

Prairieland Community Supported Agriculture
Week 25 – Oct 18, 2006

From the Farm:

The larger eggplants and peppers picked before the freeze are in our shares today. If you didn't get around to using your pepper last week, you may have noticed that like tomatoes, peppers will turn from green to red once picked. So, if you miss the red peppers from warmer weeks, leave yours on the counter for a few days, preferably near a couple of apples to speed the ripening process.

The kale made it through the cold weather and is in our shares today, as are sweet potatoes which are making their first appearance for the season.

2007 Shares Update

As of this morning, only 33 shares are left for the 2007 season. If you haven't already reserved your share online or by phone and want one for next year, please do so. Here is the correct web address: <http://www.prairienet.org/pcsa/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:

Green peppers, eggplants, green beans, roma beans, kale, and sweet potatoes.

Recipe and Storage Suggestions

Eggplant

Try the ratatouille recipe on page 174 of Recipes from America's Small farms, which will use up any stray summer squashes. Ratatouille is a great way to use up a lot of vegetables and it is very versatile. See the suggestions for using it on page 175.

You can also try the baked breaded eggplant instructions in Layered Eggplant Casserole also on page 174 to have eggplant slices to serve with pasta or on sandwiches. It uses stone ground whole wheat flour.

Eggplant, Green Pepper, and Tomato Casserole

1 /4 c olive oil

1 lg eggplant, peeled and diced

freshly ground black pepper

4 tomatoes or equivalent canned

1 onion, sliced

1 clove garlic, minced

1 green pepper, diced

1 1/2 t salt

Basil, oregano, chive or other herb of your choice to taste

sour cream for garnish

Peel and dice eggplant. Heat oil in skillet, add onion, green pepper, and eggplant. After a few minutes, add garlic. Stir a minute or two more. Then reduce heat, and occasionally stirring, cook until eggplant is soft. Add tomatoes (may substitute canned Italian solid

pear shape, drained), salt, and pepper. Simmer a few minutes more. At this point you can add dry herbs to taste. Turn into an oiled casserole dish and bake at 325 degrees F for 30 minutes. Serve hot or warm with sour cream if desired.

Roma beans

These go great with pasta dishes. Blanch briefly or steam. Then quickly saute with olive oil and minced garlic.

Greenbeans with Easy Ginger Sauce

1 c spinach or other mild baby green (If using kale or turnip greens, taste to check mildness and use lightly steamed or briefly blanched)

1/4 c chicken or vegetable broth

1/4 t soy sauce

1/4 t sesame oil

1 to 2 t rice wine vinegar

1/4 to 1/2 t fresh grated ginger

Puree ingredients in a blender, serve over 2 c steamed green beans, or 1 c green beans tossed with 1 c cooked Chinese or other thin egg noodles.

Sweet Potato

Peel, toss with olive oil, and roast these alone or in combination with regular potatoes or other root vegetables on a foil covered baking sheet in a 450 degree oven until tender.

Alternatively, bake like a baked potato. Serve with butter and sprinkle brown sugar for those with sweet tooth, or with chipotle pepper for savory, spicy fans.

Spiced Lentil Stew

This soup/stew is adapted from this month's Gourmet and is a great way to enjoy sweet potatoes and kale. This is even better the next day. Let cool uncovered before refrigerating. Reheat on low, adding extra water if necessary.

1 t cumin seed

1 1/2 t fennel seed

1/4 t tumeric

1/4 t ground ginger

1/4 t ground allspice

1/4 t ground chili (smoked is best) or to taste

1 1/2 t extra virgin olive oil

1 1/2 T minced garlic

1/2 c drained canned tomatoes

1 T finely peeled, finely grated fresh ginger

1 1/3 c lentils (French or green)

7 c water

1/2 sea salt or to taste

1 bunch kale, chopped (steam or blanch prior to adding if strong flavored)

2 sweet potatoes, peeled and diced

Toast cumin and fennel in a dry heavy skillet (not nonstick) over moderate heat until fragrant and slightly darker, being careful not to burn (1 1/2 to 2 minutes) Finely grind with spices through chili in a spice grinder, or use a mortar and pestle. Heat oil in a heavy large saucepan or dutch oven over moderate heat, but not smoking. Cook garlic

for 30 seconds. Add spices and cook stirring constantly for 1 minute. Add tomatoes and half of ginger and continuing cooking until most of the liquid is evaporated, about 2 minutes. Add lentils and water and simmer, partially covered for 10 minutes. Add sweet potatoes and kale and cook for 15 to 20 minutes more until lentils are tender but not falling apart. Add salt and rest of ginger. Turn off heat and let stand, still partially covered for 15 minutes.

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