

Prairieland Community Supported Agriculture
Week 16 – Aug 16, 2006

From the Farm:

Last year we couldn't get enough rain. This year, it seems to come in torrents. Sixty mile an hour winds and driving rains in the last couple of weeks were hard on some of the cabbage and zucchini. (It's still too early to tell if the fall plantings were affected.) Despite the harsh weather, this will be another big week for the shares as we are still in season peak. If you can't make it through your tomatoes, freeze them (see directions below). You'll thank yourself in December.

In This Week's Share:

Summer squash, zucchini, green beans, bell peppers, eggplants, onions, sweet pepper, poblano chili, and tomatoes.

Cookbook Recommendation

Shareholder Nancy Olson recommends "Simply In Season" which is available at Ten Thousand Villages in downtown Champaign. Says Nancy, It is "a great cookbook for fresh produce year-round. I use it all the time. It is arranged by season with recipes for items that are fresh at that time of the year."

Recipe Suggestions

This week's zucchini are excellent for stuffing. You may also want to roast your sweet and bell peppers.

For extra flavor roast your peppers using the directions on page 163 of Recipes from America's Small Farms. Add roasted poblano to salsa, stews, cornbread, and other Southwestern and Mexican dishes for extra flavor.

No Cream Pasta Primavera

<http://pasta.allrecipes.com/az/86515.asp>

allrecipes.com is a great site for matching up whatever vegetables you have at hand (see <http://search.allrecipes.com/recipe/Ingredient.aspx>) and they are user rated. For this one, you can sub extra green beans for the asparagus in this recipe. Omit the red pepper and or substitute your green one. Substitute a tomato or two for the grape tomatoes.

Eggplant and Tomato gratin

<http://fooddownunder.com/cgi-bin/recipe.cgi?r=95783>

Courgette, String Bean and Eggplant Stew with Tomato, Onion, and Herbs

<http://fooddownunder.com/cgi-bin/recipe.cgi?r=76352>

What many others in the world call courgette, we call zucchini. Sub 14 oz of chopped fresh tomatoes for the canned in this recipe and add them when you add the other fresh tomatoes. (See Freezing Tomatoes for tip for removing tomato skins)

Squash Pizza from page 168 of Recipes from America's Small Farms

Eggplant Pastitsio on page 169 and Easy Pasta Fresca on page 171 also are good. Sub your green pepper for the red pepper in the latter.

Freezing Tomatoes

You can freeze your tomatoes, whole, sliced, chopped, or pureed—raw or cooked. However, don't try to substitute them for fresh tomatoes in recipes as the texture will be softer like canned tomatoes. Don't salt them before freezing.

If you want to remove the skins from your tomatoes, simply bring several quarts of water to a boil. Place a tomato in the boiling water for 60 seconds. Remove and run under cool water. The skin should slip off.

To freeze whole tomatoes with or without the skin, place them on a cookie sheet. When frozen transfer them to freezer bags or containers.

For more detailed tomato freezing directions, see the University of Nebraska Lancaster County Extension website: <http://lancaster.unl.edu/food/ciqtomatoes.htm>

Questions about a recipe or produce storage? Email info@prairielandcsa.org or call 355-6279