

## Prairieland CSA Week 3

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.

### PCSA Cookbooks and Totebags

The second round of cookbooks IS in. If you want to order one for a shared share, please email me. If you are interested in a PCSA totebag (<http://www.prairielandcsa.org/totebag.html>) there are only six left. Email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) if you are interested.

### News From the Farm

Ground to sky lightning destroyed the Moore's power service Friday, taking out the circuit box in the house, as well. The Moore's air conditioner, furnace, phone, and pole light were all casualties, as were several electric fences which cost as much as \$2,000 each. Technicians had power quickly restored to their coolers and freezers, and they were purchasing new fences to keep the animals from roaming the countryside. However, ac was not back online until Monday. Due to the last of the rewiring this morning, today's turnip greens did not get washed. No electricity = no water pump in the farmyard.

Lightning wasn't the only issue this weekend. The farm also received 3.5 inches of torrential rain going into the weekend. With the fields drying, the Moores are hoping to begin transplanting this afternoon. See Diann's note at pickup for more details.

### Today's Haul

- 1 bag baby Asian greens and lettuces
- 1 bag curly leaf parsley
- 1 bag turnip greens (need to wash)
- 1 bunch green onions
- 1 bunch radishes
- 1 ear popcorn

### Recipes and Suggestions

#### Turnip Greens / Radish Tops

If you didn't know it before, you will after you get these home. The Moore's soil is very sandy. The best thing to do with these and your radish tops is to fill the sink with water. Swish the greens around in the water and rinse if necessary to remove the sand. See page 41 of Recipes from America's Small Farms for directions for draining and storing them.

Sauteed turnip greens are great with egg dishes, as well as a great base for room temperature egg-less tofu salad made with drained tofu (<http://www.cookingcache.com/vegetar/tofusaladsandwich.shtml?rdid=rc1>) Use your green onions and feel free to omit the carrots.

Use your turnip greens and radish tops in the Basic Quiche on page 20 of Recipes from America's Small Farms, Basic Omelets and Frittatas on page 23-24. Or see the pilaf and soufflé recipes on the PCSA website: <http://www.prairielandcsa.org/recipes/greens.html>

## Radishes and Parsley

This recipe contains ingredients that result in the fifth taste: umami.

### Radish Crostini adapted from the NY Times

1 bunch radishes

Olive oil

Salt and pepper to taste

8 thin slices crusty bread, toasted

#### Sauce:

3 T butter

2 T olive oil

8 anchovy filets, finely chopped

4 cloves garlic, finely chopped

Pinch red pepper flakes

4 t chopped parsley

Slice smaller radishes into quarters and larger ones into sixths. Sear radishes in single layer in a hot pan coated with olive oil. Sprinkle with salt and pepper. Do not move the radishes until they color on the cut side (about 3 minutes). Stir or shake pan to cook remaining side for 3 minutes more. Repeat with another batch if necessary.

In a separate skillet over medium heat, melt butter. Add anchovies, garlic, pepper flakes. Add oil. Simmer for 4 minutes. Top bread with radishes and spoon sauce over. Sprinkle with parsley.

## Parsley

Despite what some Italophiles might suggest, curly and flat parsley are interchangeable in most recipes. It provides a bright note to soups and stews, as well as omelets, frittatas, pilafs, and risottos.

## Green Onions

Add them to Potato Salad for your Memorial Day cookout:

Bring a big pot of salted water to boil. Add 2 pints of potatoes, cook 15-20 minutes or until fork tender. While the potatoes are cooking thinly slice 3 T of green onion. Add 1 T of chopped fresh parsley, 1.5 T or more of fresh dill or 3 t dried, and/or 1/2 T of chives. As soon as the potatoes are done, pour off the water. Don't let them cool. While the potatoes are still warm, cut them into chunks, leaving peeling on. Then, liberally salt and add fresh ground pepper and the rest of seasonings. Toss the mixture so that the potatoes can soak up the flavors while they are still hot. Let sit about 5 minutes. Taste. Adjust seasonings if necessary. Then add 2 T of reduced fat mayonnaise and 2 to 4 T of low fat or fat free plain yogurt to start. Add more mayo and yogurt in this ratio if you want it to be creamier. Chill and serve.

Or thread them with chicken, pork, fish, or tofu for kabobs on the grill.

## Asian Greens and Lettuces

See pages 54 – 55 of Recipes from America's Small Farms for dressing ideas.

## Popcorn

The Moores harvested this and dried it last fall. Jim and Mother Nature have been evolving this open pollinated treat for several years.

## Microwave Popcorn

To pop in the microwave, remove kernels. Combine 3 T with 1 t canola oil in a small bowl. Transfer to clean paper bag. Fold the bag over 1/2 –inch and then fold again. Seal with a small strip of cellophane tape. Place folded side up in microwave. Cook on high for 2 to 3 minutes or until there 5 seconds between pops.

## No Kettle Corn

Pop corn as above, but sprinkle with 1/ 2 T of sugar and a generous sprinkling of salt immediately after popping. Shake bag several times to coat.

## Barbecue Popcorn

4 qtst popped pop corn

In a bowl, combine:

1/4 light olive oil

2 T barbecue sauce

1/2 t onion powder

1 t chili powder

1/4 t ground cumin

1/2 t salt

Dash pepper

Place popcorn in a bag. Drizzle with seasoning mixture. Shake thoroughly. Sprinkle with Parmesan cheese if desired.

Have a fire pit or camp fire planned for the weekend, cook your popcorn outdoors:

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

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