

Prairieland Community Supported Agriculture
Week 18 – Aug 29, 2007

From the Farm

Melons, tomatoes, and peppers all took a beating with the heavy rains. The stench of the rotting fruits and vegetables is overwhelming in the fields, says Diann. Any peppers and melons that the Moores couldn't poke fingers into are in the share today. Look for a gap in melons and peppers as the plants attempt to recover in the coming weeks. Meanwhile, fall re-seeding continues.

2008 Shares Go On Sale Sept. 1

If you want a share for the 2008 season, I cannot urge you strongly enough to sign up quickly online at www.prairielandcsa.org using the contracts link between September 1 and September 15. We have a record number of people on the waiting list (now at 45) and it continues to grow each week. Please remember that we need an online reservation and the first payment to hold your share. You will be able to make multiple payments, however, all payments must be received by January 15, 2008. As of September 15 shares will go on sale to the waiting list, with any remaining shares available to the general public after October 1.

In Your Share

Your choice of yellow watermelon, cantaloupe, or orange honeydew, yellow onions, red potatoes, Asian and/or European eggplant, tomatoes, sweet bell and/or Cubanella peppers, Anaheim and/or cayenne chiles, yellow summer squash, and zucchini.

Recipes and Storage Tips:

Peppers

Thanks to shareholder Charlotte Means who found this fabulous site full of pepper recipes for everything from cakes to salsa. Best of all it is arranged by pepper type and searchable by recipe category, ie desserts, entrees, appetizers:
<http://www.baileyfarmsinc.com/allrecipes.asp>

Zucchini & Yellow Squash

Add shredded or diced zucchini to jarred pasta sauce or homemade (see <http://www.prairielandcsa.org/pdf/newsletters/2007/aug15.pdf>)

Tomatoes

If you've got the grill running for Labor Day try Roasted Tomato Salsa
<http://abreiden.wordpress.com/2007/08/22/roasted-tomato-salsa/>

Roasting tomatoes also can add flavor to other tomato dishes like sauces. Chopped roasted tomatoes, with minced garlic and chopped basil, are great tossed with olive oil and pasta. Just add salt and Parmesan cheese to taste

Potatoes

This is a great low fat way to use your potatoes and peppers. Use about 2 inches of seeded cayenne or up to 4 inches of seeded Anaheim for a milder flavor:

http://www.recipes4us.co.uk/Indian%20Section/potatoes_in_yoghurt_veg_ht_i.htm

Eggplant

Slice it into 1/4 inch slices, brush with olive oil and sprinkle with salt and pepper. Throw it on the grill this weekend and make eggplant sandwiches with your tomatoes and some pesto mayo.

Alternatively, use one of the eggplant dips on page 156. If you don't feel like heating up the house, wrap your eggplant in a double layer of foil and put it on the grill instead of the oven as the recipes direct.

For Asian Eggplant try:

Chinese Spiced Eggplant Version 2

1 lb. of Asian eggplant, sliced into quarter inch slices

1 T – 2 T oil (mild such as peanut, corn, soy, canola)

2 T cold water

1 T minced garlic

1 T minced fresh ginger

1/4 c thinly sliced white and red onion or green onion tops and bottoms

1/4 to 1/2 t dried red chili flakes

3 T soy sauce

3 T packed brown sugar

1 t rice vinegar (can use wine or sherry vinegar in a pinch)

1 T hot water

1 T mild oil

1/2 t sesame oil

Salt eggplant. Let sit for 20 minutes. Drain. Combine soy, sugar, vinegar and hot water in a bowl. Combine garlic, ginger, onion, and chili flakes in a separate small bowl.

Drain eggplant. Heat a heavy skillet. Add 1 T oil. Saute garlic mixture. When it is fragrant. Add 1 more T of oil and eggplant. Stir to keep from sticking. After 1 to 2 minutes, add 2 T cold water to skillet and place lid on pan to steam fry for 1 minute. Add soy mixture stir fry for 30 seconds or until liquid is thickened. Serve with steamed rice.

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