

**Aug 17, 2005**

### **Taking Advantage of Cooling Temps**

Please pickup and checkoff your share at 714 W Iowa in Urbana or 701 W Washington in Champaign between 4 and 7 pm today (use the garage service doors). Remember, eggs must be pre-ordered and paid. To order, call 815.432.6238.

### **From the Farm**

Varying the produce in the share is getting difficult right now. With the germination of many of the fall crops delayed, invariably there are going to be summer squashes in the share for a few more weeks. As you may have noticed, we haven't had any lengthy breaks in the heat, which means that the soil temperatures have remained high—too high for many crops to successfully germinate. Beets, fall carrots, bok choy, napa, even radishes have not fared well lately. That said, the sweet potato vines are looking beautiful.

On the pasture front, recent rains are giving the Moores hope for being able to graze their fall hay needs. Thanks to your help, we have raised enough funds to purchase over 1500 bales of hay for their winter needs. Five hundred dollars of those funds came from Farm-Aid, thanks to community members passing along word about the Moores. The funds are coming through a fund Farm-Aid set up with the Illinois Stewardship Alliance for drought relief.

If you know of folks interested in the bacaro wine tasting fundraiser, tell them buy their tickets soon. Ads are appearing in the Hub, and signs are at bacaro and Corkscrew. Tickets can be reserved by calling 355-6279 or online at [www.prairielandcsa.org](http://www.prairielandcsa.org)

### **In Your Share Today**

Today you'll find basil, sweet peppers, red potatoes, greenbeans, eggplant, zephyr squash, patty pan squash, yellow squash, and zucchini at pickup.

### **Storage and Recipe Suggestions**

#### **Storage Tips**

Do not store squash or greenbeans long-term in plastic or they will spot and mold.

Unwashed potatoes store longer than washed ones. Keep them cool and away from light and onions to prevent sprouting.

Treat basil like a flower. Rinse the entire plant in cold water to remove any sand. Cut the stems and place it in a glass of water. Note: any leaves below the water line will rot. Recut stems and change water periodically to make it last longer. If your house is warm, place a plastic bag over the glass with the stems and place in the refrigerator to make basil last longer.

#### **Quick Smashed Potatoes**

If you're tight on time and don't want to heat up the house, microwave your potatoes for slightly longer than regular baked potatoes. Smash with skins on in a bowl. Sprinkle with salt and pepper. Add butter and milk as desired, or olive oil. You can also add chives or substitute yogurt or sour cream for some of the milk.

#### **Eggplant, Squash, Pesto Saute**

Heat a tablespoon of olive oil in a hot skillet. Saute chunks of eggplant and squash sprinkled with salt and pepper. Add a tablespoon of pesto near the end of cooking. Serve warm as a side or toss with pasta. No time for pesto? Stack several basil leaves, roll the lot like a cigar, and slice thinly. Add near the end of cooking.

### **Patty Pan Squash Ideas**

Small patty pans are pretty sliced vertically into 1/4 inch slices and steamed, sauteed, or grilled. Larger patty pans are great for stuffing. See recipes on page 164 of Recipes from America's Small Farms.

### **Double Chocolate Zucchini Cake**

This easy to make cake stays moist and keeps well.

1/2 c butter or canola shortening

1/2 c canola oil

1 3/4 c sugar

2 eggs or egg substitute

1 t vanilla

1/2 c buttermilk (substitute regular milk with a T of lemon juice, or a thinned mixture of milk and plain yogurt)

2 1/2 c flour

1/2 c cocoa, dutch processed is best

1/2 t baking powder

1 t baking soda

2 c grated or finely shredded zucchini

1/2 c chocolate chips, divided

Preheat oven to 325 degrees F. Grate or finely shred zucchini and set aside. Combine dry ingredients and set aside. In a separate bowl, cream butter (shortening), oil, and sugar. Add eggs, vanilla, milk and beat. Fold dry ingredients into butter mixture. Stir in zucchini and 1/2 c chocolate chips. Pour into a 9 x 13 x 2 inch pan. Sprinkle remaining chips over the top and press in lightly. Bake 40 to 45 minutes until cake springs back when lightly touched in the center or when a toothpick comes out clean (assuming you haven't hit a chocolate chip).

### **Squash Risotto with Pesto**

Take a cue from Thad Morrow at bacaro and use your squash to make risotto.

Squash Risotto w/ Pesto

3 T olive oil

1/2 c chopped onion

1 1/2 c Arborio or other short grain rice

1/2 t salt

6 c chicken or vegetable broth

3-4 c small diced zucchini, zephyr, or yellow squash

1/2 c grated Parmesan cheese

optional butter, cream

pesto for garnish

Heat broth in a heavy saucepan until simmering. In a separate heavy large nonreactive skillet or dutch oven, heat oil over medium-high heat. Add onions; cook 3 minutes. Add rice and salt. Cook and stir until rice begins to color. Add 1/2 c broth to rice; stirring until most of broth is absorbed. Keep adding broth in increments and stirring, until rice becomes creamy. About 15 minutes in, add squash. Keep adding broth until rice becomes al dente and squash is cooked through. Stir in cheese, add 1-2 T butter and a splash of cream for extra richness if desired. Drizzle with pesto.

### **Bean Salad**

You can use this with a variety of bean types or a single bean. You can also add some fresh shell beans, however, don't use canned.

1 1/2 cups snap beans and/or wax beans, blanched

1 /4 of a large green pepper, thinly sliced

1 /4 c thinly sliced red onion

In a smaller bowl, combine:

1/ 4 clove minced garlic

2 t. sugar

3 T wine vinegar

3 1 /2 t olive oil

3 1 /2 t vegetable oil

dash Worcestershire sauce or Chinese black vinegar

1 / 4 t salt or to taste

dash pepper

Whisk together and pour over beans. Toss. Allow to marinate for a few hours in the fridge or overnight.

If you have recipe suggestions, call 355-6279 or email [info@prairielandcsa.org](mailto:info@prairielandcsa.org)