



## PRAIRIELAND COMMUNITY SUPPORTED AGRICULTURE

### WEEK 16 - RACING AGAINST THE FROST!!!

The Moores raced against plunging temperatures this week, harvesting 34 crates of cucumbers and countless crates of beans. These are being kept in the farm's large walk-in cooler. The last of these summer vegetables will be metered out in the shares in the coming weeks along with the fall crops as they mature.

### On the Farm:

Frost and possibly freeze are in the forecast this week, well ahead of schedule which has the family stressed to say the least. All the susceptible produce that could be harvested for the full-season shares has now been harvested and stored, but there is simply no way to protect the winter share plantings in the event of a hard freeze. The hoop houses weren't scheduled for construction this early in the season. Tonight should be the worst the farm will see for the next week. Hope for clouds and wind.

In the coming weeks, we'll begin receiving much of the storable produce: lima beans that can be shelled and dried, beets that can keep for months in the refrigerator, and winter squashes that can decorate your table until you decide to eat them.

### 30% of 2004 Shares Sold!

If you haven't yet reserved your 2004 share, act quickly. As of noon today, 30 percent of the shares were already sold. To reserve your share, go to [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa) and click the contracts link. There you will be able to sign up online. (If you don't have web access call 239-3686 for a printed contract.) You'll also be able to pay with your credit card via Paypal if you desire. Remember all that is needed to reserve your share at this time is a \$25 deposit and your completed online (or paper) contract.

### In Your Share Today

Your share contains french filet green beans, yellow wax beans, Roma beans, purple beans, bok choy, red radishes, Japanese eggplant, lima beans, cucumbers, and Asian greens.

### Recipes

If you have recipes you'd like to share, please email [PCSA@annabarnesmedia.com](mailto:PCSA@annabarnesmedia.com) Additional recipes

and storage information are at ([www.prairienet.org/pcsa](http://www.prairienet.org/pcsa)) as are past copies of the newsletter.

### Pasta with Rubies

*if you haven't gotten around to eating your beets yet, try this fall pasta dish*

1-2 beets  
1 lb pasta, fettucine works well  
2 T olive oil  
1 clove garlic, minced  
1t. dried rosemary, crushed  
salt and peper to taste

Place beets in a heavy baking dish or cast iron skillet in a 350°F oven. Cook for 1 hour or until softened. Peel, cube, and set aside. Cook 1lb pasta and drain. In pasta pan, heat oil. Saute garlic and add rosemary, and a dash of salt and pepper. Add pasta, stir. Toss in beets. Serve.

### Three Bean Salad

1 c purple beans, trimmed and snapped  
1 c wax beans, trimmed and snapped  
1 c shelled lima beans  
1/2 cup thinly sliced onion  
optional: 2/3 c chopped green pepper  
1 clove garlic, minced  
1/2 c wine vinegar  
3 - 3 1/2 T sugar  
2 1/2 T olive oil  
1/4 t Worcestershire sauce or Chinese black vinegar  
2/3 t salt  
dash of freshly ground black pepper

Boil lima beans 8 minutes or until tender. Blanch purple and wax beans. Place garlic in a jar with remaining ingredients. Place on lid and shake. Let sit five minutes, shake again. Pour over salad. Chill.

### Quick Lima Bean Hummus

*a brilliant idea adapted from PCSA shareholders Andrea and Julie Rundell, this hummus requires no long cooking and you don't have to remove the seed coats from the beans as with traditional chick peas...*

1c shelled lima beans  
1/2 T lemon juice  
1/2 t salt

*continued*

2 1/2 T lemon juice  
2 cloves garlic  
1/4 c tahini, sesame paste  
1/8 to 1/4 c olive oil  
freshly ground black pepper

Cover beans with water, add 1/2 T lemon juice and 1/2 t salt. Bring to a boil and cook until tender, about 20 minutes. Drain, and place beans in a food processor or blender. Mince garlic and add with tahini, lemon juice, salt and 1 - 2 T of the olive oil. Puree, adding additional oil as necessary to reach desired consistency. Season with salt and pepper.

### **Grilled Eggplant with Spicy Peanut Sauce**

*adapted from The China Moon Cookbook*

4 long eggplants, Chinese or Japanese

Split eggplants in half. Score, making criss-cross hatch marks in flesh. Brush with chili oil or vegetable oil. Place on grill. Grill until tender, 10 to 30 minutes depending upon size. Alternatively, roast the oiled eggplant in a 350°F oven for 10 to 20 minutes.

Meanwhile, make dressing.

2 T minced garlic  
1/3 c packed cilantro leaves and stems  
1/2 c unseasoned peanut butter  
1/2 c soy sauce  
1/4 c sugar  
1 t rice vinegar

Place all ingredients in a food processor. Process until smooth. Drizzle over eggplants. Serve this dish with sliced tomatoes and Asian greens, or noodles with grated lemon peel.

### **Produce Storage and Preparation Tips:**

**Asian Greens** - If you aren't eating these right away, soak for 10 minutes in cold water. Drain. Remove excess water with salad spinner or a thin towel. Store in a plastic bag (grocery store or otherwise) with room for the greens to move around.

**Bok Choy** - Store this in your refrigerator produce bin. Slice and add to stir-fries or steam and eat like European greens. Good with ginger dressings and mushrooms.

**Cucumber** - Store these in your refrigerator produce away from any plastic. Slice and eat as is. Or, quarter and slice, add chopped onion, salt, pepper, chopped dill or basil, and a couple of tablespoons of yogurt for a simple salad.

**Eggplant, Assorted** - Store these in the vegetable crisper of your refrigerator. For additional recipes, see newsletters from weeks 12 and 13 at [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa)

**French Filet Green Beans (a.k.a. haricot verts), Purple Beans, Yellow Wax Beans** - Remove tips. Snap into pieces if desired. French filet beans are typically cooked whole. Steam, or blanch beans (boiling water followed by ice water). Steamed or blanched beans are excellent for salads or accompaniments to dips. You also can use a longer cooking method such as the Parthenon green bean recipe in Week 7's newsletter at [www.prairienet.org/pcsa](http://www.prairienet.org/pcsa) Other bean recipes are in Week 11's newsletter.

**Lima Beans** - Shell and cook in salted boiling water in a covered pot for 4 to 8 minutes, or desired tenderness. **If you don't want to eat your lima beans right away, shell them and dry them for winter soups.**

**Radishes, Red** - Cut and add uncooked to salads, or steam until tender and serve as a side dish. For a simple appetizer, cut radishes in half and serve with butter and salt. Make sandwiches with sliced radishes and buttered soft white bread.

**Roma beans** - Remove tips. Slice these Italian-style green beans on the diagonal into 1-2" pieces. Steam, or blanch (boiling water followed by ice water) as you would traditional green beans until tender crisp.