

Prairieland Community Supported Agriculture
Week 15 – Aug 9, 2006

From the Farm:

Cooler temperatures are much appreciated on the farm this week. However, the heat from previous week's has speeded up some crops throughout Central Illinois. Apples normally ripening in September are ready now, as are our Roma and wax beans which were scheduled for a week from now. The heat also has brought on peppers. Think bean salads and salsa this week, says Diann.

In This Week's Share:

Roma beans, yellow wax beans, green beans, zucchini, summer squash, carrots, onions, tomatoes, eggplant, hot pepper, green pepper, and Cubanella/sweet banana pepper.

Remember to make sure to remove any moisture from your beans prior to storage. Also, to cut down on the heat of the chile, remove the seeds and the internal ribbing/membrane of the chile.

Correction

Last week I attributed recipes to the wrong Schreiber family. They were actually from Sue Schreiber. Sue also passed along this website with an excellent search feature for finding easy recipes with unlikely ingredient pairings. <http://fooddownunder.com/>

If you have recipe suggestions, please send them to info@prairielandcsa.org or call 355-6279 and I will do a better job of getting them properly credited.

Tomatoes, Chiles

Use your tomatoes and some of your hot pepper in this soup from Georgia Morgan. "This one was in my recipe file, clipped from a Parade Magazine, I don't know how many summers ago," says Georgia

Tomato Bisque in a Blender

4 large fresh tomatoes
1 cup plain yogurt
1/4 t Tabasco sauce or use minced fresh hot chile to taste
2 cloves garlic, crushed
1-1/2 tsp. prepared horseradish
salt and pepper to taste
1 avocado, cubed (optional)

Puree everything except the avocado in the blender. Serve chilled or at room temperature over avocado cubes. (It will be pretty thick.)

Basic Salsa

As the recipes on page 154 of Recipes from America's Small Farms attest, you don't even need tomatoes to make it. But since we have beautiful tomatoes and peppers this week, here is this version. Feel free to use more or less of any ingredient as you prefer...

2 tomatoes chopped
1 small onion chopped

1 bell pepper or equivalent amount of other sweet pepper variety, chopped
1 hot pepper, minced (use less or more if desired)
juice of 1 lime
1 clove garlic, minced (optional)
1-2 T chopped cilantro (optional)
Combine ingredients, let sit for 20 minutes for flavors to develop.

Whole Wheat Spaghetti with Tomatoes, Basil, and Fresh Goat Cheese
Per person. Cook 2 oz of spaghetti. Bionaturae is a good brand and is available at Strawberry Fields and Common Ground Food Coop. When the pasta is cooked, drain. Return to pan and toss with 1/4 clove minced garlic, 1/2 chopped tomato, 1/2 ounce goat cheese, and 2 t fresh chopped basil. Fresh local goat cheese is available at the Urbana Farmers Market as well as at Strawberry Fields.

Roma, Wax, and Green Beans:

Three-Bean Salad

(I used to hate this dish until I had it made with fresh beans)

Combine in a large bowl:

3 cups mixed snap beans and wax beans, blanched (or 2 cups snap or wax beans with 1 cup shelled fresh beans)

1/2 a large green pepper, thinly sliced

1/2 c thinly sliced red onion

In a smaller bowl, combine:

1/2 clove minced garlic

3 T plus 1 t. sugar

1/3 c plus 1 T wine vinegar

2 1/2 T olive oil

2 1/2 T vegetable oil

1/4 t Worcestershire sauce or Chinese black vinegar

1/2 t salt or to taste

dash pepper

Whisk together and pour over beans. Toss. Serves 4

Roma Bean Pasta

8 ounces farfalle, rotini or other pasta

1/4 pound Roma beans (or green beans), trimmed and cut diagonally into 1-inch pieces

2 oz feta cheese (optional)

1 chopped tomato

1 clove garlic, minced

2 t olive oil

1/4 t oregano

1/4 t basil

balsamic vinegar and olive oil for drizzling

dash of cayenne

Cook pasta, adding beans during last 5 minutes of cooking. Drain. Heat cleaned pasta pan or other heavy deep pan, add 2 t olive oil. When oil is hot, add garlic and stir. Add dried herbs and continue to stir until herbs begin to release their scent. Add drained

pasta and beans, feta, and tomato. Remove from heat. Drizzle with balsamic vinegar and additional olive oil if desired. Add cayenne if using. Toss. Serve warm.

Eggplant, Squash

Try the Layered Eggplant Casserole on page 174 of Recipes from America's Small Farms, substituting squash for some of the eggplant if you like.

Diann Moore also passed along this easy eggplant recipe from Angelic Organics CSA near Rockford. This recipe could also work well with squash slices. Brush 1/4" slices of eggplant with mayonnaise, dust with grated parmesan cheese and bake on an oiled baking sheet in the broiler for 3 min on each side or until golden

Carrots

If you want to try your hand at a quick tasty carrot appetizer or sandwich side, see page 216 of Recipes from America's Small Farms. However, you may want to cut the cooking time in half. Drain carrots when they are just tender. If you don't have green onions, they will still taste fine without them.

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