

Prairieland Community Supported Agriculture
Week 23 – Oct 4, 2006

From the Farm:

Cooler temps have brought lettuce back to the shares this week. Meanwhile, the squash keeps coming, making our shares look like they came from Northern California instead of Central Illinois. Look for a detailed farm report from Diann on the flyer at pickup.

2007 Shares Now On Sale

Shares are now on sale to members and those on the PCSA waiting list. If you have not yet reserved your share for next year, please do not delay as 2/3 of the 2007 shares are already reserved. 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:

Red leaf lettuce, bell peppers, Japanese eggplant, spaghetti squash, delicata squash, summer squash, bok choy, and green beans

Recipe and Storage Suggestions

Red Leaf Lettuce, green beans, summer squash

Make a salad with some blanched green beans, sautéed summer squash, and your lettuce. Dress with a balsamic vinaigrette on page 55 of Recipes from America's Small Farms (RFASF)

Green beans, delicata squash

Try the low-fat vegetable curry on the PCSA website:
http://www.prairienet.org/pcsa/recipes/winter_squash.htm

Delicata squash

Try making a half batch of Autumn Squash Pasta on page 166 of RFASF.

Bok choy, eggplant, bell pepper

Use 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.

Stuffed Spaghetti Squash

Bake, boil, or microwave your squash using the directions here:

http://www.prairienet.org/pcsa/recipes/spaghetti_squash.htm Then, remove flesh from the shell with a spoon. Separate squash with a fork in a bowl. Combine squash with sautéed chopped vegetables, dairy or soy cheese, ground meat or TVP suggestions. Fill squash shells. Bake at 400 degrees F for 15 to 20 minutes or until stuffing begins to brown. Need ideas for stuffings, see page 164 of RFASF.

If you have turnips or carrots left from past weeks, try Spaetzle with Root Vegetables on page 198 of RFASF.

Recipe or produce storage questions? Email info@prairielandcsa.org or call 355-6279