

PrairieLand Community Supported Agriculture
Week 11 – July 12, 2006

From the Farm:

Summer veggies season veggies head into the shares this week in earnest.

In Your Share Today:

Cucumber, summer squash, zucchini large and small, cherry or small tomatoes, baby green cabbage, broccoli (1 head), eggplant, onions.

Recipe and Storage Suggestions

Cabbage

People who don't like cabbage will eat this dish. I have seen 4 people devour the better part of a large head of cabbage this way in a single sitting. Kids love it and it takes less than 15 minutes start to finish. Cook 12 to 16 oz of egg noodles and drain. Meanwhile, core cabbage. Slice into 1/2" ribbons. Poach cabbage in salted water or stock until tender. Remove from broth. Reserve broth for soup if desired. In a skillet or pasta pan, heat 2 to 3 T of butter until brown. Toss in cabbage. Stir. Add 12 to 16 oz of cooked egg noodles and a pinch of salt. Stir to combine.

Broccoli

For a refreshing salad or side dish in cold weather, blanch broccoli. Remove from cold water. Top chilled broccoli with Honey Sesame dressing or Orange Ginger dressing on pages 54 and 55 of Recipes From America's Small Farms, or the Sushi House dressing from Week 1's newsletter online at <http://www.prairielandcsa.org/pdf/newsletters/2006/May3.pdf> and at <http://www.prairienet.org/pcsa/recipes/lettuce.htm>.

Summer Squash and Zucchini

Cut small squash into slices for salads. Grill, steam, or sauté for a side dish. For larger squash, try the stuffed squash recipes on page 164 of Recipes from America's Small Farms. You can also grate larger zucchini for zucchini bread or muffins. Don't want to heat up the house? Grate zucchini and freeze in zipper bags or freezer containers for later use, drain in colander prior to using. Here is a savory recipe for zucchini bread passed to us many years ago by the Records family.

Zucchini Basil Muffins

2 eggs
3/4 c. milk
2/3 c. cooking oil
2 1/2 c. all purpose flour
1/4 c. sugar
1 T. baking powder
2 t. salt
2 c. shredded or grated zucchini
2 T. minced, fresh basil
1/2 c. grated parmesan cheese (optional)

Preheat oven to 425 degrees. Prepare muffin pans with nonstick spray. In a large bowl, break and beat eggs. Add milk and oil. In another bowl, measure out and stir together flour, sugar, baking powder, and salt. Add dry ingredients to egg mixture, 1 c. at a time. Stir until combined.

Batter can be lumpy. Gently fold in zucchini and basil. Stir only until just mixed. Again, lumps are fine. Spoon batter into muffin cups. Fill 1/2 to 2/3 full depending on desired final size. Sprinkle parmesan cheese on top if desired. Bake 20 to 22 minutes, or until golden brown. Cool. Remove from pans. Can be frozen after cooled. Bake less time if making smaller sized muffins. Makes 18 to 20 small muffins.

Eggplant, Onions, and Tomatoes

Cube eggplant into 1 inch cubes, sprinkle with salt and let drain 20 minutes. Coarsely dice onion. Chop tomatoes or halve cherry tomatoes. Heat a heavy skillet. Add 2 T of olive oil. When oil is hot, add eggplant and stir quickly. As eggplant begins to turn golden, add onions and cook until softened. Add tomatoes. Heat through. Season with salt and pepper and sliced fresh basil. Serve over pasta or rice.

For eggplant additional eggplant preparation tips and storage information, see pages 145 and 146 of Recipes from America's Small Farms.

Cucumber

Chop cucumber. Combine with 1 T chopped onion. Sprinkle with salt and pepper to taste and dried or fresh dill if desired. Dress with yogurt until creamy. Serve as a side or mince cucumber and onion finely and use as a sauce for grilled burgers or pasta.

Didn't get around to using your Swiss chard or other greens from last week yet? Try this dish from shareholder Molly Bentsen:

Curried Red Lentil and Swiss Chard Stew with Garbanzo Beans (serves 6 to 8)

2 T olive oil

1 large onion, halved and thinly sliced

5 t curry powder

1/4 t cayenne pepper

3 14-oz cans vegetable broth [Molly uses half broth and half water]

about 12 C Swiss chard, tough stalks removed and leaves coarsely chopped
(1 lg bunch or 2 small) [Molly used chard, kale, and spinach]

1 lb red lentils (about 2 1/4 C)

1 15-oz can garbanzo beans, drained

[Molly also adds a couple handfuls of raisins]

Plain yogurt

Heat oil in heavy large saucepan over medium-high heat. Add onion; saute till golden, about 13 minutes. Mix in curry and cayenne. Add broth and chard. Increase heat; bring to boil. Add lentils and garbanzos; reduce heat to medium. Cover; simmer until lentils are tender, stirring twice, about 10 minutes. [If you opt to use raisins, add them about halfway through the simmering.] Divide stew among bowls. Top with yogurt.

Need a recipe?

Check the PCSA website at <http://www.prairienet.org/pcsa/recipes.htm> You can also find recipes in previous year's newsletters at <http://www.prairielandcsa.org/newsletters.html> Or call 217.355.6279

Have question about a recipe or PCSA? Email info@prairielandcsa.org or call 217.355.6279
Want eggs? Call 815.432.6238