

Prairieland Community Supported Agriculture
Week 20 – Sept 13, 2006

From the Farm:

The cool temperatures are continuing on the farm, slowing the pace for summer squash and tomatoes. Rains also are continuing at the farm. "At least with rain there are high spots to harvest," says Diann. "With drought there's no place to harvest." After last year's dry weather, the Moores are loathe to complain about rain, but it would be nice not to be trudging in "wet, muddy clothes" for a change, says Diann.

2007 Shares Go On Sale Sept 15, 2006

Shares will go on sale on Friday Sept 15, 2006 to current shareholders. The waiting list for 2007 is approaching a record 50 people. On October 1, signup will be opened up to these individuals, and to the general public on October 15, if necessary. We are capped at 125 shares for next year. So, be sure to sign up and promptly get at least your first payment in, if you are making multiple payments, as we cannot hold shares without payment.

In This Week's Share:

Summer squash, eggplants, peppers, onions, spaghetti squash, red Russian kale, radishes, and turnips with tops

Recipe and Storage Suggestions

Spaghetti Squash – This didn't fool me as a kid when my mom tried to pass it off like pasta, so you may want to think twice about topping it with red sauce and plopping it in front of the kids if they are partial to spaghetti. But it is good cooked and then sautéed with minced garlic and basil, and topped with grated cheese. Try topping it with a combination of sautéed eggplant, peppers, and onion or other roasted vegetables. You can also use it like pasta in gratins. For instructions for boiling, baking, or microwaving spaghetti squash, see http://www.prairienet.org/pcsa/recipes/spaghetti_squash.htm

Radish and Turnip Tops, Red Russian Kale

Yes you can eat your radish tops, just wash them thoroughly as they tend to trap sand. Turnip greens are quite mild. Do try them if you haven't yet this season. Red Russian kale, like Italian/Roma/black/lacinato kale is one of the more tender members of the kale family. It benefits from a thorough cooking to keep it from being too chewy. That said, don't try to stew it for hours like our Southern counterparts do their collards. These recipes should point you in the right direction.

You can use radish tops for this soup:

<http://soup.allrecipes.com/az/RdishTpSp.asp>

Or, combine your radish and turnip tops to make this radish soup:

<http://www.soupsong.com/rradish.html>

You can combine all your greens for Mixed Greens Mideast Style on Page 60 and 61 of Recipes From America's Small Farms

This recipe was designed specifically for red Russian kale:

http://www.taunton.com/fincooking/pages/c00183_rec01.asp

Turnips

According to Recipes from America's Small Farms, turnips were one of the earliest European vegetables to be cultivated. They were carried to China in classical times and are still used in some form in most of the world's cuisines.

Small turnips are good sliced on salad. Or julienne them and make them into a salad themselves with your favorite dressing. Larger turnips can be used like potatoes. Bake them or peel, boil, drain, and mash them.

For glazed or roasted turnips, see page 187 of Recipes from America's Small Farms. You can also try Creamy Turnip Soup on page 189.

Eggplant

Depending upon which size eggplant you choose, try them in sandwiches, or if you happen to pick one of the small round Thai eggplants, try Thai eggplant dip on page 156 of Recipes from America's Small Farms. You also can slice larger eggplants in half lengthwise and remove most of the flesh and stuff them. Use a combination of rice, onion, pepper, summer squash, eggplant, and ground meat or TVP, seasoning with garlic, chili, fresh ginger, tumeric, and ground coriander as desired. Brush eggplant and stuffing lightly with oil before baking. For a 6" Italian eggplant, bake at 350 degrees F for 20 to 25 minutes. Bake until stuffing is browned on top. Use shorter or longer cooking times for smaller or larger eggplants.

Questions about a recipe or produce storage? Email info@prairielandcsa.org or call 355-6279