

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
JULY 5, 2009

Coming Up

Early July



In early July, we usually have

Beans, beets, berries, broccoli, carrots, corn, cucumbers, eggplant, garlic, greens, herbs, leeks, mushrooms, onions, peppers, potatoes, radishes, rhubarb, summer squash, tomatoes.

Recipe

Here's a simple purslane recipe from <http://www.prodigalgardens.info/purslane%20recipes.htm>:

Purslane Cucumber Salad

Purslane and cucumbers are a match made in heaven. Don't hesitate to add purslane to any good cucumber recipe.

- 6 medium sized cucumbers, sliced
 - 2 cups Purslane leaves
 - 1 cup yogurt
 - 1 Tbsp olive oil
 - 2 tsp red wine vinegar (or try one of your [herbal vinegars](#))
 - 2 Tbsp chopped mint
 - 1/2 tsp coarse black pepper
1. Slice cucumbers and mix together with Purslane in a salad bowl.
 2. In a blender, mix together the rest of the ingredients for your dressing.
 3. Coat the cucumber-purslane mixture well with the dressing. Serve chilled.

Note: It's best to put the dressing on just before serving. The salad becomes watery if prepared too much in advance. Makes about 8 servings.

PURSLANE? ISN'T THAT A WEED?

Bob Lominska helps us out again this week with some interesting insights on purslane.

As a Rolling Prairie member, you often get the opportunity to sample fruits and vegetables that are out of the mainstream. A current example is purslane. It is a "weed" that is common in organically managed gardens. It is easy to pull, if the gardener so chooses, so it is not a problem as so many other weeds are. I, however, normally pull the other weeds around purslane in order to encourage it.

Why? It is very tasty and is nutritious in the extreme. As far as flavor goes, it is crunchy, juicy, with a hint of citrus. The leaves stems and flowers are all good to eat. It is the best land vegetable source of omega 3 fatty acids, and is also rich in vitamins A, C, and B, is a source of calcium, potassium, iron, and magnesium. The red and yellow pigments in the plant are also potent antioxidants.

I have always eaten it raw, usually right in the garden. It is an excellent salad

ingredient and is said to be good in soup, stir fried, or cooked like spinach, chard, kale, collards etc.



According to the website NutritionData (<http://nutritiondata.com>), one cup of raw purslane has the following key nutritional properties:

- 568 IU Vitamin A, 11% DV
- 9.0 mg Vitamin C, 15% DV
- 28.0 mg Calcium, 3% DV
- 0.9 mg Iron, 5% DV
- 29.2 mg Magnesium, 7% DV
- 18.9 mg Phosphorous, 2% DV
- 212 mg Potassium, 6% DV
- 19.3 mg Sodium, 1% DV
- 0.1 mg Manganese, 7% DV

