

ROLLING PRAIRIE

notes from rolling prairie farmers alliance

WEEK OF SEPTEMBER 20
2009

Coming Up

Raspberry riot



Here is a recipe sent by Cecilia Mills:

Sugar (free) Raspberry Pudding/Souffle
(Vegan) Serves 8

Cecilia Mills

Ingredients: (Optional—pour into a graham cracker pie crust)

12 oz. silken tofu (the vacuum-packed kind, like Mori-Nu)

6 oz. fresh raspberries

1 TB. Stevia or sugar

2 teaspoons lemon extract

½ cup rice milk or soy milk

1 ¼ cups boiling water

2 tablespoons agar

2 oz. semisweet chocolate

¼ cup rice or soy milk

Combine the tofu, raspberries, stevia and lemon extract in a food processor or blender. Blend until smooth.

In a saucepan over moderate heat, boil the agar in 1 cup of boiling water. Stir constantly until dissolved. This takes about 10 minutes. When dissolved pour into glass measuring cup (if using plastic, let the mixture cool just a bit before pouring it into the cup). You want the liquids to be 1 cup, but you can't add it to the agar mixture or it will firm up, so if you have ½ cup agar and water, add ½ cup of milk to the tofu mixture and blend. Then add the agar and blend again.

Pour the mixture into a bowl.

Melt the chocolate in a double boiler.

When the chocolate has melted, remove from the heat.

Add the soy milk and whisk until smooth.

Drizzle the chocolate over the top. Run a toothpick or butter knife through the chocolate in straight lines, to create a pretty pattern. Refrigerate, wrapped in plastic wrap. for at least 3 hours.



FOOD FOR THOUGHT

EAT FOOD * NOT TOO MUCH * MOSTLY PLANTS

MICHAEL POLLAN :
IN DEFENSE OF FOOD

CLOUDY WITH A CHANCE OF FALL

The rain returns this week, along with slightly milder temperatures—daytime 70s, nighttime 50s. City friends keep talking about how lovely the weather is, but they don't know the half of it.

August was so mild the usual “three t-shirt days” (when you have to change your sweat-dripping t-shirt every time you go inside for a break) were few and far between. Although I lost my own rainfall records this summer (hard drive and backup drive failures), a neighbor in Jefferson County recorded a total of over 6 inches of rain last month, almost 2 inches above average.

As a result, we have had to to very little irrigation this summer, mainly in covered hoop houses not exposed to rain or during brief dry spells when we need to nurse new seedlings along.

Usually abundant pests like squash bugs, blister beetles, and harlequin bugs have also been in relatively low numbers for the most part; perhaps the weather has disrupted their life cycles. Our friends the predatory species, like assassin bugs and praying mantises, have seemed to be everywhere.

Average first fall frost in our area is in the week of October 17-22, according to the National Weather Service. It looks like most of our sites will be able to continue through the month of October this year. Your site coordinator will have the details.

3 pint bags of frozen raspberries for \$14 are available. Place your order with your site coordinator.

