

PrairieLand Community Supported Agriculture  
Week 12 – July 19, 2006

From the Farm:

Temperatures in the mid 90s were not kind to the last of the broccoli. However, the warmth and sun have brought on the first of the blueberries to our shares.

Now that the shares are a bit bulkier, if you are interested in a PCSA totebag and haven't already emailed or called, please email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279. A picture of the bag and detailed description are on the PCSA website at [www.prairielandcsa.org](http://www.prairielandcsa.org); just click the "order a totebag" link at the left of the site.

In This Week's Share:

Blueberries, tomatoes, onions, eggplant, cucumber, cabbage, yellow summer squash round out today's share. We are going to be having this mix of produce for a few weeks, so if you have suggestions, please send them to [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279.

Blueberries

If you don't eat these before you get home, toss them over ice cream or soy ice cream.

Cabbage

Lightly steamed cabbage is a staple with Hawaiian bbq. Don't want to heat up the kitchen? Use the lime dressed cabbage slaw recipe from the June 28<sup>th</sup> newsletter at [www.prairielandcsa.org](http://www.prairielandcsa.org) Garnish with thinly sliced tomatoes.

Eggplant

Grilled eggplant slices are great in sandwiches or as part of salads. Eggplant makes great kabobs with squash and onions. See pages 146 and 147 of Recipes from America's Small Farms for preparation suggestions and instructions, including microwaving instructions to keep your kitchen cool.

Herbed Baby Eggplant

1 1/2 pounds oriental eggplant  
1 1/2 t salt  
1 t minced garlic  
1/4 c olive oil  
2 1/2 T red wine vinegar  
freshly ground black pepper  
1/4 c fresh basil leaves, slivered

Remove eggplant caps and quarter. Sprinkle with salt and let drain 30 minutes. Rinse and pat dry. Spread eggplant on a baking sheet, being careful to place cut sides up in a single layer. Mix garlic and oil. Drizzle over eggplant pieces. Bake 30 minutes until brown and tender. Cool slightly. Place in a large bowl. Drizzle with vinegar, add basil shreds and toss.

Couscous with Quick Tomato Eggplant Sauce (serves 4-6)

1 medium onion, chopped  
2 T olive oil  
2 cloves garlic, minced

1 large Asian eggplant, skin on, diced  
2 c chopped fresh tomatoes  
salt and black pepper to taste  
1/4 t paprika  
1/4 t each dry basil, rosemary, and oregano  
4 c cooked couscous

Heat a large skillet. Add 2 T olive oil. When oil is hot, add onion and cook until golden. Add garlic and eggplant, stirring as necessary. When eggplant is lightly browned, add tomatoes and seasonings. Reduce heat to simmer for 15 minutes covered. Serve over couscous. Adapted from Farm-Fresh Recipes

#### Yellow Summer Squash

Jill Miller passed along this recipe from epicurious.com. It can be made with zucchini or other summer squashes. Writes Jill, "If you like cilantro this is excellent and easy. I doubled it, added garlic, didn't add the water it calls for and Yuhh-huuh-hummmmm, tasty!"

#### Zucchini Coriander Soup

(Can be prepared in 45 minutes or less but requires additional unattended time. This soup can be served chilled or at room temperature.)

1/2 c chopped onion  
2 T olive oil  
3/4 pound zucchini, scrubbed and cut into 1/2-inch pieces  
1 1/2 c chicken broth (or vegetable)  
1 1/2 c chopped fresh coriander (including stems)  
2 T fresh lemon juice, or to taste

In a large saucepan cook the onion in the oil over moderately low heat, stirring until it is softened, add the zucchini and salt and pepper to taste, and cook the mixture, covered, stirring occasionally, for 4 minutes. Add the broth and 1 1/4 cups water and simmer the mixture, covered, for 10 minutes, or until the zucchini is tender. Remove the pan from the heat, stir in the coriander, and let the mixture cool. In a blender or food processor puree the mixture in batches, transferring the soup as it is pureed to a bowl. Stir in the lemon juice, season the soup with salt and pepper, and serve it at room temperature or chilled. Makes about 4 cups, serving 4. Originally published in Gourmet, June 1990.

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