

**Aug 24, 2005**

### **Transitioning to Fall**

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**

Jim says the fourth planting of fall vegetables looks good—finally! The Moore's sandy soil has made it difficult for the plantings during high temperatures, not only because of the heat, but because of the extra light reflected by the soil's sand component and the soil's lower moisture holding capacity.

That extra heat also has made it difficult for the fall squash plants to keep the fruit shaded, posing a risk of sunburn. So, keep your fingers crossed. This week may be the last for zucchini, however, the other summer squash are still going strong. Don't worry, Diann is sending recipes for vegetable fajitas, fresh squash salsa, and other creative ways to use your squash in the coming weeks.

On the pasture front, it looks like the Moores may be able to graze their fall hay needs pending continued moisture. This means that we may only need to get 2,797 bales. As of this morning, we have collected funds and hay totalling 1,827 bales.

There are still 3 tickets left for the bacaro wine tasting on August 29, for which the Moores have donated a pair of pork loins. If you know of folks who may be interested, have them call 355-6279 or online at [www.prairielandcsa.org](http://www.prairielandcsa.org)

### **In Your Share Today**

Today you'll find sweet peppers, red potatoes, green beans, eggplant, zephyr squash, patty pan squash, yellow squash, and green and yellow 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.

#### **Time Saving Preparation Tips**

If the start of school has you tight on time, consider cooking all or the majority of your produce at once. Simply wash and slice all of your squash, eggplant, and peppers lengthwise into 1/4 inch thick slices. Salt, pepper, and toss with a little olive oil in a big bowl. Then throw it on the grill or saute in batches, or pop in your oven broiler. Use your grilled vegetables alone as sides, or to top pasta or salads. They also make great sandwiches, especially with a little bit of pesto mayonaise (add pesto to your favorite mayonaise, 1 t to 2 T or whatever ratio you prefer).

Don't have time for baked potatoes and don't want soggy skins? Use a microwave to do the bulk of cooking on baked potatoes then throw them in the oven or on the grill to crisp the skin.

Need zucchini ideas? Try adding small cubes to your favorite pasta salad, or to couscous.

### **Eggplant Sandwiches or Salad**

Slice eggplant lengthwise into 1/4 inch slices. Dip in egg and bread crumbs and saute in olive oil. Make into sandwiches with pesto mayonaise and tomato slices. Or, top with a mixture of chopped tomato, minced clove of garlic, 1 T of chopped basil, a little olive oil, a splash of red wine vinegar, and salt and pepper, for a quick dinner.

If you're looking for something different for eggplant, try this Indonesian Eggplant recipe from epicurious:

[http://www.epicurious.com/recipes/recipe\\_views/views/10570](http://www.epicurious.com/recipes/recipe_views/views/10570)

And, in case you missed it last week:

### **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).

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