

PCSA for September 29, 2004

Pickup is today between 4 and 7 pm. If you are picking up in Urbana, go to 714 W Iowa; in Champaign go to 701 W Washington St. Produce is in the garages of both locations. Please use the smaller service doors to access the garages.

On the Farm:

This the peak folks. It doesn't get any more bountiful than this! Summer crops are ending, fall crops are coming on. The watermelons have finally arrived. However, this will be the end of the beans, and nearly the end of the cucumbers. Broccoli and spinach are now coming back into the share with the cooler weather. Cherish your spinach. This is one of the two plantings out of seven that wasn't damaged by weather.

If you still need to reserve your share for next year, see www.prairienet.org/pcsa/contracts.html

In Your Share Today:

Watermelon! Spinach, white potatoes, basil, dill, broccoli, sweet peppers, hot peppers, cucumber, eggplants, as well as purple and yellow beans. Be sure to check out the recipe for roasted green beans and a fabulous new potato salad main dish sent along by shareholder Andrea Rundell.

Recipe and Produce Suggestions:

Watermelon

Slice and eat. Store in the fridge.

Broccoli

It's back and better than ever. Steam it, serve it with some chopped dill and butter, maybe a squeeze of lemon if you must put anything on it at all. Store in your refrigerator crisper drawer.

Cucumber

Slice and eat as is. Quarter, seed, slice and dress with yogurt, as well as some chopped dill, salt and pepper. Not feeling very dairy? Substitute rice vinegar and pinch of sugar. Store in your refrigerator crisper drawer.

Basil

Cut stems and place in glass of water like flowers. If you want to keep it even longer, place a bag over the leaves and place the glass in your fridge. Use in the green bean recipe below.

Dill

Use this in the next few days to compliment cucumber, potato, and broccoli dishes. Store in your refrigerator crisper drawer.

Hot Peppers, Sweet Peppers

Cooler temperatures call for making chili. If you aren't going to get to your hot peppers right away, shareholder Jason Lindsey suggests freezing them for later use.

Purple Beans, Yellow Wax Beans

Shareholder Andrea Rundell sent this recipe for Roasted Green Bean (and Purple and Yellow!) Salad (from "The New Vegetarian Epicure," by Anna Thomas)

This is great if you feel like you have a *lot* of beans in your share—roasting them reduces their volume while making them taste sweeter. The kind of bean is not important so much as the beans being of comparable size so that they roast similarly—break them up to be about the same length. This also is good for using up your tomatoes.

2 pounds tender green, purple or yellow beans
1 head of garlic

3-5 Tbs good olive oil
salt and pepper to taste
2 large ripe red tomatoes
a little balsamic or red wine vinegar
2 Tbs chopped fresh basil leaves

1. Wash and trim the beans, and separate and peel the cloves of garlic. Reserve one clove of garlic. Toss the remaining garlic and beans in a bowl with 2 Tbs of the olive oil, salt and pepper. Spread evenly over two baking sheets and roast them at 400 degrees for about 40 minutes. Stir and turn them at least once. Roasting time will vary with bean size—they are done when they are slightly blistered and wrinkled, with light-brown spots.

2. While the beans are roasting, chop the tomatoes into a small bowl with their juice. Mix in the remaining garlic clove (pressed or minced), olive oil, vinegar, salt and pepper and basil.

3. When the beans are ready, put them in a big shallow dish, and pour the tomato dressing over them. Serve warm or at room temperature.

Potatoes

Okay, I am bumping the duck egg frittata for this fabulous Danish potato salad sent by Andrea Rundell. Andrea adapted it from the "The Incredible Potato Cookbook," by ML and JD Scott. She notes that if you want to skip the wine, use a rich broth on the potatoes (like chicken, or roasted onions)—you can't really taste it as wine, but it imparts a richness to the potatoes that they do not have on their own.

8 medium-sized new potatoes (about 2.75 pounds)
1 & 1/2 cups dry white wine
1 pound bay scallops (if desired)
1/2 cup water or clam broth
1/2 - 3/4 cup "Piquant" mayonnaise (recipe follows)
salt & pepper to taste
1 Tb small capers*

1. In boiling water over medium heat, cook the potatoes in their skins until tender. Drain and dry in the pan over low heat. While warm, cut into 1/2 inch cubes. Sprinkle them with 1/2 cup of the wine.

2. If using scallops, poach the scallops for about 6 minutes in the remaining 1 cup of wine with the water or clam broth. Do not overcook. Drain and cool slightly.

3. Drain any excess wine from the potatoes, mix with the scallops and 1/2 cup of mayonnaise. Taste, add more mayo, salt & pepper as desired. Garnish with capers and serve warm or chilled.

Piquant mayonnaise:

1 cup low-fat mayo
2 Tbs fresh lemon juice
3 shallots, finely chopped, or 2 garlic cloves, minced
1 Tb small capers

Combine ingredients and blend well. Makes about 1 & 1/4 cups.

*Capers are reasonably priced in Art Mart's deli case; get a small container & add them to such things as tartar sauce, bean salads, chicken dishes & sauces. Like other brined edibles they keep for a long time in the fridge.

Store potatoes in a cool, dark place away from onions to prevent sprouting.

Eggplants

See the September 8 recipe for Chinese spiced eggplant. Use it to top rice, or puree and use to top bruschetta. <http://www.prairienet.org/pcsa/pdf/newsletters/2004/Sept8.pdf> My neighbor tells me that her colleague is experimenting with adding tofu to this dish to enter in the Champaign County Fair next year. Don't wait for it to become passe, make it today.