

PCSA for September 8, 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:

Thankfully for our crops, the Caribbean hurricanes have kept their moisture south, allowing the Moores to get back the business of planting, harvesting, and finishing up the greenhouse. Of course they have had to do this in between fielding requests from reporters. Last week's Chicago Tribune article spawned articles in the Watseka and Kankakee papers, and mentions on WICD and WGN radio when the story was picked up the Associated Press wire service. This week's warmer temperatures are helping get things back on track with the squash. Enjoy your onions--this is their last appearance this season.

Sign Up for Your 2005 Share This Week!

There's only one more week before 2005 shares go on sale to the general public. Please sign up as soon as possible on the PCSA website at <http://www.prairienet.org/pcsa> so that you don't lose your spot. Remember that we must receive your first payment to guarantee your spot.

In Your Share Today:

Tomatoes, red and white small onions, Japanese radishes with edible tops (use for steamed greens or in soups), carrots, Roma beans, sweet Cubanella pepper, eggplant, bok choy, baby squash (patty pan, zephyr, yellow, and zucchini), and your choice of potatoes from all blue, all red, desiree, German butterball, white and Yukon gold.

Recipe and Produce Suggestions:

Eggplant

Chinese Spiced Eggplant

1 lb. of eggplant, peeled and cubed

1 T oil (mild such as peanut, corn, soy)

2 T cold water

1 T minced garlic

1 T minced fresh ginger

1 /4 c thinly sliced white and red onion or green onion tops and bottoms

1/4 to 1/2 t dried red chili flakes

3 T soy sauce

3 T packed brown sugar

1 t rice vinegar (can use wine or sherry vinegar in a pinch)

1 T hot water

1 T mild oil

1/2 t sesame oil

Combine soy, sugar, vinegar and hot water in a shallow baking dish. Marinate eggplant for 10-30 minutes in soy mixture. Meanwhile, combine garlic, ginger, onion, and chili flakes in a small bowl. Drain eggplant, reserving soy mixture. Heat a heavy skillet (non stick is good). Add 1 T oil. Saute eggplant for 1-2 minutes, stirring to keep from sticking. Add 2 T cold water and place lid on pan to steam fry for 1 minute or until softened. Remove eggplant to bowl. Heat 1 T of oil in skillet. Add chili mixture and stir fry for 15 seconds. Add eggplant back to dish. Pour in soy mixture. Add sesame oil. Stir to combine and thicken sauce slightly. Serve over steamed rice with steamed Asian greens.

Store eggplants in your refrigerator crisper drawer.

Onion

Use in eggplant recipe above, or slice and saute with onion and tomato to accompany sliced Italian sausage or veggie brats over pasta .

Note: Due to this year's wet weather conditions onions will not store for extended periods of time. If you cannot use them this week, place them in a cool dry place away from sunlight.

Tomatoes

Saute 2 tomatoes with onion and pepper to make a quick pasta sauce.

Do not refrigerate tomatoes. Store tomatoes on your kitchen counter until you are ready to use them. A colander is great for promoting air circulation, which will help them to last longer.

Sweet Pepper Cubanella

Use in pasta sauces or in salsas or last week's eggplant chutney. See the newsletters link on the PCSA website at <http://www.prairienet.org/pcsa>

These peppers will store best in your refrigerator crisper drawer.

Squash

PCSA member Yetta Wheeler recommends string squash, onion, and pineapple on skewers. Use the skewers to accompany grilled chicken or seitan and rice.

Store in your refrigerator crisper drawer away from any produce in plastic bags to discourage mold.

Bok Choy

Cut into ribbons and add to stirfries. Or chop off base and steam or blanch lower leaves. Serve with Chinese Spiced eggplant above. Dress with Sushi House dressing

<http://www.prairienet.org/pcsa/recipes/lettuce.htm>

Or use with your radish greens and potatoes to make Caldo Verde on page 49 of *Recipes from America's Small Farms*.

Roma beans

Tip: Steam or blanch whole and trim after cooking. Cut beans in 2" pieces on the diagonal to serve.

Serve with sliced tomatoes as part of an antipasto platter drizzled with an herbed vinaigrette. Add chunks of fresh mozzarella, if desired.

You also can use last week's Modified Nicoise Salad recipe. See the newsletters link on the PCSA website at <http://www.prairienet.org/pcsa>

Potatoes

Choose a bright color of potato. Boil with an equal amount of white potatoes with skins on. Remove from water when fork tender. Peel. Cube. Dress with an herbed vinaigrette for a pretty and quick potato salad.

Store potatoes in a cool dry area out of direct light and away from onions, which will cause them to sprout. A basket or net bag in a pantry closet is ideal.

Japanese Radishes

Use with your bok choy and potatoes to make Caldo Verde on page 49 of *Recipes from America's Small Farms*.

Slice radishes and sprinkle with Kosher or sea salt for a quick snack.

Slice and steam with Roma beans. Toss with a Hoisin or Orange ginger dressings on pages 54 and 55 of *Recipes from America's Small Farms*, or with your favorite sweet-sour vinaigrette for a colorful salad that can be enjoyed warm or chilled.