

CSA Newsletter

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Peas

Peas have been used in the dry form since ancient times, and archaeologists found them in Egyptian tombs. It was not until the sixteenth century that more tender varieties were developed and eaten fresh. Today only about 5 % of all peas grown are sold fresh. More than half of all peas sold are canned and most of the rest are frozen.

Green peas are actually a member of the legume family. This family includes plants that bear pods enclosing fleshy seeds. Green peas do not require the long cooking times that are required by dried legumes such as split peas and pinto beans. Peas are a good low calorie source of protein. A 100-calorie serving of peas (about ¾ cup) contains more protein than a whole egg or a tablespoon of peanut butter and has less than one gram of fat and no cholesterol.

Selection

Fresh green peas should be refrigerated. Half of their sugar content will turn to starch within six hours if they are kept at room temperature. Low temperatures also preserve their texture and nutrient content. Look for pods that are firm, have glossy pods with a slightly velvety

feel, filled to appear almost bursting, and peas should not rattle loosely in the pod. Pods should not be dull, yellowed, or heavily speckled.

Snow peas should be shiny and flat, with very small peas that are barely visible through the pod. Smaller pods are the sweetest and the most tender. Sugar snap peas should be bright green, plump, and firm.

Storage

It is best to serve all types of fresh peas the day they are purchased. If they must be stored, place them in a perforated plastic bag in the refrigerator. Do not wash them before they are stored. Shell green peas right before you cook them.

Preparation

Rinse peas before shelling them. To shell peas, pinch the stem off with your fingernails and pull the string down the length of the pod. The pod will pop open and the peas can be pushed out of the pod with your thumb. When finished, wash all peas. Rinse snow peas and sugar snap peas before use. To trim snow peas, cut the tips from both ends of the pod. This can be done with kitchen shears. Sugar snap peas need to have the strings removed

before eaten cooked or raw. The string runs around both sides of the sugar snap pod. It is easiest to start from the bottom tip and pull the string up the front, and then snap the stem off and pull the string down the back of the pod.

Varieties

Green peas are nestled within large, bulging, grass green pods that are typically round and sweet. The green pea pods are tough, do not have good flavor, and therefore, are not eaten. Snow peas (Chinese pea pods) and sugar snap peas are more often found fresh, but many companies are now selling them frozen. These peas are eaten raw or cooked with the pod intact. Snow peas supply less protein and are lower in B vitamins than green shelled peas because they are eaten when their seeds are still immature. However, snow peas provide almost twice the calcium, 100% of the RDA for Vitamin C, and slightly more iron than green peas.

Fun Facts About Potatoes

- The potato is the world's fourth most important food crop
- The average American eats 126 pounds of potatoes a year
- Approximately 1/3 of all potatoes grown in the US are grown in the state of Idaho
- The potato is a vegetable
- The potato was the first vegetable grown in outer space
- At a White House dinner in 1802, President Thomas Jefferson was the first person to serve French fries in the United States
- Frozen Potatoes, including French Fries, are the number one prepared style of potatoes in the US. Americans eat more than 16 pounds of French fries every year.

Nebraska Produce Availability Chart

This chart is based on the average harvest seasons of locally grown produce.

| | April | May | June | July | August | Sept | October |
|--------------|-------|-----|------|------|--------|------|---------|
| Fruit | | | | | | | |
| Apples | | | | | | | |
| Grapes | | | | | | | |
| Blackberries | | | | | | | |
| Raspberries | | | | | | | |
| Strawberries | | | | | | | |
| Vegetables | | | | | | | |
| Asparagus | | | | | | | |
| Beets | | | | | | | |
| broccoli | | | | | | | |
| Cabbage | | | | | | | |
| Carrots | | | | | | | |
| Cucumbers | | | | | | | |
| Eggplant | | | | | | | |
| Garlic | | | | | | | |
| Green Beans | | | | | | | |
| Gourds | | | | | | | |
| Herbs | | | | | | | |
| Lettuce | | | | | | | |
| Muskmelon | | | | | | | |
| Onions | | | | | | | |
| Peas | | | | | | | |
| Peppers | | | | | | | |
| Potatoes | | | | | | | |
| Pumpkins | | | | | | | |
| Rhubarb | | | | | | | |
| Spinach | | | | | | | |
| Squash | | | | | | | |
| Sweet com | | | | | | | |
| Tomatoes | | | | | | | |
| Tumips | | | | | | | |
| Radishes | | | | | | | |
| Watermelon | | | | | | | |
| Zucchini | | | | | | | |

Sugar Snap Peas

Ingredients:

- 1/2 pound sugar snap peas
- 1 tablespoon olive oil
- 1 teaspoon chopped shallots
- 1 teaspoon chopped fresh thyme
- Kosher salt to taste

Directions:

1. Preheat oven to 450 degrees F
2. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt.
3. Bake 6 to 8 minutes in the preheated oven, until tender but firm.

* And don't forget: like so many other vegetables, it is great to just dive in and eat them raw!!!



Cabbage and Potato Bake

Ingredients:

- 1 cabbage, about 2 to 2 1/2 pounds
- 2 large potatoes, about 2 1/2 pounds
- 12 ounces lean bacon, cut into 1/2-inch pieces
- 2 cups yellow onions, peeled and sliced lengthwise
- 1 tsp ground black pepper
- 2 cups homemade chicken stock, or canned, low-sodium chicken broth

Directions:

Preheat the oven to 375 degrees F. Rinse the cabbage under cold running water and remove the tough outer leaves. Cut the cabbage into quarters and remove the hard core. Cut the cabbage quarters into halves and place, rounded side down, in a roasting pan. Cut the potatoes in half crosswise and peel. Cut the peeled potato halves into quarters, arrange in the roasting pan, alternating with the cabbage pieces. Fry the bacon in heavy medium skillet for 7 minutes. Add the sliced

onions, salt, and black pepper to the pan and cook until soft, about 5 minutes. Evenly distribute the bacon mixture and pan drippings over the vegetables, then pour the chicken stock on top. Tightly cover the pan with aluminum foil and bake for 1 1/2 hours.

Remove the pan from the oven and allow to sit covered, for 15 minutes before serving. Serve the vegetables with the bacon and broth spooned over them.

Potatoes and cabbage are the most consumed vegetables in the entire world!

Corn, Arugula & Tomato Salad

Ingredients:

- 3 tablespoons red-wine vinegar
- 3 tablespoons minced shallots
- 6 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 6 cups loosely packed arugula, (about 6 oz)
- 2 cup corn kernels, (4 ears)

- 1 1/2 pints cherry tomatoes, halved

Directions:

Combine vinegar and shallots in a large bowl and let stand at room temperature for 10 minutes.

Whisk oil into the vinegar mixture until blended. Season with salt and pepper. Add arugula and toss to coat. Arrange the arugula on serving plates. Add corn and tomatoes to the bowl, toss to coat with the dressing that remains, then spoon the mixture over the arugula and serve.



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We're on the web.....

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Omaha's indoor farmers market



Thank you for getting in your payments for the next five weeks. I thought I would give you a preview of what you can expect:

- Potatoes
- Peaches
- Sweet corn
- Watermelon
- Lettuce
- Onions
- Cucumbers
- Green beans
- Squash
- And more.....

Good Natured Family Farms

Some of the products you have received in your bags are from Good Natured Family Farms. This week they brought you your potatoes and

cabbage. I have personally seen many of these farms and could not be more impressed with what they are doing down there in Kansas.

I have gotten from them only what I could not get from some of our Nebraska producers. This has been due mostly to the extremely rainy conditions we have had over the last

few weeks. It is really hard to get things to grow without the sun! In turn, our Nebraska producers have shipped some goods that they were having trouble with to Kansas.

The idea for this entire CSA program came from conversations I had with Diana Endicott about how they got theirs going down in Kansas City.

I was so inspired by what a good deal it was for both the consumers and the farmers. Ours has been changed a bit from their model to fit the needs of the producers here in Nebraska.

I just wanted to thank each and every one of you for taking part in the CSA. You are a part of something so much bigger than you can imagine. Through this CSA we are bring you closer to the producers but we are also bringing the producers

closer to each other. This will help the Nebraska economy and farm family in more ways than I can count.

"We want nothing more than to live on the land and farm it. We want to produce food that doesn't poison the earth or the ground water. We want to use methods that make that food safe for our fellow human beings. It's not the fastest way to raise food or the most economical. It's simply the best.

We are an alliance of more than 100 family farms. Some are 3rd or 4th generation who raise our animals humanely and care for the earth in a sustainable fashion. "

-Diana Endicott, Good Natured Family Farms

