them in your favorite coleslaw recipe as you would cabbage or julienned broccoli stems. Use a combination of rice or wine vinegar and mayonnaise with salt and pepper. Add chopped basil and/or tarragon for sweetness. Rice vinegar and sweet herbs allow you to use less or no sugar. Alternatively, add a bit of chipotle for some heat.

Broccoli

Broccoli is essentially a flower. So, use it right away as it will continue to mature in storage.

Green Onions

If only we could have ones like this year-round. Enjoy them while we have them on anything and everything from eggs to egg salad, tofu salad, Asian noodle salads, stirfries,

Basil

Cut stems and put in a glass of water, keeping the level below the lowest leaves. Place a bag over the top and place in the fridge.

Use basil in stirfries, Asian noodle salads or dress pasta with olive oil, salt, pepper, and thinly sliced basil. Or, chop it into a paste with a little garlic and add to mayonnaise for sandwiches.

You also can make John Thorpe's Salad Dressing

1 clove garlic mashed with 1 t salt

1 shallot minced or equivalent amount of onion, place into 1/4 c white wine vinegar for 15 minutes

Add garlic, shallot/wine vinegar to a small jar. Add 1 t dijon mustard and 1 c of olive oil. Shake jar until emulsified. Add add 3T chopped basil and salt and pepper to taste.

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