

Prairieland Community Supported Agriculture  
Week 24 – Oct 11, 2006

From the Farm:

The cold front coming in through Friday, has had the Moores scrambling. Squash, eggplant, and tomato plants have been picked clean in preparation for tomorrow night's freeze. The smaller less storable of these will be in our shares today.

Ideally, plants like kale and other winter greens would experience gradually cooling temperatures allowing them to "harden off." This process produces extra carbohydrates and adds additional cuticle to plant leaves so that they are less susceptible to moisture loss and freezing. Unfortunately this hasn't happened, so keep your fingers crossed for the kale and other fall greens. If you have mums, you'll want to bring them indoors for the next few days so that they don't get damaged, too.

Also keep your fingers crossed for the polybarn crops. The polybarns aren't heated, so the Moores will be relying on the heat they've banked the last few days to keep the plants from freezing until temperatures rebound after Friday.

2007 Shares Update

If you haven't already reserved your share online or by phone and want one for next year, please do so. Shares go open to the general public as of Monday. To reserve yours, see <http://www.prairielandcsa.org/contracts.html> If you do not have internet access, please call 355-6279. If you won't be renewing your share, please let us know this as well. Thanks.

In This Week's Share:

Eggplant, peppers, green beans, Roma beans, summer squash, lettuce, bok choy

Recipe and Storage Suggestions

Lettuce – The lettuce is from the fields and it will be the last until May. So wash it to remove any residual sand and savor it. Use it in salads with steamed beans, sauteed squash, and/or roasted peppers. Now that the weather is cooler, you may want to try this Swiss-inspired salad dressing from spring again. For two salads, combine 2 T lowfat mayonnaise, 1 t mustard, 1 T white wine vinegar, 1 T milk or unsweetened soymilk, 1/4 t garlic powder, 1/8 t salt or to taste, dash of pepper, and 2 t dried herbs such as chive, parsley, chervil, tarragon, basil, and/or lovage, or 2 T fresh herbs. Optional: pinch of sugar.

Green beans, Roma beans

Blanch briefly or steam. Use on salads or toss with pasta with other veggies, and cheese (feta is nice), and/or nuts (walnuts, pinenuts), if desired. You can chase the chills with this recipe, which is a lower fat version of the restaurant favorite:

Chinese-style Green Beans

1/2 lb fresh green beans blanched for 5 minutes or steamed until tender crisp  
1 t vegetable oil  
1 t minced ginger root  
1 clove garlic, minced  
2 T water

1 T soy sauce  
1 t cornstarch  
1/2 t brown sugar  
1/2 t dark sesame oil  
1/4 t crushed red pepper

Whisk together water, soy, starch, sugar, sesame oil, and pepper in a small bowl and set aside. Heat a skillet or wok over moderate heat. Add vegetable oil. When oil is hot, add ginger and garlic and stir-fry for 30 seconds. Add beans. Stir until heated through. Add sauce mixture. Cook 30 seconds, stirring until heated through.

Bok choy, eggplant, bell pepper

As with last week, you can use some of your eggplant, bell pepper, and bok choy in a stir-fry. Use a combination of minced of equal parts Chinese fermented black beans, minced garlic, and grated fresh ginger, and chili flakes to taste to season the oil before adding the veggies.

Eggplant

To use a lot of eggplant, as well as some peppers, make this recipe which you can store in your freezer until the holidays. It makes an excellent accompaniment for thinly sliced crusty bread. Alternatively, use it as a topping for pasta. This is a very flexible recipe that you can adjust to suit your tastes. No olives? Don't worry. Though do try to get the capers as they contribute to the sweet/sour tang of the dish. This recipe also is easily doubled, just make sure to do the initial sauteing in batches when doubling.

Caponata

1-lb eggplant  
salt  
olive oil  
1 c chopped onions  
1/2 c chopped celery  
1/2 c peeled, seeded, and chopped tomatoes (canned is fine)  
1 or 2 chopped red peppers (optional)  
1/2 t dried rosemary  
1/4 c pitted, halved green olives  
1/8 c rinsed and drained capers  
3 T red wine vinegar  
2 t sugar  
Freshly ground pepper

Peel and cube eggplant into 3/4-inch pieces. Salt and let drain for 30 minutes; pat dry. Pour a thin layer of oil into a large frying pan. Sauté half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, saute the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), saute onions and celery until just tender, then add the tomatoes, and rosemary. Cover pan and cook for 4-5 min., uncover, and cook 5 min. Add the eggplant, olives, and capers. Heat the vinegar and sugar until the sugar dissolves, and pour over the mixture. Simmer, covered, for 5-10 min. Season to taste and cool. Makes 3-4 c. Serve warm or at room temperature.

Peppers

If you don't have time to use all of your green peppers, you can always freeze them.

To Freeze Peppers:

Wash peppers, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings.

If you plan to use your peppers in cooked dishes like soups or stews, place strips or rings in boiling water for 2 minutes. Remove and plunge into ice water. Drain and place in freezer bags, removing any air from the bag.

If you plan to use your peppers in uncooked foods like salsa or other dips, do not blanch. Place strips in freezer bags, removing any air from the bag.

Have a recipe to share? Need help with a recipe? Need info on freezing or preserving produce? Email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279