

Prairieland Community Supported Agriculture
Week 11 – July 11, 2007

PrairieFire Comes To Prairieland CSA

Next week the crew of WILL's Prairie Fire, including producer/host and PCSA shareholder, Alison Davis Wood, will be filming at the Champaign pickup site. Alison is hoping to interview a few shareholders, as well. (Note: If you would prefer not to be filmed or interviewed, Alison says that's fine, just let her know.) Eggs will be moved to make room for the filming and will be on the front porch of the site.

Things Are Heating Up at the Farm...Literally

The Moores missed out on the pop up thunderstorm that rolled through Champaign-Urbana earlier this week. This means the irrigation pumps are putting in overtime. In the case of the Moore's transfer pump, a bit too much overtime. The transfer pump actually caught fire. With 6 gallons of gasoline fueling it and 95 degree weather, the only thing left of the pump is its metal frame. Even the fill hose leading from the ditch didn't survive the fire.

With an extra day of growing due to last week's Tuesday pickup, the zucchini put on some serious size. Don't worry says Diann, "We left the baseball bat-sized ones in the field."

Next week look for green peppers in the shares. Field eggplant and tomatoes also are on the way.

Seeding and transplanting the fall crops has been the priority this last week, to the point of blistered fingers. However, Diann, Jim, and Wes will be calling it a day a bit earlier next Thursday, July 19, so they can watch Aaron compete in the demolition derby at the Iroquois County Fair. Aaron now has the doors of his vehicle welded and wired shut and all the windows have been removed. No brakes yet, but Aaron plans to grind the gears and pop the clutch as necessary. If you are up for a road trip, the derby starts at 7:30pm. But plan to arrive no later than 7:00 pm for best seating. Tickets are \$5 each.

In Your Share Today:

Broccoli and cauliflower are making their last appearances today. You'll also receive green onions, cucumber, zucchini, yellow squash, and round green cabbage.

Recipes and Storage Tips:

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.

Cabbage and Pasta with Brown Butter Sauce

Tonight's cooler temperatures lend themselves to a quick cabbage dish. Boil egg noodles or fettucine in salted water. Meanwhile, slice cabbage into similar-sized ribbons. Add cabbage in the last 3 minutes of cooking so it will be just tender. Drain and reserve in pan. In a small saucepan, heat 4 T of butter cut into in small pieces over moderate heat.

Bring to a boil. Skim off any foam and allow butter to brown, but not burn. Pour butter over pasta and toss. Add additional salt and pepper as desired, serve hot.

Zucchini and Yellow Squash

If you didn't try last week's Zucchini and garbanzo/chick pea salad see, <http://www.prairielandcsa.org/pdf/newsletters/2007/july3.pdf>

Larger zucchini like this week's also are good for kabobs or for stuffing. See page 164 of Recipes from America's Small Farms. Stuffed vegetables are a great way to use up leftovers.

You can also try the baked Squash "Pizza" on page 168 of Recipes from America's Small Farms. Omit or substitute good quality canned tomatoes like Muir Glen for the fresh one called for in the recipe. Greek Zucchini Cakes on page 151 also is a good option.

Take advantage of the cooler weather and don't just freeze grated zucchini for muffins, but bake zucchini muffins and freeze them. Looking for something less rich? Try the zucchini bran bread recipe on page 180 of Recipes from America's Small Farms, which also freezes well.

Shareholder Hilary Valentine recommends Spaghetti with Zucchini and Lemon from the Moosewood Restaurant Cooks at Home for using zucchini:

- 1 pound spaghetti or linguine
- 1 T olive oil
- 4 garlic cloves, minced
- 6 - 8 small zucchini, sliced (about 4 cups)
- dash of salt & ground black pepper
- juice of 1 lemon
- 6 large fresh basil leaves, cut into thin strips
- 1 - 2 cups grated Pecorino cheese

Cook pasta according to package directions; while that's going on, heat the olive in a large, heavy skillet. Add the garlic & zucchini; stir and cook on medium-high until zucchini begins to brown. Sprinkle with salt & pepper. Add the lemon juice & basil. Stir and remove from heat. You'll want to have the zucchini finish just before the pasta is done. Drain pasta and place in a large serving bowl. Toss with 1 cup of the cheese. Top with the zucchini and serve immediately with remaining cheese at the table. Serves 4.

Broccoli

See Cauliflower above, as well as the broccoli salad recipes on page 77 of Recipes from America's Small Farms. Freeze as is or steam first, so you can have broccoli later in the season.

Cauliflower

Not got around to using all of yours yet? Not a problem. Unlike broccoli, cauliflower will keep for a few weeks. In fact, most of the cauliflower that is in grocery stores already has been traveling or in storage for a couple of weeks before it reaches you.

Looking for something different? Try combining your cauliflower and broccoli in this African inspired salad: <http://fooddownunder.com/cgi-bin/recipe.cgi?r=1555> The Food Down Under website has several great vegetable recipes.

Cauliflower is a natural with potatoes. Type cauliflower into the Food Down Under search engine at <http://fooddownunder.com/> and you will find several great Indian cauliflower and potato dishes, as well as recipes for baked cauliflower, cauliflower soups and gratins/casseroles. Bleu cheese also is a great way to spice up a cauliflower soup or gratin/casserole.

Questions, comments, or have a recipe you'd like to share?
email info@prairielandcsa.org or call 355-6279