

## Prairieland CSA Week 2

Pickup begins at 4 pm and runs through 7 pm in the garages at 714 W Iowa in Urbana and 701 W Washington in Champaign. As always, please do not pull into the driveway in Urbana. And, please observe all parking regulations in Champaign. Use the driveway at 701 or Harris St. for parking if necessary.

### Pickup Procedure

For those who missed pickup last week, please bring a bag and follow the list posted in the garage. Please take only the quantity specified on the list and check off your name on the check sheet. If there is something in the share that you do not want, please leave it in the exchange crate and take something from the exchange crate that you do want. Please do not make substitutions outside of the exchange crate or you will short your fellow shareholders.

### PCSA Cookbooks and Totebags

The second round of cookbooks is not in. If you are interested in a PCSA totebag (<http://www.prairielandcsa.org/totebag.html>) there are six still available. Email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) if you are interested.

### News From the Farm

This really is the last of the asparagus as 80+ weather is headed in this weekend. All the greenhouses have survived the recent high winds. Wes has been starting some of his days at 3am and ending them falling asleep in a chair in the living room a little after sunset.

### Today's Haul

- 1 sm bunch asparagus
- 1 sm bunch green onions
- 1 bunch radishes
- 1 bunch dill
- small bag of baby spring green mix (Asian greens / lettuce)

### Recipes and Suggestions

#### Radishes

More than any other item, these were left behind last week. People! People! You are missing out. Both the leaves and the roots of these are edible. Too spicy for you or your kids? Trim off leaves and tails and stick them in the steamer until fork tender to concentrate the radishes' sugars. Toss with a little melted butter or olive oil, sprinkle with salt, and call them done. Or, throw them thinly sliced on a sandwich. Think of them as pepper in vegetable form. As for the leaves, wash them and toss them into stir fries, scrambled eggs, or any other preparation requiring light cooking. Heat gets rid of the prickliness of the leaves.

#### Asparagus

If you still have flour from last week, you can use a couple of pieces of asparagus and your dill to make these scones.

- 1 1/2 c stone ground whole wheat flour
- 1 1/4 t baking powder
- 1/4 t baking soda

heaping 1/4 t salt  
5 T butter or vegetable shortening  
1/4 c chopped blanched asparagus  
1 T chopped fresh dill  
2 T grated Parmesan if desired  
1/2 c milk or low-sugar, no-sugar soy or rice milk

Preheat oven to 425 degrees F. Mix dry ingredients. Using your hands, a fork, or a pastry cutter, work in butter until the mixture resembles coarse meal. Stir in cheese if using. Add milk. Stir mixture into a ball. If it is really sticky, dust with more flour. Otherwise pat into a disc and cut into six wedges. Top with more cheese if desired. Bake for 15 to 20 minutes or until golden.

### Dill

Use 3x the amount of fresh dill for dried dill weed dry when substituting in recipes.

Add fresh chopped dill weed to egg dishes, salad greens, scones or cheese breads, or potato or pasta salads. Dill is a great herb to include in the reduced fat buttermilk dressing here:  
<http://www.prairielandcsa.org/recipes/lettuce.html>

### Quick Dill Sauce

Heat 2 T of butter in a small skillet. Add 1-2 T chopped dill. When dill begins to release its fragrance, stir for 30 more seconds. Pour over steamed asparagus.

### Green Onions

These are getting some size on them. Use the bulb ends for kabobs. Thinly slice the tops for potato salad and lettuce salads.

Stir fry green onions, radish tops, and asparagus with tofu or chicken.

You can also grill green onions and asparagus and put them on top of salad. If you have any late season oranges hanging around, they are great together.

If you are grilling fish or tofu, you can use the greens as a bed.

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