



PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

WEEK 8 - THINGS ARE LOOKING UP

Drier weather is helping to get things back on track on the farm. Several of the crops are thriving once again, and so unfortunately are the mosquitoes. Look for lots of tomatoes this week and the return of Asian greens and Salad Mix.

On the Farm:

The replanting has been successful! Jim says all of the crops planted two weeks ago are germinating. The only sad news to report this week is that the cows decided to sample the newly setting watermelons. There are still blooms on the vines, but it will now be a race against the frost for them. Wes has repaired fences twice in an effort to try to keep the cows in their pasture.

Meanwhile, it will be a long time before Aaron wants to get near an onion. He harvested nearly all of the farm's sweet onions by himself over the course of several days, filling 100 drying racks.

Salad mix and Asian greens are back in the share this week after some problems with heat and uneven ripening. The Moores will be creating their own Asian seed mix to combat these problems for winter and the 2004 CSA season.

In the meantime, if you have friends who are interested in getting a PCSA half-season share, have them call 239-3686 or 328-0650, or fill out a contract from www.prairienet.org/pcsa.

Help!

If you can spare time to help with regular PCSA tasks or a special event (farm tour/potluck??) or project, please call 239-3686 or 328-0650. Thanks.

In Your Share Today:

This week's share includes tomatoes, arugula, New Orleans red potatoes, onions, zucchini, summer squash, cucumbers, red cabbage, green beans, and salad mix OR Asian Greens.

Canning Shares:

Next week's offerings are emailed each week. If you don't have email, call 239-3686 for the list. To reserve canning share produce, call the Moores directly at (815) 432-6238 before 9 pm Monday. Your produce will be delivered with your PCSA share. Since this is outside of your regular share, you'll need to pay the

Moores directly. Make checks payable to "Moore Produce and More" and leave them in the "Canning Share" envelope at pickup.

Recipes:

If you have recipes you'd like to share, please bring them to pickup; mail them to PCSA, 701 W Washington St., Champaign, IL 61820; or email them to PCSA@annabarnesmedia.com. Additional recipes and storage information are at (www.prairienet.org/pcsa)

Freezer Slaw

1 cabbage (red is prettier for this), cored and shredded
1 carrot, peeled and shredded
1 green pepper, chopped (optional)
1 sweet onion, chopped
1 t salt
1 c vinegar
1 c sugar
1 t celery seed

Combine vegetables. Let stand 1 hour. Boil together vinegar, sugar, and celery seed. Cool and pour over slaw. Put in containers and freeze or use now.

Green beans with Tarragon Dressing

Add 1/2 pound green beans to boiling salted water. Cook until bright green and tender crisp. Plunge into ice water to stop cooking.

For dressing, combine 3 oz low-fat cream cheese, 5 oz low-fat yogurt, 2 T chopped fresh tarragon, 1 T tarragon vinegar, and salt and pepper to taste. Chill dressing covered 30 minutes to allow flavors to develop.

Fresh Herb Frittata

6 eggs
2 egg whites
4 T minced sweet onion
1/2 c cottage cheese
1/2 chopped mixed herbs
1 c arugula and/or mixed young greens, roughly chopped
salt and pepper to taste
4 T olive oil

Preheat broiler. Beat eggs and egg whites together. Stir in rest of ingredients, except oil.

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In a nonstick skillet with an oven-safe handle, heat oil. Pour in egg mixture, swirling to reach edges of pan. Cook, stirring, over medium-low heat about 3 minutes or until eggs are beginning to set. Place pan under hot broiler 2-3 minutes or until set and lightly browned. Turn out onto a plate. Cut into wedges and serve warm or cold with sliced tomatoes.

Mediterranean Salad

1 lb. new potatoes
4 ozs. green beans
1/4 cup pitted Kalamata olives
2 T capers, drained
2 T snipped fresh chives
1 T chopped fresh basil
1/4 cup virgin olive oil
Juice of 1 lemon
2 hard cooked eggs, optional
2 tomatoes

1 (14-oz.) can artichoke hearts, drained and halved
In a pan of lightly salted boiling water, cook potatoes 10 to 12 minutes or until just tender. Drain and place in a large bowl. Blanch beans in boiling water 1 to 2 minutes or until just tender. Drain and refresh under cold water. Pat dry. Halve olives. Add to potatoes with beans, capers, and herbs. Stir in oil and lemon juice. Set aside until potatoes are cool. If using eggs, rough chop and add to salad with artichoke hearts. Core tomatoes cut into wedges. Remove seeds and liquid. Coarsely chop and add to salad. Toss well and serve at once. Serves 4 to 6.

Zucchini Gratin

2 lbs. zucchini, sliced
1/3 c butter
1 lb. tomatoes, peeled, seeded and chopped
2 garlic cloves, minced
2 T chopped fresh basil or parsley
salt and freshly ground pepper to taste
1 c fresh bread crumbs
4-5 T finely grated Gruyere cheese
Basil sprigs to garnish

Preheat oven to 400°F. Put zucchini into a colander, sprinkle generously with salt and leave 1 hour. Rinse well, drain and dry thoroughly with paper towels.

Heat 1/4 cup of butter in a skillet, add zucchini and cook, stirring occasionally, 7 minutes or until browned. Remove with a slotted spoon and set aside.

Add tomatoes, garlic, basil or parsley, salt and pepper

to skillet, bring to a boil, reduce heat and simmer until thickened. Stir in zucchini. Turn into a shallow baking dish. Mix bread crumbs and cheese and sprinkle over zucchini. Dot with remaining butter and bake 25 minutes. Garnish with basil sprigs. Serves 4 to 6.

Produce Storage and Preparation Tips:

Arugula, Asian Greens, Salad Mix - If you aren't eating these right away, before storing, soak for 10 minutes in cold water. Drain. Spin out any remaining water in a salad spinner. Or, put them in a thin towel (e.g. flour-sack towel). Gather the ends of the towel together, step outside, and spin your arm like you are doing the backstroke until no more water drains out. Store in a plastic bag (grocery store or zipper closure) with plenty of room for the greens to move around.

Cabbage, Red - Slice or shred for summer slaws and salads. Or, blanch 1/2" wide slices, toss with a couple of tablespoons of browned butter, a sprinkling of caraway seeds, and grilled, marinated tofu, pork, or poultry.

Cucumber - Store these in your refrigerator produce drawer away from any plastic. Slice and eat as is. Peel, slice into quarters, seed, and chop; toss with chilled cooked noodles; and Thai peanut sauce for an easy dinner.

Green beans - Remove tips. Snap into pieces if desired. Steam, or blanch (boiling water followed by ice water). Steamed or blanch for salads or to accompany dips. Or, use a longer cooking method. Green beans are primarily fiber, not vitamins, so you won't lose nutritional value.

Potatoes, New Orleans Red - Cook new potatoes in boiling water until fork-tender, about 15 minutes. To grill new potatoes, split in half, brush or mist with oil, season with salt and pepper, grill over direct heat until fork-tender.

Onions - Store these in your refrigerator vegetable bin not your pantry so they don't spoil. Slice these sweet onions for sandwiches or salads.

Summer Squash, Zucchini - Add to salads fresh, steamed, or grilled. Or, grate and use in savory muffins with cheese, or sweet dessert breads.

Tomatoes - For best flavor, tomatoes should never see the inside of your refrigerator. Leave them stem side down to continue ripening on your counter or in shallow layer in a large colander.