

PrairieLand Community Supported Agriculture
Week 17 – Aug 22, 2007

From the Farm

Over three inches of rain fell within 24 hours on the Moore farm this week. This may mean much splitting of melons and field tomatoes which have not been used to large amounts of moisture this season. We will keep you posted on how much damage occurs. This week's tomatoes are coming from the greenhouses, where the mosquitoes also are doing well, unfortunately. Jim is currently picking in a hooded sweatshirt. Diann simply opts for rubbing alcohol on her bites once she returns to the house.

2008 Shares Go On Sale Sept. 1

September 1 is drawing near and with it the beginning of share sales for the 2008 season. Shares will be available to current shareholders through September 15. From September 15 to October 1 shares are additionally available to those on PCSA's waiting list, currently a record 40 individuals. After October 1 they become available to the general public. The URL for signup will be in next week's newsletter. Please remember that we need an online reservation and the first payment to hold a share. You will again be able to make multiple payments, however, all payments must be received by January 15, 2008.

Canning Workshop

There has been enough interest and we will be holding a canning workshop. If you have NOT yet emailed or phoned and want to be included, do so ASAP at info@prairielandcsa.org or call 355-6279

In Your Share

Yukon gold potatoes, onions, zucchini and summer squash, Asian eggplant, sweet bell peppers, Cubanelle peppers, and tomatoes.

Recipes and Storage Tips:

If you want to see how other shareholders in other CSAs and one of PCSA's founders deal with their produce, check out:

<http://24boxes.blogspot.com/> (passed along by PCSA shareholder Jill Miller)

<http://ct-recipes.blogspot.com/> (the recipe section of Lisa Morgan's Champaign Taste blog)

Zucchini

Check out Lisa's recipe for Turkish Zucchini Pancakes here:

<http://champaign-taste.blogspot.com/2007/07/tis-season-zucchini-pancakes.html>

Tomatoes

Lisa also has a salsa recipe here, that you can substitute red tomatoes for. She serves it as part of a quesadilla:

<http://champaign-taste.blogspot.com/2006/08/quesadilla-with-roast-chicken-green.html>

Eggplant

Sliced eggplant, onions, peppers strips, sliced squash, boiled potatoes, and sliced cabbage are great combined in a South Vietnamese-style curry. Vietnamese curries are milder than their Indian counterparts.

Up to 1.5 pounds of mixed summer veggies (sliced eggplant and squash, pepper strips, potatoes, and/or sliced cabbage)

1 small onion minced

4 small stalks of lemon grass, or 6 leaves of lemon balm sliced very fine*

2 cloves garlic finely chopped

2-inch piece of cayenne pepper (seeded and minced)

2 T mild curry powder

1 t sea salt

8 oz coconut milk

Cube potatoes and boil in salted water if using, or microwave until just tender and chop into 1-inch chunks. Saute onion, with lemongrass/balm, garlic, and chilies until softened. Add curry powder and stir for 2 minutes. Remove and reserve. Saute vegetables. When vegetables are tender crisp, add potatoes, coconut milk, and curry mixture. Thin with water or stock if necessary. Serve with rice or rice noodles.

*You can use basil instead, the flavor will be different, but still good

Grilled Tandoori Chicken/Seitan with Grilled Onions and Peppers

When the heat climbs, grilled Tandoori chicken with grilled onions and peppers on the side is a great way to beat the heat.

<http://homecooking.about.com/od/chickenrecipes/r/blchicken2.htm> This recipe does require overnight marinating. If your spices have celebrated a few birthdays, you may want to restock from the bulk bins at Common Ground Food Coop or Strawberry Fields. You can also marinate seitan for a vegetarian version. To save room in the fridge, put the chicken/seitan and marinade in freezer bags instead of large bowls. Cook the onions and peppers as kabobs to save grill space.

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.