

PrairieLand Community Supported Agriculture
Week 21 – Sept 20, 2006

From the Farm:

In the last 5 weeks, over 15 inches of rain have fallen at the farm. This has the Moores toting produce in and out of the fields in tubs and crates to tractors and rack wagons waiting on the main paths. “We don’t dare to try to bring them into the fields or we’d never get them out,” explains Diann.

This week’s below average temperatures have the vegetables at a standstill. “Nothing is growing in the cold weather,” explains Diann. Last night, the Moores closed up the green houses once again to protect the remaining tomatoes, eggplants, and other greenhouse crops. “We picked the top produce off all the plants so that it wouldn’t get frosted,” says Diann. “Any crops that have foliage over them are being held back as they will be protected in the event of frost. We are in rescue mode.” With any luck, warmer temperatures will return, but the Moores aren’t taking any chances. “We are going to keep bringing as much produce through the CSA right now while we have it as we don’t know whether we will have an early winter.”

Diann recommends sauteing this week’s greens with peppers, onions, and Italian sausage.

2007 Shares Now On Sale

As of this morning, 38 of next year’s 125 shares already are reserved. Shares will continue to be exclusively available to current PCSA shareholders through October 1. After that date, signup will be opened up to the waiting list. Signup will be opened to the general public on October 15. 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. You can sign up online at <http://www.prairielandcsa.org/contracts.html> If you do not have internet access, please call 355-6279.

In This Week’s Share:

Onions (2), cucumber, eggplant (small), hot pepper, banana pepper, bell pepper, delicata squash, French breakfast radish, assorted young fall greens (kale/Swiss chard).

Recipe and Storage Suggestions

Delicata squash – This is an heirloom squash that is called sweet potato or peanut squash in some areas because of its shape. Less is more with these squashes. These have the most natural sweetness of any squash.

Baked Delicata Squash

1 delicata squash
1-2 T butter
coarse salt
freshly ground black pepper

Cut off the ends of squash, cut in half lengthwise. Remove the seeds by scraping with a spoon. Leaving the skins on, cut the squash into 1/2-inch wide lengths. Place these on a baking sheet, dot with butter, and sprinkle generously with salt and pepper. Roast at 375

degree F in oven until soft, and slightly browned. Optional: sprinkle with fresh or crumbled dried rosemary or thyme before baking. Alternatively, omit salt and pepper and other herbs, sprinkle with brown sugar and/or top with applesauce if desired.

Cucumber

Though it may seem sacrilegious, cut this week's cucumber in half lengthwise. Remove seeds with a spoon. Slice in half again lengthwise and then into thin ribbons. Saute in butter with salt and pepper and fresh or dried dill. Toss with cooked noodles.

I realize that several of this week's recipes involve sauteing vegetables with butter as it really does help to bring out their best qualities. In fact, butter is one of the reasons why most restaurant meals taste so good, according to Kitchen Confidential chef Anthony Bourdain. Bourdain concedes that most diners consume the equivalent of an entire stick of butter between appetizers and dessert. So, use a few tablespoons judiciously on your vegetables at home this week and don't feel so guilty. You could be having the entire stick at a restaurant.

Radishes and Tops

Sauteed Radishes (adapted from Gourmet)

Thoroughly wash radishes and tops, removing all sand. Discard any yellowy leaves and coarsely chop radish tops. Trim radishes and cut lengthwise into 1/2-inch wedges. Heat a scant T of butter in a heavy skillet over moderate heat until foam subsides. Saute radish roots with 1/2 t salt, stirring occasionally, until crisp-tender. Transfer to a platter and cover loosely with foil to keep warm. Saute 1/2 clove minced garlic in scant T of butter until fragrant (approx. 30 seconds). Add greens and sauté until wilted. Add radish roots to skillet and toss together. Return to platter. Top with 1 1/2 T of chopped fresh chives if available.

Eggplant, Sweet Pepper, and Fall Green Lasagna Rolls

Instead of making a time consuming layered lasagna, roll it. Smear cooked lasagna noodles with a dollop of filling made from 1/2 pound ricotta, 1 small egg, and 1/4 c grated parmesan, and salt and pepper to taste. Top with grilled or sautéed eggplant and/or pepper slices and chopped blanched or sauteed greens. Roll noodle and place in a small square greased baking pan with 1 c tomato sauce. Place rolls seam side down. Brush rolls with water. Drizzle with additional sauce. Cover dish with foil. Bake at 450 degrees F for 20 minutes until heated through.

Hot Peppers

Baby poblanos piling up in your fridge? String and dry them in your kitchen now that the humidity has dropped. Ground, dried poblanos aka ancho chiles are an excellent addition to winter chilies and stews.

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