

Prairieland CSA 2011 – Week 5

Pickup is today between 4 and 7 pm @ 714 W. Iowa in Urbana and 701 W Washington St in Champaign.

Thanks for this week's great storage tip for lettuce and recipes. Keep them coming - email info@prairielandc-sa.org or call 355-6279.

From the Farm:

Wes was making the deliveries today as Jim and Diann are teaching a workshop. As much rain as the farm has received this year, Wes cautions that it's better to have too much water than not enough. He is headed to pick up hay for the farm this afternoon. Congratulations are in order as Wes will be getting married in January! Jim and Diann are teaching a sustainable farm workshop for the Indiana National Guard who will in turn be passing along the information on intensive grazing and produce production to villagers in Afghanistan. They will be teaching the Texas National Guard later in the season, though no details on whether it will be in person or remotely.

Parking Update

The drainage work on Washington St. isn't finished, but parking has returned to the South side of the street! Construction crews are getting things cleared out and tidied up for the Washington St. 4th of July parade on Monday, so watch out for them. You can park on Washington, Harris, or in the driveway.

Pickup Procedure

Bring a bag or bags with you to pick up your share. Produce will be in the garages. Please check your name off the check sheet. Produce quantities will be listed on the bulletin board and arranged in order. Please take only the amount specified for your share. Cookbooks should be in next week, really. If you have friends, neighbors or co-workers picking up your share and want them to be on the email list, let me know.

Today's Share

Broccoli, small onions, kohlrabi w/ tops, field lettuce, and the last of the Asian greens / lettuce

IMPORTANT Storage and Handling Tips

Big thanks to Surangi Punyasena for sharing this link for keeping lettuce fresher longer. Instead of fabric storage bags or nonbreathable plastic bags, store washed and spun/towel dried lettuce in your produce bin in dish towels you already own. <http://thepauperedchef.com/node/555>

Field Lettuce, Baby Asian Greens, and Salad Mix

With temperatures set to climb, lettuce wraps are a great way to use lettuce and beat the heat. <http://www.bellybytes.com/recipes/wraps.shtml>

Shareholder Mary Jo Skrobul also looks to Asian inspiration to use lettuce. "This is what I do when I can't get through all my lettuce. I make lots of it then freeze it," she says. You can find these ingredients at Common Ground Food Coop in Urbana.

Fresh Green Curry Paste (from True Thai cookbook by Victor Sodsook)

1/2 T whole coriander seeds

1/2 t whole anise seed

1 1/2 T shrimp paste wrapped in foil (you can substitute peanut butter for a vegetarian version)

12 white peppercorns

2 1/2 t Kaffir or domestic lime peel minced

1/3 c cilantro stems chopped

2 stalks lemon grass trimmed to 3" of lower stalk and finely sliced

1/3 c Galanga (white ginger) or regular ginger peeled and finely chopped

1/4 c garlic

1 c chopped shallots

12-20 serrano peppers (less depending on the level of heat you prefer. 12 is pretty hot)
6 ounces lettuce leaves (pretty much any green lettuce except for iceberg)

Dry roast the coriander and anise seeds in small pan and let cool (about 3 minutes)

If using the shrimp paste roast the package in the same pan for about 5 minutes, remove and let cool. Crush or grind the roasted spices and add them to a food processor. Add the rest of the ingredients to the processor and blend until you have a smooth paste. Good for a week in the fridge or can be frozen.

You can use this in any recipe that calls for Thai green curry paste.

Small Onions

Just the right size to put on sliders on the grill. Or, add a couple to kohlrabi slaw.

Broccoli

Though not endorsed by your cardiologist, this is the potluck, comfort-food classic:

<http://allrecipes.com/Recipe/alysons-broccoli-salad-2/detail.aspx>

Or, be a little less decadent and take it outdoors:

<http://www.tasteofhome.com/Recipes/Grilled-Broccoli>

Kohlrabi

Who says you have to have cabbage to make slaw?

Try this Asian-inspired version:

<http://projects.washingtonpost.com/recipes/2010/06/07/asian-kohlrabi-slaw/>

or, the more traditional vinegar dressed version

<http://www.food.com/recipe/kohlrabi-slaw-133628>

or this creamy version with carrots

(you can sub yogurt and low-fat mayo for the sour cream and full fat mayo)

<http://www.rootconnection.com/rec-kohlrabi.html>

Questions, Comments, Concerns, Recipe Suggestions?

email or call 355-6279