

Prairieland Community Supported Agriculture
Week 16 – Aug 15, 2007

BRING MULTIPLE BAGS

It took two pickup trucks to bring the produce in this week's shares. You will be lugging a watermelon, cantaloupe, red cabbage, potatoes, and 11 tomatoes, as well as eggplants, peppers, onions, and green beans.

From the Farm

Small rains are checking temperatures somewhat at the Moore farm. "With any luck, we'll get some cooler weather and I will try to replant again," says Jim. However, time is running out for some fall crops. The above normal August temperatures caused newly emerging seedlings to wilt and evaporate in the heat.

Canning Workshop

Want to can some of your produce but not sure how? If you are interested in learning how to can pasta sauce or make and can pickles, email info@prairielandcsa.org or call 355-6279

Can I Freeze It?: How to Use the Most Versatile Appliance in Your Kitchen

Perused this book in a bookstore in Michigan last week. If you are looking for some basic freezing information, as well as time saving tips for cooking ahead when you have time and still having great meals when you don't, check it out at the library or pick up a copy locally.

Moving? Sabbatical?

If you will be moving, heading on sabbatical, or otherwise won't be needing your share and want to sell it, please let us know and we will offer it to those on our waiting list. Please email info@prairielandcsa.org or call 355-6279.

Recipes and Storage Tips:

Green beans and Potatoes

Quick Swiss-Inspired Vegetable Dressing

This dressing is great on steamed green beans and potatoes, or potato salad, just increase the amounts. For two green bean and potato salads, combine 2 T lowfat mayonnaise, 1 t mustard, 1 T white wine vinegar, 1 T milk, 1/4 t garlic powder, 1/8 t salt or to taste, dash of pepper, and 2 t dried herbs such as chive, parsley, chervil, tarragon, basil, and/or lovage, or 2 T fresh herbs.

Optional: pinch of sugar.

Tomatoes

Use Simple Tomato Sauce recipes on page 30 and 31 of Recipes from America's Small Farms or try this one adapted from Marcella Hazan. This is a rich sauce and Marcella uses a lot of butter, but feel free to use less. Marcella also likes to add her onions cut in half and removes them prior to the end of cooking. I chop mine and sauté in butter and then add the tomatoes, pureeing the works at the end.

5 tablespoons butter

1 medium onion, peeled (cut in half and remove after cooking, or chop and leave in)

2 pounds fresh, ripe tomatoes, blanched and skinned, seeds removed, and chopped
Salt

To make the sauce Marcella's way: Put the tomatoes in a saucepan and add the butter, onion and salt. Cook uncovered at a very slow but steady simmer for 45 minutes, or until the butter floats free from the tomato. Stir from time to time, mashing any large pieces of tomato in the pan with the back of a wooden spoon. Taste and correct for salt. Discard the onion before tossing the sauce with pasta.

Alternative method: Saute onion in butter with a pinch of salt. Add tomatoes. Simmer slowly for 45 minutes. Adjust salt and puree.

This sauce can be canned or frozen.

Eggplant

Yes you can successfully freeze it. This dish is proof. This dish freezes incredibly well. We have used it at holiday parties and gallery openings. It actually gets better the second and third day.

Caponata

1-lb eggplant

salt

olive oil

1 c chopped onions

1/2 c chopped celery

1/2 c peeled, seeded, and chopped tomatoes

1/2 t dried rosemary

1/4 c pitted, halved green olives

1/8 c rinsed and drained capers

3 T red wine vinegar

2 t sugar

Freshly ground pepper

Peel and cube eggplant into 3/4-inch pieces. Salt and let drain for 30 minutes; pat dry. Pour a thin layer of oil into a large frying pan. Saute half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, sauté the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), saute onions and celery until just tender, then add the tomatoes, and rosemary. Cover pan and cook for 4-5 min., uncover, and cook 5 min. Add the eggplant, olives, and capers. Heat the vinegar and sugar until the sugar dissolves, and pour over the mixture. Simmer, covered, for 5-10 min. Season to taste and cool. Makes 3-4 c. Use to top whole grain bruschetta, or serve on pasta. Can be served warm or at room temperature. Or, freeze for later use.

Red Cabbage

Try Penne with Red Cabbage and Green Beans or Ginger Red Cabbage Slaw. The latter uses pickled ginger which is now available at many grocery stores and any Asian food market. See <http://www.prairielandcsa.org/pdf/newsletters/2006/Aug2.pdf> for recipes.

Peppers

Try the Pepperonata recipe on page 178 of Recipes From America's Small Farms, using your Anaheim, Big Jim, Cubanella, and Bell Peppers.

Alternatively, try the Summer Kabobs recipe on page 179.

If you've got a recipe, we'd love to have it. Email info@prairielandcsa.org or call 355-6279 and I'll type while you read it.