

PrairieLand Community Supported Agriculture
Week 19 – Sept 6, 2006

From the Farm:

The Moores are taking a wait and see approach to any seeds that may have washed out of place with last week's rains. The low spots may look more like veggie potpourri than the Moore's usual cropping patterns.

Bigger Shares To Continue

Because it's too soon to tell the status of the fall seeding and because we may yet end up with an early winter, the Moores are putting as many vegetables through the CSA as possible. So, we currently are running ahead of schedule on the amount and value of produce delivered, just in case.

2007 Share Update

After careful consideration of recent weather patterns and projected higher utility rates for next year, the Moores have decided to trim some weeks from the 2007 season. Next year's season will be 27 weeks, still well over half the year. It will start May 2 and run through the last Wednesday in October. All pickups will remain on Wednesday except for the first July pickup which will be on Tuesday July 3, instead of the July 4th holiday. The share will cost \$400, \$375 which goes to the Moores and \$25 which goes to cover website, post office box, promotion, and other overhead. You will receive an average of \$13 of produce per week, just like this year.

In This Week's Share:

Butternut squash, onions, 3 tomatoes, 3 summer squash, radishes, purple Japanese eggplant, bell pepper, hot pepper, and cucumber

Recipe and Storage Suggestions

Butternut - Cook this week or use as a seasonal decoration until you are ready to eat it. Butternuts will store well at room temperature for over a month, or at 50-55 degrees F for most of the winter. Most winter squashes, except Spaghetti Squash are interchangeable in recipes, so feel free to experiment. Butternuts are excellent for stews and soups. You can use them in place of carrots in many recipes.

To bake butternut, peel squash. Split in half lengthwise and remove seeds with a spoon. Cut into half inch cubes, toss with vegetable oil and place in a single layer on a baking sheet. Bake at 400 for 30 minutes or until tender. If you are just going to puree the squash, don't bother peeling. Split in half, remove seeds, and place cut side down on a baking sheet. Bake at 350 to 400 degree for 50 minutes or until soft.

You can roast squash seeds like pumpkin seeds. Wash off any pumpkin residue, with a little olive oil, salt, and paprika

Toss cubes of roasted squash with pasta, rosemary, and olive oil. Sprinkle with a parmesan cheese and serve warm.

Alternatively, use your butternut squash to make Butternut Cider Bisque on page 160 of Recipes from America's Small Farms.

Butternut goes well with other fall flavors, spicy peppers, black beans, corn, caramelized onions, and sage.

Onions:

Tuck onions and any sand/soil that may be on them into a small paper bag and plan to use them by week's end. You can also chop and freeze them in recipe quantities for later use.

Summer Squash, Hot peppers

It won't be exactly the same, but you can use your squash any any from last week with some frozen corn if your neighbors aren't still leaving it on your doorstep to make the Zucchini Tacos on page 162 of Recipes from America's Small Farms. The cheeses and crema used in the recipe are available at El Charro on Green St. in Champaign. You may also find them or the listed substitutes at AMKO at First and Springfield in Champaign, and World Harvest on University Avenue in Champaign.

Eggplant

Baba Ganoush

Double wrap eggplant with foil. Place on a gas burner or grill, turning until eggplant is softened, ideally mushy. When cool enough to touch, remove foil, peel eggplant. To the mashed puree of two roasted medium-sized Japanese eggplants, add with 2 T tahini, a half clove of garlic minced, 2 t olive oil, 2 t lemon juice, and salt to taste. Use as a dip with whole wheat pita bread.

Radishes

Back with the cooler temperatures. Steam them to concentrate their sweetness and serve as a side. With fall dishes like braised kale or Swiss chard, and buttered noodles.

Cucumbers

Make into Israeli salad using the recipe on page 161 of Recipes From America's Small Farms.

Bell Pepper

Take the work out of stuffed peppers by using your microwave and the stuffing suggestions on page 164 of Recipes from America's Small Farms.

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