

# ROLLING PRAIRIE

*notes from rolling prairie farmers alliance*



## FOOD FOR THOUGHT

EAT FOOD \* NOT TOO MUCH  
\* MOSTLY PLANTS \*

\* MICHAEL POLLAN, IN  
DEFENSE OF FOOD

WEEK OF  
JUNE 22, 2009

## Coming Up



### Local Food Events

**This must be Local Food Month** in Northeast Kansas and the Kansas City area. Awareness of the importance of local food systems has reached a critical mass, as indicated by the list of upcoming events below. And this is just a partial list!

#### Recognition Ceremony for Kaw Valley

**Pioneers:** Wednesday, June 24, 7-9 pm, Liberty Hall, 642 Massachusetts, Lawrence. Celebrating and "honoring the folks that have been working hard for sustainable food before sustainable food was the thing." Special presentation by economist Ken Meter on the potential for a local foods system in the Kaw River Valley. Local foods prepared by Local Burger and The Merc, all for \$5; tickets available in advance at Local Burger and The Merc.

#### Kansas City Urban Farms & Gardens

**Tour:** Sunday, June 28, 10 am-5 pm. "Food From the City For the City." Organized by the Kansas City Center for Urban Agriculture. There are events every day leading up to the 28th; check their website, <http://urbanfarmstourkc.com> for directions and details.

#### Public Forum on Local Organic Foods

**in Japan:** Monday, June 29, 7-9 pm, North Lawrence Visitors Center, Lawrence. A presentation by participants in the Global Partners for Local Organic Foods, an exchange of local food folk in Lawrence, KS and Saitama, Japan. More info at <http://www.gplof.org>.

### WHAT ABOUT TURNIPS?

**B**ob Lominska is a good farmer and a good eater. He shares with us here some thoughts about turnips.

Root crops, in general, do not have star status in the world of produce, but they can be wonderful. We are now offering new potatoes, beets, carrots, garlic and turnips. Turnips are one of the most humble crops, but at Hoyaland Farm we grow three kinds: the common white and purple variety, Japanese saladette, and golden turnips. They can be grown early in the spring and then again later in the season for a fall harvest.

Turnips can be eaten raw alone, or with dip or to add some crunch and flavor to a salad. Classic uses are to add turnips to a beef stew or to boil and mash them. When young and tender, the tops are excellent. Last week I brought in one white and purple turnip and one golden turnip. I put olive oil in the wok, got it hot and added one cm cubed tofu (Central Soy, of course) and cooked it until it was starting to brown, I then added similar sized

cubes of the golden turnips, got them going, and then added cubes of the other turnip and cooked until the turnips were tender. I mixed in some tamari and red chile flakes. I tossed in some shredded chard and covered the wok for a few minutes to let it steam.

Here's a quick recipe for **Young Turnip Salad with Apple and Lemon Dressing** from Angelic Organics:

Makes about 2 cups

1 cup peeled and grated raw young turnips (about 2 medium turnips)  
1 cup peeled and grated tart apples (Granny Smith or greenings) (about 1 large apple)  
1/2 cup finely chopped fresh parsley  
3 tablespoons fresh lemon juice  
1 tablespoon vegetable oil  
salt  
freshly ground black pepper

Toss the turnips, apples, parsley, lemon juice, and vegetable oil in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.