

**July 20, 2005**

### **Waiting for Emily**

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**

Today's shares are a veritable feast: yellow squash, zucchini, eggplant, cabbage, cucumbers, red potatoes, green beans, blueberries, and beets. But, it will take some timely rains from Emily and normal weather fronts for the plants to convert more blooms to fruit. The Moore farm has a 40 percent chance of rain tomorrow and a 30 percent chance on Tuesday. So, keep your fingers crossed.

On the pasture front, the rains from Dennis are helping. The Moores have spread the fences wider than ever so that the animals don't overgraze the still recovering grass. However, it will take timely rains to lower the amount of hay needed. That said, hay donations are continuing to come in thanks to your getting word out. We have now collected 1,025 bales of hay (see <http://www.prairielandcsa.org/drought.htm>). The sheep will definitely have enough for winter, now we are focusing on the cows. Shareholder Tim Williams has generously volunteered to dj a fundraiser at a downtown venue and Mel Farrell has graciously offered to help with the planning of our bbq fundraiser. If you would like to assist with the planning of either of these events, please email me at [info@prairielandcsa.org](mailto:info@prairielandcsa.org). We are especially in need of good ideas for the location of the bbq (minimally some place with a covered shelter, play area for children, restrooms, power for catering equipment, etc.). Pending the approval of Soma or Highdive, we also need assistance with planning a fundraiser at one of these locations, as well.

### **In Your Share Today**

Today you'll find yellow squash, zucchini, eggplant, cabbage, cucumbers, red potatoes, greenbeans, blueberries, and beets at pickup. Use your zucchini to make Italian zucchini cake with lemon glaze. No time-consuming peeling zucchini or creaming butter and sugar with this oil-based cake. To cut the preparation time by even more, make it as cupcakes.

### **T-Shirt Order Almost Ready to Go**

If you have not already sent or dropped of your t-shirt payment, please do so as soon as possible. Please note that Ts are in unisex sizes. You can check your T size in person at Weiskamp, which is located at 312 S. Neil, just north of Springfield Ave. on the east side Neil street. Park in the lot in back of the building. Please send checks made out to PCSA to me at 701 W Washington St. in Champaign, IL 61820. Please memo them T-shirt. Each shirt is \$14.80.

### **Storage and Recipe Suggestions**

**Blueberries** – Eat as is, or, use to top yogurt, ice cream, or cereal. For a breakfast or brunch treat, make Margie Skirvin's Blueberry Coffee Cake:

Preheat oven to 350 degrees F. Grease an 8 x 8 baking pan. Make topping by cutting together with a fork or pastry cutter, 1 / 4 c each sugar and flour with 1 / 4 t of cinnamon and 2 T butter. Work until crumbly. Set aside. In another bowl, cream 1 / 2 stick butter with 3 / 4 c sugar. Add 1 egg and 1 / 2 t of vanilla and beat well. Stir together in a separate bowl: 1 c flour, 1 1 / 4 t baking powder, 1 / 4 t salt. Add dry ingredients alternately with 1 / 3 c plus 1 T milk. Spread batter into pan. Sprinkle with berries and reserved topping. Bake 40 to 50 minutes or until toothpick inserted in center comes out clean.

**Cabbage and Cucumber** – Toss cooled stir fried sliced cabbage ribbons with cooked wide rice noodles (rinsed with cold water) and julienned cucumber with this peanut dressing for an easy dinner.

Peanut Dressing

1 / 4 inch thick piece of fresh ginger, peeled and sliced in half  
4 cloves garlic  
1 / 2 t hot chile paste or to taste  
1 / 4 c smooth peanut butter  
2 T soy sauce  
1 1 / 2 T plus 1 / 4 t Chinese black vinegar or Worcestershire sauce  
1 1 / 2 T toasted sesame oil  
2 1 / 2 T chicken or vegetable broth

In a food processor or blender, chop ginger and garlic. Add remaining ingredients in order and process until smooth. Dressing should be the consistency of heavy cream. Add more peanut butter if too thin, add more broth if too thick. This dressing with keep in the fridge for 2 to 3 weeks.

### **Greenbeans, Red Potatoes**

New Potato and Greenbean Salad

Boil 1lb new potatoes for 15 minutes. Add 1 / 2 lb trimmed green beans, boil 5 minutes more. Drain. Cube potatoes as soon as you can handle them, leaving skins on. Season with salt and black pepper and dress with 1 / 4 c homemade (see page 55 of Recipes from America's Small Farms) or bottled vinaigrette dressing. Serve warm or cold.

Alternatively, steam green beans and serve with a dip such as:

Creamy Horseradish Veggie Dip/Dressing

2 T mayonnaise, light is fine, can substitute tofu mayonnaise, as well  
2 1/2 T dairy or nondairy yogurt  
1 T fresh horseradish (more if you want a spicier dip)

Mix together ingredients in a small bowl. Alternatively, thin dip with milk, plain soymilk, or veggie broth to salad dressing consistency. Use to top a salad of blanched beans, baby greens, and or roasted beet cubes.

**Eggplant, Yellow, and Zucchini Squash** – Use grilled small squash and eggplant on salads, bruschetta, or veggie sandwiches. Slice eggplant 1 / 2 inch thick. Brush with olive oil, sprinkle with salt and pepper and cook until just tender on grill or in broiler. Prepare squash similarly, except slice 1 / 4 inch thick.

Dolce Panne con Zucchine

1 1 / 2 c flour  
3 / 4 c sugar  
1 t cinnamon  
1 / 2 t salt  
1 / 2 t baking powder  
1 / 2 t baking soda  
2 eggs or egg replacer  
1 1 / 2 c shredded, unpeeled zucchini  
3 / 4 c dark raisins (optional)  
3 / 4 c golden raisins (optional)  
1 / 2 c walnuts, chopped  
1 t vanilla  
1 / 2 c extra light olive oil or canola oil

Preheat oven to 350 degrees F. Grease a 9 x 5 loaf pan or 12 muffin pan. Mix together flour, sugar, cinnamon, salt, baking powder and soda, zucchini, raisins, and nuts in a large bowl. In a smaller bowl, beat together eggs, vanilla, and oil. Pour over flour mixture and stir until thoroughly mixed filling 2/3 full. Bake cupcakes 20 to 30 minutes or until toothpick comes out clean. Bake loaf for 1 hour and 20 minutes. When cake cools to room temperature, drizzle with lemon glaze.

#### Lemon Glaze

3 / 4 c powdered sugar (organic doesn't have a metallic taste like conventional)

1 / 2 t finely minced lemon zest

1 1 / 2 T lemon juice

1 / 2 T extra light olive oil or canola oil

Mix together in a small bowl. Drizzle over cake when cake is cooled to room temperature.

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