

Prairieland Community Supported Agriculture  
Week 17 – Aug 23, 2006

From the Farm:

The summer produce pattern is continuing to hold. The tomatoes have eased up a bit this week and the Moores are giving us a break on zucchini and summer squash by only bringing the babies.

In This Week's Share:

Summer squash, zucchini, green beans, bell pepper, eggplant, onions, carrots, and tomatoes.

Cookbook Recommendation

Diann has been collecting cookbooks this summer: All of these are available locally and online:

The Classic Zucchini Cookbook: 225 Recipes for All Kinds of Squash (Paperback)  
by Nancy C. Ralston, Marynor Jordan, Andrea Chesman, which has recipes for both summer and winter squash

Farmer John's Cookbook: The Real Dirt on Vegetables (Paperback)  
by John Peterson of Angelic Organics near Rockford has similar shares to ours and many good recipes

Squash Lovers Cookbook by Golden West Publishers  
online at <http://www.goldenwestpublishers.com/books.asp?cat=CBFruits>

Recipe and Storage Suggestions

The key to making the most of your summer vegetables is often doing the least possible to them. Blanching, brief sautés, or quick broiling let the vegetables' flavor shine through and save time.

Onions:

Central Illinois onions are not Georgia onions, they can not be planted as early and unfortunately mature during the hottest and most humid portions of the growing season. This makes them unsuited for long-term storage. It's best to store summer onions in your fridge to discourage spoilage. Do not wash them as this will encourage spoilage. Simply tuck them with any sand or soil into a small paper bag and plan to use them quickly. You can also chop and freeze them in recipe quantities for later use.

Zucchini:

If you still have larger zucchini from last week, simply grate them and sauté in a tablespoon of olive oil with salt, pepper, and dried or fresh basil. Top with grated parmesan and serve in place of pasta.

Grated zucchini can be frozen for use later this fall in breads and muffins. Simply grate the amount you need for your favorite recipe and store in plastic storage bags.

This week's zucchini are the perfect size for kabobs. Test them out this week before your Labor Day cookout next week.

### Eggplant:

Rataouille is the way to go with eggplant now that the temperatures are cooling a bit. It will also take care of your tomatoes, pepper, and zucchini. Here is an adapted version of Julia Child's recipe. It can be served hot, warm, or cold, and makes plenty for lunches the next day.

<http://emr.cs.iit.edu/~reingold/ruths-kitchen/recipes/sides/ratatouille.html>

1/2 pound zucchini, scrubbed, and sliced into 1/ 8-inch slices  
1/2 pound eggplant, scrubbed, and sliced into thin (3/ 8-inch) slices  
(note: slice European eggplant slices in half or quarters after slicing into 3/ 8-inch pieces)  
3 T. olive oil  
1/ 2 pound thinly sliced yellow onions  
1 sliced green bell pepper  
2 cloves mashed garlic  
1 lb ripe tomatoes, peeled, seeded, and juiced  
3 T parsley  
salt and pepper

Preheat oven to 400 degrees F. Spray two cookie sheets with olive oil or another vegetable oil spray. Put the zucchini and eggplant slices on the cookie sheets. Brush very lightly with olive oil, and bake until slightly brown on each side. In a skillet, cook onions and peppers slowly in 2 T olive oil for about 10 minutes. Stir in garlic, and season to taste. Slice tomato pulp into 3/ 8-inch strips. Place tomato slices over onions and peppers. Season with salt and pepper. Cover the skillet and cook over low heat for 5 minutes. Uncover, baste with the tomato juices, raise heat, and boil for several minutes, until most of the juice has evaporated. Put 1/ 3 of tomato mixture in the bottom of a casserole. Sprinkle with 1 T parsley. Arrange 1/ 2 of the eggplant and zucchini on top, then half of the remaining tomatoes and parsley. Put the rest of the eggplant and zucchini, and finish with the remaining tomatoes and parsley. Cover and simmer for 10 minutes. Correct seasoning. Raise heat for 15 minutes, basting if dry. Serve cold, warm, or hot.

### Green beans:

Blanch and saute with thinly sliced garlic and chopped tomato until tomato is heated through. Sprinkle with salt and pepper and serve.

Alternatively, chilled, blanched green beans make an excellent cold salad by themselves topped with a creamy herb dressing.

### Carrots:

Matchstick carrots are great added during the last couple minutes of cooking of smaller pasta shapes like orzo, radiatore, farfalle, or ruote/wagon wheels. Simply drain and toss with butter or olive oil. Sprinkle with salt and pepper and top with grated cheese if desired. If you are feeling adventurous, toss on some crumbled goat cheese and a sprinkle of chopped fresh mint or tarragon, or dried dillweed.

Questions about a recipe or produce storage? Email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279