

Prairieland Community Supported Agriculture
Week 18 – Aug 30, 2006

From the Farm:

If you've been watching the weather maps this last week, you've seen big storms hitting north and south of Champaign. At the moment, Diann reports that the farm is saturated. "Everything is soggy, soupy. and standing in water." Still, the Moores managed to wade the muck to bring us the first of the fall vegetables this week.

2007 Shares

Just wanted to give everyone a heads up that shares will go on sale for the 2007 season in mid-September. As there are already 33 people currently on our waiting list for 2007, please do not delay in reserving your share when they go on sale or you may miss out. All you need to reserve your share is to complete the online signup form and send your first payment of \$100. All shares must be paid in full no later than January 31, 2007. The URL for the online form, 2007 share price, and mailing address will appear in the newsletter starting in mid-September. If you do not have web access, call 217.355.6279 to be signed up via phone.

In This Week's Share:

Acorn squash, swiss chard, eggplant, onions, red cabbage, zucchini, summer squash, and plum tomatoes.

Recipe and Storage Suggestions

Acorn - Cook this week or use as a seasonal decoration until you are ready to eat it. Most winter squashes, except Spaghetti Squash are interchangeable in recipes, so feel free to experiment. Acorns will store well at room temperature for over a month, or at 50-55 degrees F for most of the winter. These are good for stews and soups. To prepare, split in half lengthwise. Brush inside with butter or olive oil. Bake cut-side down on a foil lined baking sheet in a 375 degree F oven for 35 minutes or until tender. Toss cubes of roasted squash with caramelized onions, and cooked lentils and swiss chard. Drizzle with with a balsamic vinaigrette and serve warm.

Onions:

Again, do not wash your onions 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 and Summer Squash

Squash Latkes

These fritter/pancakes are great plain or with tomato sauce or chopped fresh tomatoes and basil. You can also sprinkle with parmesan.

1, 6- to 8-inch zucchini/summer squash or equivalent amount of baby squash (grated)
1 small onion sliced paper thin and chopped
1 large egg
1 / 4 t salt
pepper to taste

1 t baking powder
3 T flour

Add salt to grated zucchini. Leave 10 minutes in a bowl or colander. Squeeze out excess fluid. Beat egg in a small bowl, add zucchini, onions, pepper, baking powder, and flour. Mix well. The mixture should be thick. Drop by the tablespoon on greased, hot griddle or fry in canola oil. Cook until firm and lightly browned on both sides, turning once. Eat straight from the pan.

Swiss Chard

Remove leaves from ribs. Stack leaves and roll. Slice into 1-inch ribbons. Chop if desired. You can also cook the stems of Swiss chard. Just add thinly sliced stems a few minutes before you add the greens in a recipe. Try braising your swiss chard now that temperatures are cooler. See directions on page 42 of Recipes from America's Small Farms.

Red Cabbage

This week is perfect weather for braised cabbage.

Braised Red Cabbage with Apples and Onion

1 (3 pound) red cabbage, quartered and sliced into 1/8 inch strips
2 tablespoons vegetable oil
1 onion, chopped
3 medium-sized tart cooking apples, peeled, cored and cut into 1/8-inch-thick wedges
5 cups boiling water
2/3 cup red wine vinegar
2 teaspoons salt
2 tablespoons sugar

In a heavy 4 to 5-quart casserole, heat the oil over moderate heat. Add chopped onions and cook, stirring frequently for 5 minutes, or until the onions are lightly browned. Add the cabbage, stir thoroughly, add the apples, and pour in the boiling water. Bring to a boil over high heat, stirring occasionally, and reduce the heat to very low. Add red wine vinegar, salt and sugar, stir to combine. Cover and simmer for 1 1/2 to 2 hours, or until the cabbage is tender. Check from time to time to make sure that the cabbage is moist and tender. If it seems dry, add a tablespoon of boiling water. When the cabbage is done, there should be almost no liquid left in the casserole. Taste for seasoning, then transfer the entire contents of the casserole to a heated platter or bowl and serve.

Eggplant

If traditional eggplant parmesan seems too heavy and time consuming, layer grilled or broiled eggplant slices in an oiled casserole dish. (Use at least two layers) Top with chopped roma tomatoes and basil or enough pasta sauce to keep the eggplant from drying out. Sprinkle with grated mozzarella and parmesan. Bake in a 350 degree oven until cheese is melted.

Or, use your eggplant for an appetizer dip. Pierce the skin of a large Italian eggplant in several places. Cut in half lengthwise and place on an oiled baking sheet. Broil 8 to 10 minutes or until soft. Scoop out pulp from skin with a spoon and place in a mixing bowl. Add 1/3 c chopped onion, 3 T olive oil, 2 T chopped fresh dill or other herb of your

choice, 1 t salt or to taste, and black pepper to taste. Blend well. Serve hot or cold with whole grain crackers or bread.

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